

**North Central Region Clubs (NCRC) Spring Meeting**  
With special guests: Provincial Coach Phil Marshall, and Dr A. Robb

**Saturday February 20<sup>th</sup> 2010**

Hosted by the Severn River RC, and the Barrie RC

**Location(s):**

**Morning:** Barrie Boathouse (athletes & coaches) - 7:30 am to 11:00 am

**Afternoon:** Investors Group 103-128 Wellington St. W., Barrie, (coaches & administrators)

**Agenda:**

**Morning: (Athletes and Coaches Welcome)**

- 7:30 am to 8:30 am: (open erg training)
- 8:30 am to 9:00 am: (coffee, muffins)
  
- 9:00 am to 9:45 am: Dr. Andrew Robb - efficiency and power application)
- 9:45 am to 11:00 pm: Phil Marshal (Provincial Coach)
  - 1) Rowing Technique - **interactive erg session with coach Phil**
  - 2) Video Analysis (on water and erging)
  - 3) Approach to training for Ontario Summer Games/World Masters (how to peak at the right time).
  
- 11:00 - 12:00 **lunch break**

**Afternoon: (Coaches and Administrators only)**

- 12:00 - 1:30 **round table with Phil**
  1. RADAR Protocol/Talent ID Tools
  2. Attracting higher performance athletes and meeting their needs
  3. Ontario Summer Games (format/process/dates/selection process) & action plan for the NCRC
  4. Upcoming Events: High School Rowing/World Masters Rowing
  5. Competitive Club Regional Approach (All Club Head Coaches in the North Central District are encouraged to attend)
  6. Other ways the NCRC can work together

Cost: To help cover lunch costs, the host clubs are accepting a nominal donation (\$10)

Please confirm your participation by emailing Mike Smith at [rowmikerow@yahoo.ca](mailto:rowmikerow@yahoo.ca) (705)-689-0055 or Jurgen Schubert [jurgenschubert@hotmail.com](mailto:jurgenschubert@hotmail.com). Space is limited so don't delay.