


20 RowOn Coaching Conference 24 Presented by

Nov. 30 - Dec. 1 | Burlington, ON

EVERYONE!

REFER TO YOUR SCHEDULE

SATURDAY, November 30, 2024

TIME	SESSION		
7:30 - 8:15am	Registration & Breakfast 		
8:15 - 8:30am	Welcome		
8:30 - 9:30am	Coaching in High Performance and High Performing Environments Presented by HUDSON <i>Paul Thompson</i> Location: Halton Hall 		
	Break		
9:45 - 10:45am	Fostering a Supportive Atmosphere to Form a Thriving Rowing Community Presented by HUDSON <i>Michelle Darvill</i> Location: Halton Hall 		
	Break 		
11:00am - 12:00pm	Effective Sculling Technique <i>Paul Thompson</i> Location: Halton Hall	Key Elements of Success: Lessons from Pathways to Olympic Gold in 2021 and 2024 <i>Michelle Darvill</i> Location: Harvester North	Coaching Junior Rowing: My Top Ten Tips <i>Chris Chase</i> Location: Harvester South
12:00 - 1:00pm	Lunch & Coaching Awards  Location: Halton Hall		
1:00 - 1:15pm	Movement Break		
1:15 - 2:15pm	Lessons I've Learned to be the Most Effective Coxswain Possible (Coxswain Stream) <i>Kristen Kit</i> Location: Burlington North	Learning to Navigate The Para-Rowing System (D&I Stream) <i>Mike Petrychanko & Abbygayle Durliat</i> Location: Pearson	Recruiting and Retaining Coaches <i>Katie Bruggeling-Lavoie, Mark Williams, Dan Bechard</i> Location: Harvester North
	From Lab to Lake: Bridging Physiological Principles to Practical Rowing Training <i>Ben McKellar</i> Location: Harvester South	Advanced Rigging <i>Volker Nolte</i> Location: Halton Hall	Introduction to Rigging (1:15-3:25pm) <i>Paul Beedling, Mary Rao, Scott Anderson, Connor Elsdon</i> Location: Halton Hall
	Break		





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2:25 - 3:25pm	A Review of Coxswain Recordings (Coxswain Stream) <i>Katie Bruggeling-Lavoie</i> Location: Burlington North	What's Happening in Ontario? <i>Phil Marshall & Sandra Farwell</i> Location: Harvester South	Introduction to Rigging (1:15-3:25pm) <i>Paul Beedling, Mary Rao, Scott Anderson, Connor Elsdon</i> Location: Halton Hall
	Rethink How People Discover Rowing <i>Gavin McKay</i> Location: Harvester North 	Boat Repair by HUDSON Location: Halton Hall 	
	Break 		
3:35 - 4:35pm	A Coxswains Preparation & Execution (Coxswain Stream) <i>Brian Price</i> Location: Burlington North	Deepen Your Understanding of Beach Sprints <i>Iain Wilson</i> Location: Harvester North	Advanced Rigging <i>Volker Nolte</i> Location: Halton Hall
	Building a Training Plan <i>Mary Rao</i> Location: Harvester South	Boat Repair by HUDSON Location: Halton Hall 	
	Break		
4:45 - 5:45pm	Rowing Technique Panel <i>Carol Love, Volker Nolte, Katie Bruggeling-Lavoie, Connor Elsdon</i> Moderated by Al Morrow Location: Halton Hall		

SUNDAY, December 1, 2024

TIME	SESSION
9:00 - 11:15am	Fireside Chat Sessions <i>Michelle Darvill & Paul Thompson</i> Location: Burlington North & South