This conference is designed to cover the information that coaches and athletes need to perform at their best during the first 5 years of their rowing career for sculling and sweep.
Program:

Day 1

10:00am  Welcome: Ken and Lachlan from Decent Rowing
10:15am  Session 1: Learning to Scull from the beginning - what to do and why it is done this way. - John Driessen
11:45pm  Session 2: How to deal with lack of time and lack of coaches. Training program design and implementation - Ken Davey
12:45pm  Lunch
1:15pm  Session 3: Drills and the value of the coxswain – Ken Davey and Grant Pryor
2:45pm  Break
3:00pm  Session 4: A deeper meaning behind the “Importance of TEAM” and experiences related to success and failure of teams in rowing. - Drew Ginn and Anthony Edwards
5:00pm  Drinks

Day 2

9:00am  Session 6: How to coach athletes to row sweep - Brett Crow
10:30am  Break
10:45am  Session 7: The importance of rigging and how to deal with club and school boat issues. – Practical component - John Driessen
11:30pm  Session 8: How to identify issues with technique - “getting your eye in” - Brett Crow and Ken Davey
12:30pm  Lunch
1:00pm  Session 9: Why do we have athletes with injuries and how to avoid these problems – Annabel Gibson and Lia Giovanovits
2:30pm  Session 10: Rowing Tas and the pathway for athletes – Grant Pryor
3:00pm  Session 11: How to make school crews go fast - Brett Crow
4:30pm  Close: Ken, Lachlan & Rob
## Introducing the Presenters:

Our presenters all have decades of experience in rowing both as athletes and coaches. They have all been involved in school and beginner programs as well as having considerable experience at the elite level.

The goal of the conference is to have the presenters share their expertise in a manner that not only shares their knowledge of what coaches and athletes should be practicing but lets us know the reasoning behind what they recommend. Questions and discussion are welcome during the sessions.

<table>
<thead>
<tr>
<th>Name</th>
<th>Details</th>
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<tr>
<td><strong>John Driessen</strong></td>
<td>John has an enormous amount of experience in teaching rowing to all types of rowers from beginners through to Olympic athletes. He has coached crews to win World Championships and bronze and silver medals at the Olympics. He has vast experience in rigging and boat setup and in coaching school athletes of all ages.</td>
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<td><strong>Ken Davey</strong></td>
<td>Ken has coached rowers of all ages from under 13 up, including Under 19 and Under 23 Australian teams and winning a World Championship. Ken is involved with his son Lachlan in the operation of Decent Rowing and through this is hoping to improve the sport through enhancing education of both coaches and athletes.</td>
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<td><strong>Grant Pryor</strong></td>
<td>Grant has been involved for many decades as a rower and a coach of developing rowers. Over the past 7 years his key role has been with Rowing Australia in talent identification and more recently as the Rowing Tasmania’s state pathway development officer with a particular emphasis on developing rowers and coaches through the school and club.</td>
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<td><strong>Drew Ginn OAM OLY</strong></td>
<td>Drew is a five-time World Champion rower, a four time Olympian and a triple Olympic gold and a silver medallist. He was also a member of the legendary Oarsome Foursome. More recently he was head coach for Caulfield Grammar and currently is the General Manager for High Performance with Cricket Australia.</td>
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<tr>
<td><strong>Anthony Edwards OLY</strong></td>
<td>Eddy is a five-time Olympian and triple Olympic medallist, winning many medals over a 20year career, including a World Championship. He has since been involved in athlete and school rowing development in his role as Development Officer with the Tasmanian Institute of Sport until 2016. Eddy’s involvement in rowing as athlete and coach over the past 30 years keeps alive his passion for improving the sport for all.</td>
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<tr>
<td><strong>Brett Crow</strong></td>
<td>Brett has coached in New Zealand and Australia at all levels, has represented his country at 4 Olympic Games and has coached many crews to win at World Championships over the years. Currently Brett is the Head of Rowing at the Tasmanian Institute of Sport focussing on getting school athletes to the elite level.</td>
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<td><strong>Annabel Gibson</strong></td>
<td>Annabel has rowed for the past 15 years and has more recently represented Australia 3 times at international events. Annabel is also a physiotherapist practising in Launceston and has a particular interest in physiotherapy as it relates to rowing.</td>
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<td><strong>Lia Giovanovits</strong></td>
<td>Lia rowed in the UK at University College London and the City of Oxford Boat Club. She is a Specialist Sports and Exercise Physiotherapist (as awarded by the Australian College of Physiotherapist 2018) and has a Masters in both Sports and Musculoskeletal Physiotherapy. Lia has worked with the Australian Rowing Team and the Canadian Women’s Rowing team. She is also a consultant for the Tasmanian Institute of Sport looking after athletes on rowing scholarships.</td>
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Conference Details:

Cost for the two days including lunches is AU$100 (including GST) per person.

Payment can be made to Decent Rowing Pty Ltd: ANZ BSB: 017 042  Acc: 375872083, please include your name in the description. Alternatively email us with your credit card details or ask us to contact you.

Conference Venue:

Newtown Bay Rowing Centre, 5 Marine Esplanade, New Town, Hobart, Tasmania in the upstairs function room.

Registrations:

To register click here or go to www.decentrowing.com and click on the Conference link on the home page.

Please, as part of the registration, let us know what you would like to explore and learn at the conference so that we can better tailor our content.

All sessions will be filmed by Decent Rowing with some segments being used on www.decentrowing.com. Please note that anyone attending the conference may have their image included in the filmed segments and by attending, agree for these images to be used on www.decentrowing.com.

If you want to contact us, please email ken@decentrowing.com

Should any attendees require accommodation please click on the following links for local options: