

# ROWING IRELAND



**ROWING  
IRELAND**

## NATIONAL COACHING CONFERENCE

on Sun 25th of January 2009, 9 a.m. to 5 p.m.  
in the Red Cow Hotel, Dublin

### **“BUILDING A PATHWAY FOR THE DEVELOPMENT OF IRISH ROWERS THROUGH BEST PRACTICE IN COACHING”**

Martin McElroy

Rowing Ireland, HPD

“Plans for future development of Irish Rowing.  
Irish rowers on the podium with Irish coaches behind them.”

John Holland

Irish Lightweight Coach, Beijing 2008

“Progress as a coach from club to Olympics and effective  
introduction of adult beginners to rowing.”

Thor Nilsen

FISA Development Director

“Development of technique over last 100 yrs and management  
and training of young rowers.”

Simon Dickie

ARA Youth and Community National Dev Manager

“Will talk on various ARA initiatives to increase participation  
and club development.”

Dr. Giles Warrington

OCI Physiologist Athens 2004, Beijing 2008

“Balanced approach to training, nutrition and rest.”

Richard Archibald

Irish Olympic rower will talk about his development from junior to  
Olympic rower.

Joe Cunningham

Castleconnell RC, will talk on the development of  
Adaptive Rowing.

David Ashley

A practical demonstration on how to set your HR training zones in  
a club setting with minimal equipment.

**Conference Fee: €60**

**Full Time Student/ Full Time Athlete: €20**

Bookings: Contact Tomás on 01 625 1130 or [info@iaru.ie](mailto:info@iaru.ie)

Clubs who book three or more places will get a 20% reduction.

All bookings received by Fri 16th Jan will go in a draw for a NK coaches rate meter.