

# WELSHROWING



## RHWYFOCYMRU

### Indoor Rowing Workshop



## Aims

The purpose of the Indoor Rowing workshop is to enhance the knowledge of coaches delivering indoor rowing sessions in gyms, schools and rowing clubs to ensure that participants are given high quality training sessions promoting good technique and a lifetime in the sport.

## Objectives

The key learning objectives of the Indoor Rowing Workshop that all candidates are expected to have the knowledge of following the workshop are:

- Learn how to set up the rowing machine correctly
- Understand what correct rowing technique is and the key points
- Know how to coach the basics of indoor rowing following British Rowing Technique
- General maintenance of the indoor rowing machine
- Awareness of how to progress knowledge and opportunities in rowing
- Knowledge of being inclusive within indoor rowing



## **Workshop Timetable**

0-1hr Introduction and setting up the rower

1-2 hr Indoor rowing technique and coaching beginners

Break

2-3hr Improving and correcting technique

3-4hr Training, games and where next

A resource book will be provided on the course. All candidates must bring suitable training kit for light exercise to practice coaching indoor rowing.

There is no assessment to this workshop

## **Workshop Details**

Cost of the workshop will be £60 per head or a centre can purchase a workshop for up to 12 people for £660.

The course may have between 6 and 12 candidates

To find out more details and information how to get onto workshop, or to have one run at your venue please contact Laura Hood

Development Officer

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