2020 World Rowing Virtual Coaches Conference

Friday 27 November 2020
Live Session 13:00 – 15:00 CET
Welcome and Introduction
Rosie Mayglothling GBR
Chair of the Competitive Commission
Update from World Rowing
Jean-Christophe Rolland
President of World Rowing
Matt Smith
Executive Director of World Rowing
Endurance sports now and in the future
Stephen Sailer NO\V\USA
Professor of Physiology
Saturday 28 November 2020
Video Presentation: Introduction Payal Scale TUN
Coastal Beach Sprint and training. How to do the Beach Sprint
Ilda Sverndal NOR
Physiological Norwegian Olympic Committee
Lessons and comparisons with cross-country skiing. Prologue Ski with QF, SF, and Final within a short period of time. How to maintain metabolic levels.
Thomas Løsgaard N\R
Physiological Norwegian Olympic Committee
Sunday 29 November 2020
Video Presentation: Introduction Payal Scale TUN
Training and Racing in stressful environments
Edmundas Daukantas LT\U
Coach
Usefulness of environmental stress for acclimation and performance optimisation
Francis Brocherie FRA
INSEP France
Monday 30 November 2020
Video Presentation: Introduction Marcello Varriele BRA
Training and Racing in stressful environments
Ida Svendsen NOR
Physiological Norwegian Olympic Committee
Lessons from serial winning coaches – Case Study from Irish Rowing
Claire Lambe IRL
Women in Sport Lead
Tuesday 1 December 2020
Video Presentation: Introduction Pascale Bouton FRA
Psychological effects of training intensities
Laurent Schmitt FRA
French Performance Sport
Training in Covid times
Franck Brocherie FRA
INSEP France
Wednesday 2 December 2020
Video Presentation: Introduction Pascale Bouton FRA
Lessons from serial winning coaches
Sergey Lutsenko UKR
Coach
Usefulness of environmental stress for acclimation and performance optimisation
Calle Hageskog SWE
Professor, Växjö University
Thursday 3 December 2020
Video Presentation: Introduction Pascale Bouton FRA
Panel Discussion Paola Grizzetti ITA
Para rowing – An update on the new materials to develop and support coaches
Simon Goodey GBR
London Docks Trust
Talent development – Developing your Para Rowing programme through the perspective of a Federation or a National Paralympic Committee.
Esteban Briguglio ARG
National Federation Coach
Oleksandr Onyshchenko UKR
National Paralympic Programme
Sergey Syabro UKR
Team Coach
Friday 4 December 2020
Video Presentation: Introduction Fay Ho HKG
Live Update 12:00-13:30 CET
Aimed at National Federations
2021 Events update
Live Session 14:00-15:30 CET
Chaired by Gianni Postiglione
A live session about biomechanics and race profiling
Saturday 5 December 2020
Live Session 09:00-11:45 CET
Questions to the presenters
Rose Mayglothling
Live Session 17:00-19:00 CET
Questions to the presenters
Peter Cookson
Sunday 6 December 2020
Video Presentation: Introduction Henk-Jan Zwolle NED
Practical boat rigging
Gianni Postiglione ITA/GRE
World Rowing Coaching Director
Valery Kleshnev RUS
Valery Kleshnev
Paul Thompson AUS
A live session about biomechanics and race profiling
Gianni Postiglione ITA/GRE
World Rowing Coaching Director
Valery Kleshnev RUS
Paul Thompson AUS

Others:
Michael Fuchs GBR
Chair of the Coaching Commission
Henriette Claesson SWE
Chair of the Rowing for All Commission
Alexandre Guillemin CAN
Communications Director
Due to time and COVID-19 restrictions, selected sessions were delivered in a video format.