

## 2023 World Rowing 3<sup>rd</sup> Virtual Coaches Conference

Preliminary Programme WRVCC 2023	
Friday 3 <sup>rd</sup> March 2023 (Live Session) 13:00-15:00 (CET)	
<b>Introduction &amp; Objectives Coaching Conference</b>	
- <b>Rosie Mayglothling</b> (GBR), Chair of the Competitive Commission	
<b>Welcome &amp; Update from World Rowing</b>	
- <b>Jean-Christophe Rolland</b> , President of World Rowing	
- <b>Vincent Gaillard</b> , Executive Director of World Rowing	
<b>Moderator: Marion Woldt</b> (Member of the Competitive Commission)	
<b>Key ingredients needed for a medal winning programme</b>	
<b>Speaker: Paul Thompson- Gold Medal winning coach AUS, GBR and CHN.</b>	
What are the key elements needed for a successful rowing programme. Paul Thompson is a medal winning coach who started as a talent ID coach and is now the Performance Director for Australian Rowing. He has worked in three countries and produced medal winning boats in Australia, Great Britain and China. Paul will share his experiences of what key ingredients are needed to develop a medal winning programme.	
Saturday 4 <sup>th</sup> March 2023 09:00 CET (link activated)	
<b>World Rowing Development</b>	
<b>Designated Moderators:</b>	
<b>Gianni Postiglione (WR Head of Coaching)</b>	
<b>Daniela Gomes (WR Head of Development)</b>	
<b>Developing the Elite Rowing Structure of Team Moldova</b>	
<b>Speaker: Nebojsa Ilic</b>	
<b>GEDI Cross Commission</b>	
<b>TBC</b>	
<b>Designated Moderators: Jacomine Ravensbergen and Liz Soutter</b>	
<b>A Coach's Guide to Creating an Inclusive Environment for LGBTQ+ Athletes</b>	
How can Coaches enable change? The effects of a welcoming and supportive environment in enhancing well-being, motivation and increased capacity for LGBTQ+ athletes.	
<b>Speaker: Shiv Paul</b>	
<b>Coastal Rowing Commission</b>	
<b>Introduction</b>	

<p><b>Designated Moderators: Guin Batten (GBR),</b> Chair of the Coastal Rowing Commission</p>
<p><b>Beach Sprint deep dive - Coach Analysis of boat entries by Lucy Hart (GBR)</b> How the best athletes are doing it and if there are any interesting entries. What are the common mistakes and methods for training speed and consistency.</p>
<p><b>Beach Sprint deep drive - Coach Analysis of the team relay by Nathalie Firth (SCO)</b> An explanation and advice on tactics for athletes, Boat handlers and Coaches on the sprint which is not always included in the Beach Sprint Programme. <b>(TBC)</b></p>
<p><b>Wavecraft - working the water for better speed in the Endurance format and beyond.</b> - Ben Booth (USA)</p>
<p><b>Beach sprint deep dive - Coach analysis of race turns - (TBC)</b></p>
<p><b>Building a coastal rowing team in a country with no sea – Libor Kubrycht (CZE)</b></p>
<p><b>Findings from the first Anthropometric study into beach sprint rowers – Jack Bickley (GBR)</b></p>
<p><b>Insights from the big blue by two coastal medallists on racing at the 2022 WRCC and WRBSF Emma Twigg (NZL) and Esther Briz Zamorano (ESP) (TBC)</b></p>
<p><b>Beach Sprint rowing from coach and researcher Sahbi Khardani (TUN) - (TBC)</b></p>
<p><b>Sunday 5<sup>th</sup> March 2023</b> 09:00 CET (link activated)</p>
<p><b><u><a href="#">Indoor Rowing Commission</a></u></b></p>
<p><b>Introduction</b></p>
<p><b>Designated Moderator: Filip Ljubicic (TBC)</b></p>
<p><b>Validating the accuracy of the Concept 2 ergometer using a test rig to simulate human rowing.</b></p>
<p>Prof. Dr. Dr. Jürgen M Steinacker and colleagues at the University of Ulm have been working on rowing ergometry for decades. There, the researcher Dr. Gunnar Treff initiated a cooperation with Ulm University of Applied Sciences and Professor Dr. Thomas Engleder. Together with the sports engineer Dr. Lennart Mentz, the team constructed a test rig that allows to simulate human ergometer rowing (Mentz et al. 2020). They now used this rig to validate the Concept 2 rowing ergometer (C2), which is currently the factual standard device for training, competition and often also diagnostics. Surprisingly, the accuracy of the ergometer and its PM5 monitor have not yet been investigated independently of biological bias for top-level athletic conditions.</p>
<p><b>Speaker: Dr Lennart Mentz</b></p>
<p><b>How to Train on the indoor rowing machine</b></p>

<p><b>Speakers: Eric Murray NZL</b> Gold Medallist and member of the Indoor Rowing Commission) and <b>Mehdi Kordl</b> (Dutch Cycling Sprint Coach and Henley Royal Regatta winner)</p>
<p><b>Operating and competing with limited resources at the indoor rowing championships</b>  <b>Speakers: Batenga Nakisozi</b> (Ugandan Rowing Association) and <b>Filip Ljubicic</b> (Chair of the Indoor Rowing Commission)</p>
<p><u><a href="#">Para Rowing Commission</a></u>  <b>Introduction</b>  <b>Designated Moderator: Rebecca Orr</b></p>
<p><b>Classification Research on Trunk Function</b>  <b>Speaker: Courtney Pollock</b></p>
<p>Monday 6<sup>th</sup> March 2023  09:00 CET (link activated)</p>
<p><u><a href="#">Youth Commission</a></u>  <b>Introduction</b>  - <b>Designated Moderator: Axel Müller</b></p>
<p><b>Trends in Rigging for Junior Boats</b>  Many coaches want to know how best to rig their boats. In 2022 a rigging survey was carried out at the Junior World Championships. What does the data tell us and is this supported by the biomechanics of rowing?</p> <p><b>Speakers: Peter Cookson</b> Member of World Rowing's Competitive Commission who led the survey and <b>Conny Draper</b> a World Leading biomechanist and a Member of World Rowing's Equipment and Technology Committee will share the findings and analysis</p>
<p><u><a href="#">Youth Commission</a></u>  <b>How to combine U19 Olympic and Coastal rowing in the same season (TBD)</b>  <b>Speaker: Marc Oria</b> (U19 Coastal Team Coach - USA).</p>
<p><u><a href="#">Governance</a></u>  <b>Moderator: Marcello Varialle</b></p>
<p><u><a href="#">Safeguarding</a></u>  <b>Fostering a holistic nurturing environment for "human" athletes.</b>  Coaches have a duty to create a good culture and a supporting environment for their athletes as much as focusing on performance. Healthy and happy athletes perform well. Through this session, we aim to share with coaches what does a safe training environment look and feel like? How can coaches nurture trust and openness between them and their athletes? Why it is critical that coaches understand safeguarding and communicate their expectations to athletes, parents and administrators? Why is the mental health and safety of athletes a crucial component to successful coaching practices?</p>

**Speakers: Allison Forsyth- Annamarie Phelps- Fiona Wilson- Lenka Dienstbach- Sandra Kirby - Stuart Lancaster**

Tuesday 7<sup>th</sup> March 2023  
09:00 CET (link activated)

[Introduced by Dr Juergen Steinacker and Dr Fiona Wilson](#)  
[Sports Medicine Commission](#)

**RED-S Relative Energy Deficiency in Sport**

Training for sport requires athletes to take in enough calories to perform to their best. The intake and output of energy balance for some can be difficult to maintain. RED-S is now well researched and Trent and Kate will share their research findings and give practical guidance as to what action coaches can take.

**Speakers: Dr Kathryn Ackerman** is a Sports Medicine Physician and Endocrinologist at the Boston Children’s Hospital and Director of The Female Athlete Programme.  
**Dr Trent Stellingwerff** is a sports scientist and Director of Performance Solutions in Canada. Both are researchers and experts in this area.

**The relationship between rowing-related low back pain and rowing biomechanics: a systematic review**

Back injuries are a recurring theme for rowing research. Frank Nugent has carried out a systematic review enabling us to benefit from best scientifically robust research in this area. Frank will share his findings.

**Speaker: Dr Frank Nugent PhD ASCC**

[Competitive Commission](#)

**Introduction**

**Designated Moderator: Johan Flodin and Chris Perry**

**Sustainable Coaching: How we can keep our coaches in the system for longer**

Coaches throughout the sports system are important to support athletes to achieve their best performances. How can we keep the coaches in the system for longer especially once they are at the top of the sport. Anne and Lorraine will share their experiences of making this happen in Canada.

**Speakers: Anne Merklinger** CEO of Own the Podium in Canada and **Lorraine Lafreniere** CEO of Association Canadienne des Entraîneurs

**Using GNSS and data management to assist with coaching.**

Many nations have access to the data from the boats racing at World Rowing events. How can this data be used to enhance the understanding of what is happening in the boat? What strategies can be put in place to maximise the rowers physiology in a race?

**Speakers: Fredrik Mentzoni, PhD**

**A discussion on Pacing for 2000m racing by NED sport scientists**

**Moderator: Hank-Jan Zwolle**

The Dutch scientist Freek Robbers has a practical application on pacing with one or two researchers (Matthijs Hofmeister, Jos de Koning) who are involved in the work of Matthias Verstraelen



**Closing Remarks & Recommendations: Faycal Soula**