

Friday – 3 December, 2010

Time	WinTech Theatre
12:00	TRADE EXHIBITION & REGISTRATION OPENS
13:45	Conference Opening and President's Welcome
14:00	1. Coaching Youth & Young Adults – Brian Douge
15:00	AFTERNOON TEA & EXHIBITION
15:30	2. Coaching, Communication & Conflict – Leigh Russell
16:30	3. Rowing in Australia: Now and into the future – Andrew Matheson, Andrew Dee, Noel Donaldson, Lyall McCarthy, David Pembroke & Kim Crow, facilitated by Ray Ebert
18:00	DRINKS IN MARATHON ROOM (1800 – 1930)

Saturday – 4 December, 2010

Time	WinTech Theatre	Gold Room	
8:30	4. Applied Coaching: The coach at work – Noel Donaldson & Volunteer	Umpiring stream Patrick Rombaut	
9:15	5. Strengthening the rowing talent in schools & clubs – P. Shakespear & W. Diplock		
10:15	MORNING TEA & EXHIBITION		
10:45	6. What makes it happen? The coach as a leader, manager & team builder – David Parkin	Umpiring stream Patrick Rombaut	
11:45	7. Making a bullet-proof athlete from a S & C perspective – David Buttifant		
12:45	LUNCH & EXHIBITION		
13:30	8. KEY NOTE: Malcolm Speed - Leadership		
	WinTech Theatre	Gold Room	Silver Room
14:45	9. How to rig/pitch/gear a boat – Lyall McCarthy	10. Getting through to athletes: Communicating effectively – Steve Stanley	11. Preparing an athlete outside the boat – Ivan Hooper
15:30	12. The Ergometer Power Profile: How to use it effectively to optimise and prescribe individual training loads - Tony Rice		13. Good Cox, Bad Cox: How the coach makes a difference – Andrew O'Brien
16:15	AFTERNOON TEA & EXHIBITION		
	WinTech Theatre	Gold Room	
16:45	14. 'Making weight' in lightweight rowing – Allan Hahn	15. Official education session – Patrick Rombaut (FISA)	
17:30	DEPART AIS FOR NRCE		
18:00	NRCE TOUR & DRINKS		

Sunday – 5 December, 2010

Time	WinTech Theatre
8:30	17. Coach Mentoring – Neil Barras
10:00	MORNING TEA & EXHIBITION
10:30	18. How to enable the greatest impact on athletes: A collaborative focus for coaches and athletes – Drew Ginn
11:30	19. Coach/Athlete Relationships – John Quinn
12:30	LUNCH & TRADE EXHIBIT
13:30	20. Beating the self beat-up: Overcoming mental hurdles – Jason Patchell
14:15	21. PANEL DISCUSSION: "If I knew then, what I know now..." – Facilitated by Ray Ebert
15:15	CLOSE & AFTERNOON TEA