

**2013 FISA WORLD ROWING  
COACHES CONFERENCE  
TALLINN, ESTONIA**

**PROGRAM**

**7-10 NOVEMBER 2013**

**Thursday 7 November**

Arrivals

- 19:00 Welcome Drinks and Presentation on Eastern Europe Rowing History - Chris Dodd (GBR)
- 19:30 Dinner

**Friday 8 November**

- 08:45 Introduction
- 09:00 Coach in the Spotlight – Johan Flodin (NOR) and (SWE)
- 10:45 Coffee break
- 11:00 “Coach the Coach” – Practical Psychological Work – Dr. Annelen Collatz (GER)  
- German Team Psychologist
- 12:30 Lunch
- 13:30 Presentation on “Skype” – innovation at work
- 14.30 Age related changes in skeletal muscle: strength development through the lifespan - Teet Seene (EST)
- 15.15 Coffee break
- 15:30 FISA Discussion – The FISA Regatta Season
- 16:00 Break-out into groups for discussion of Regatta Season
- 17:00 Report from break-out groups
- 18:30 Depart for Gala Dinner

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19:00 FISA Gala Dinner and Awards Presentations

**Saturday 9 November**

08:45 Phasing in preparation of Triathletes and its relevance for rowing coaching - Malcolm Brown (GBR) - British Triathlon Coach

10:15 Coffee break

10:30 Working with Athletes – Practical Psychological Work Dr. Annelen Collatz (GER)  
– German Team Psychologist

11:45 Preparing for Racing on different Continents – Matt Imes (USA); Alan Cotter (NZL); Malcolm Brown (GBR)

13:00 Lunch

14:30 Nutrition periodisation and supplements for rowers - Siret Saarsalu (EST)

15:30 Coffee break

15:45 FISA Discussion – Presentation on research on Women’s Rowing Development, and other FISA matters.

16:30 Break out into groups for discussion of FISA Matters

17:15 Report back from groups on FISA Matters

19:00 Dinner / Farewell Reception

**Sunday 10 November**

Departures