

**Joy of Sculling/Pocock Rowing Foundation
Coaches Conference in Olympia, WA
The Red Lion Inn
Friday, February 10th – Sunday, February 12th, 2017**

Schedule

Friday, February 10, 2017

4-6 p.m.	Registration at the Red Lion	Lobby
6-7:15 p.m.	Keynote: Jason Dorland: Chariots and Horses: Life Lessons from an Olympic Rower	State
7:20 -8:50 p.m.	Workshop #1	
	McNeely – Psychophysiological Aspects of Program Design	Rainier
	Morrow – Building a Rowing Program from the Bottom Up	State
	Teitelbaum – Cultural Lessons Learned	Olympic
8:50-9:30 p.m.	George Pocock Foundation Wine and Cheese Reception	State

Saturday, February 11, 2017

8:30-10 a.m.	Workshop #2	
	Acosta – Effective College Programming	State
	Draper – Assessing the Drive Phase & How Best to Move the Boat	Olympic
	McNeely – Strength Training for Young Athletes	Rainier
10-10:20 a.m.	Coffee Break	
10:20-11:50 a.m.	Workshop #3	
	Morrow - Building a Rowing Program from the Bottom Up	State
	Ray – Building an Empowering Program for Young Girls	Rainier
	Teitelbaum – Staff Team Building	Olympic
12:15-1:30 p.m.	A Wonderful Lunch	State
1:45-3:15 p.m.	Workshop #4	
	Lopez – Developing Leadership in Club Coaches	State
	McNeely – Psychophysiological Aspects of Program Design	Rainier
	Parr – Athlete Centered Coaching	Olympic
3:15-3:30 p.m.	Coffee Break	
3:30-5 p.m.	Workshop #5	
	Draper – Biomechanics in Collegiate Rowing	Rainier
	Morrow – Top 10 Tips to Gain Speed on the Water	State
	Teitelbaum – Cultural Lessons Learned	Olympic
5:05 - 6:20 pm	Panel – Acosta, Draper, Morrow, Moderator: Matt Lacey	Cedar Hemlock
	Topic – The Equipment: Cost, Speed Increase, etc.	
6:30 to 7:15 pm	Beer Social	Fir Room

Sunday, February 12, 2017

8:30-10 a.m.	Workshop #6	
	Acosta – Effective College Programming	Rainier
	Parr – Athlete Centered Coaching	Olympic
	Volpenhein – The Recovery and Entry, the Drive and the Release - The Two Wholes	State
10:05 -11 a.m.	Panel – Acosta, Parr, Volpenhein, Moderator: Matt Lacey	Cedar Hemlock

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