



Thames Regional Rowing Council

SEMINARS AUTUMN/ WINTER 2009

The Amateur Rowing Association, in conjunction with the Thames Regional Rowing Council, notifies all member clubs and associations of the autumn/winter series of seminars.

Seminar Title	Venue	Seminar Date	COST	Application Deadline	Start Time
Safeguarding and Protecting Children	Molesey Boat Club	Monday 21 st September	£15 (in advance)	Friday 14 th August	
GB Rowing Technique With GB Coaches	Reading Rowing Club	Sunday 4 th October	£5 (on the door)	Wednesday 30 th September	Contact CDO
GB Rowing Technique With GB Coaches	Molesey Boat Club	Sunday 4 th October	£5 (on the door)	Wednesday 30 th September	Contact CDO
First Aid (Outdoor & Water specific)	Reading Rowing Club	Wednesday 28 th October	£46 (in advance)	Friday 9 th October	6.15pm
First Aid (Outdoor & Water specific)	T.B.C.	Wednesday 28 th October.	£46 (in advance)	Friday 9 th October	6.15pm
Tideway Navigation & Safety	Burway Rowing Club (nr Chertsey)	Wednesday 4 th November	FREE	Tuesday 3 rd November	7.00pm
Tideway Navigation & Safety	Marlow Rowing Club T.B.C	Wednesday 11 th November	FREE	Tuesday 10 th November	7.00pm

For full details and application process of each course or seminar please see contacts below:

To apply contact your CDO:

Sarah Birch or Phil Simmons – ARA Coaching and Development Officers

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