



9 September 2020
Lausanne, Switzerland

Technical Coach Course Coastal Rowing Race Module (Beach Sprint)

Donoratico, Italy – 20-21-22 October 2020

Dear National Federations,

World Rowing, with the support of Olympic Solidarity, the Italian Olympic Committee and the Italian Rowing Federation, are pleased to offer a limited number of coaches the chance to take part in a World Rowing Technical Course for Coaches focused on coastal rowing and specifically the race format of the Beach Sprint.

The course will take place on 20-21-22 October 2020 in Donoratico, Italy, and will be led by World Rowing Expert Guin Batten. **Participants are expected to arrive on 19th October as activities will start early on 20th October.**

The aim of the course is to provide experienced rowing coaches with an introduction to preparing athletes for championship coastal events including the Youth Olympic Games (postponed to 2026). The course will provide basic understanding of:

- A. Introduction to racing coastal
- B. Safe management of on water coaching sessions – including – risk management, navigational hazards, float plans, boat and crew checks, briefing, signing out/in,
- C. Launching and landing on a beach and rescue drills
- D. Race technique – Overview of the technical and tactical phases of beach sprint and endurance. The start, slalom rowing, working the water, race turning and beach finish.
- E. Race logistics: beach sprint – overview of the physical demands of the race, insight into the logistics of racing (progression, time trials, last eight, pool boats, standard rigging, lane selection) and the role of boat handlers.
- F. How to set up a beach sprint training course and run selection races.

On 23-24-25 October, the same venue will be hosting the European Coastal Rowing Challenge.

Participants

A limited number of 30 coaches will be invited for free accommodation, local transport and course material from 19 to 22 October 2020 in Donoratico. These coaches will be identified based on their existing involvement in coach education activities for coastal rowing at the continental and national level or as persons who are developing the discipline and are strategically positioned to grow the sport. National Federations can also select for participation their lead coastal coach or their lead coach educator.

A limited number of coaches from Italy will be granted participation, as supported by the Italian Olympic Committee. The remaining spots will be offered on a first come – first served approach, upon invitation.

Accommodation

Accommodation will be offered in shared rooms (with option for single rooms) at the hotel "I Ginepri" (Viale Italia, 13, 57022 Marina di Castagneto Carducci, Livorno, Italy). Price of the accommodation in full board will amount at 75€ per person in double room and 85€ in single room.

A tourist tax of 1.5€ will have to be paid directly to the hotel by each guest.

The coaches who decide to stay onsite for the European Rowing Challenge will do so at their own expenses. Please contact the Organising Committee at ambra.dimiceli@canottaggio.org.

Transport

International travels will be at the cost of the participants.

Closest serving airports to Donoratico are Pisa, Florence, and Rome. Based on the travel plans of the participants, airport transfer might be offered in the late afternoon/evening of October 19th. This will be confirmed at a later stage.

In alternative, detailed instructions will be communicated on how to reach Donoratico by public transports from the airports.

Boats and Equipment

Official boat supplier Filippi will provide boats and material necessary for the course.

Insurance

Participants are required to have a valid insurance policy to cover travel, health and liability with regards to the course activities.

If you have any questions, please do not hesitate to contact World Rowing at paolo.mattana@fisa.org or the Organising Committee at xxx

Best regards,

Sheila Stephens Desbans
FISA Development Director