

Sharing Good Practise

**Sunday 26th March 2023 9.30am – 1.00pm
via Zoom**

We are pleased to announce that our Sharing Good Practise Workshop is back! An opportunity for coaches to come together to discuss coaching practice, suggest ideas on the development of coaches and coaching across our region, meet the new Chair of ERRC, and hear from two guest speakers.

Our Speakers

Mike Partridge Head Coach City of Cambridge Rowing Club

Mike grew up in Monmouth and rowed for the local club before studying in London and continuing his rowing through Thames Tradesmen and London Welsh Rowing Clubs. He represented Wales at many Home Internationals as well as the 1986 Commonwealth Games, before concentrating on his teaching career and coaching at Emanuel and Shrewsbury Schools. He coached internationally between 1987 and 1995 before emigrating to Australia, where he continued his teaching and coaching at The Southport School, Newington College and Anglican Church Grammar School. Latterly he has worked as Development Officer for Rowing Queensland and coached State Team crews at the Inter State Regatta.

Mike will talk about his experiences in the UK and present on the contrast with coaching rowing in Australia. In particular, he will present on the differences in the rowing programmes in schools in the two countries, the club system and the racing calendar.

Jonathan Conder 'JC' Head Coach Jesus College Boat Club

JC grew up in Cambridge and rowed for the '99 Rowing Club, before studying in Kingston and continuing his rowing through Molesey Boat Club. After university he returned to Cambridge to row again with the '99 Rowing Club, before transitioning into coaching. He coached the '99 Rowing Club men's and women's senior squads, before being asked to coach the Cambridge University women, which he did for six years. He is a 'Coach Educator' for British Rowing and has delivered Level 2 courses in Eastern Region for over twelve years. In 2017 he became full time Head Coach for Jesus College, Cambridge. He has also been lead coach in the Eastern Region for British Rowing's Women's Development Programme since 2020. In 2021 he completed his MSc in Sports Coaching focused on rowing.

He will be talking on 'Paul O'Donovan's Thumbs and Constraints Led Approach to Coaching'. Using the example of the Irish Olympic gold medal winning lightweight double scull, he will discuss whether there are alternatives to 'traditional coaching' methodologies for rowing coaches. Using research carried out for his Level 4 Coaching Award and MSc, JC will offer ideas that coaches can incorporate into their own coaching practice.

Cost £10 per person

For bookings please contact Tracy Muir muirtracy@hotmail.com who will give details re payment and provide the meeting link

