



SYDNEY
INTERNATIONAL
ROWING REGATTA
19 ~ 25 MARCH 2018

AON
Empower Results®

LUNCH TIME LEARNINGS 2018 AGENDA & TOPICS

SYDNEY INTERNATIONAL ROWING CENTRE • PENRITH • NSW

Bring along your lunch and participate in some interactive
information sessions on all things rowing.

ROWING
Australia



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776^{BC}

Great prize
giveaways from 776BC

LUNCH TIME LEARNINGS 2018

DAY	TOPIC	PRESENTER/S
Wed 21.03.18	Nutrition	Bronwen Lundy Australian Rowing Team Nutritionist
Thur 22.03.18	Technical training principles and philosophies	Lyall McCarthy National Pathways Head Coach Tony Rice National Pathways Physiologist
Fri 23.03.18	Injury prevention and treatment	Kellie Wilkie & Dr Larissa Trease Rowing Sports Science/Medicine Experts
Sat 24.03.18	Interactive Pathways Coaching Panel	Lyall McCarthy National Pathways Head Coach School Coach (TBA) Club Coach (TBA) State Pathway Head Coach (TBA)

Sessions will be held Wednesday to Saturday in the Olympic room and start 10 minutes after the last race before lunch.
Attendance is free however places are limited. Please register online via sirr.rowingaustralia.com.au