

2019 SA COACHES CONFERENCE

SEPTEMBER 14TH | 10:30AM - 5:00PM | THE LAKES HOTEL



WITH

BRIGETTE CARLILE, JAMES MCRAE, JASON LANE, ALEX MCNAUGHTON, CHRISTINE MACLAREN, & ATHLETE PANEL

TICKETS

\$60 STANDARD TICKET, \$50 NCAS ACCREDITED COACHES, \$200 CONFERENCE & L1 NCAS BUNDLE

REGISTER

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LAKES HOTEL
EST. 1985

ROWING DECENT

SASI
South Australian Sports Institute

ROWING
South Australia



2019 SA COACHES CONFERENCE

SCHEDULE

10:30 SIGN IN & WELCOME

10:45 PROFESSIONAL ISSUES & ATHLETE MENTAL WELFARE

WITH **ALEX MCNAUGHTON** (SASI PSYCHOLOGIST & WELL-BEING LEAD) & **CHRISTINE MACLAREN** (SASI ROWING STATE TALENT PATHWAY COORDINATOR)

11:45 KEEPING THE JOY IN ROWING

WITH **BRIGETTE CARLILE** (2019 AUS JUNIOR W4+ COACH, JUNIOR & WOMEN'S YOUTH PROGRAM COORDINATOR @ MERCANTILE ROWING CLUB, COORDINATOR OF COACH AND ROWER DEVELOPMENT @ ST CATHERINE'S SCHOOL)

12:45 LUNCH

1:30 PRACTICAL RIGGING

WITH **JASON LANE** (SASI ROWING HEAD COACH & 2019 AUS JUNIOR TEAM HEAD COACH)

2:30 SCULLING 101

WITH **JAMES MCRAE** (3X OLYMPIAN & WORLD CHAMPION)

3:30 BREAK

4:00 ATHLETE PANEL

WITH SOME OF SA'S MOST EXPERIENCED ATHLETES DISCUSSING THEIR EXPERIENCES WITH COACHES, AND THE PEOPLE & STRATEGIES THAT SHAPED THEIR ROWING CAREERS

4:45 CLOSING REMARKS & UPCOMING OPPORTUNITIES

5:00 OPTIONAL DRINKS & NIBBLES

PROVIDED BY ROWING SA @ THE LAKES HOTEL

REGISTRATION CLOSES SEPTEMBER 9TH @

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