



Paul Ratcliffe, PD and British Canoeing Performance
invites you to attend a

RACING SEMINAR

On the 11th November 2017

Venue TBC

(within easy reach of M25 and M40)

PROPOSED AGENDA

- Welcome and update on the Sprint programme with Paul Ratcliffe
- A session on the philosophy and understanding of building successful crew boats with Rene Olsen
- Understanding the Technical Model of Forward Paddling
- Insight and Q&A into understanding the training principles that have produced some of our recent junior medallists and Olympic successes
- Strength and Conditioning for the developing Athlete



Photograph credit: Jamie Troughton/Dscribe Media

RSVP to Mike Chandler: mike.chandler@britishcanoeing.org.uk by
Friday 29th September 2017

