

•Northern Rowing Council

Conference 2023

Agenda

1 Welcome and Introduction [**10-10.15**]

2 The work of the NRC since the last conference [**10:15 – 10:30**]

3 Keynote speech – British Rowing recent changes and the vision for the future
[**10:30 – 11:30**]-

4 The British Rowing structure [**11:45-12:10**]-

5 Format of the workshops – [**12:10-12:15**]

1Workshops 1 [12:15- 12:45]

2 Managing club expansion – Limited company or not?

3 Rule changes and safety considerations the impact on racing –

4

5**Lunch [12:45 – 13:45]**

6

7Introduction to the afternoon sessions

Workshop 2 [13:45 – 14:15]

1 Converting L2R to membership – the path from beginner to competitor.

2 Safety considerations –

3

4Workshops 3 [14:45 – 15:15]

5 Strength and conditioning

6 Encouraging inclusive rowing

1Closing plenary session [**15:15 – 15:30**]