

## Sprint Development Days - Workshop 1 - 10th July 2021

7:00	Canoes arrive	
7:30	Confirm attendance -collect wristbands and food/drink vouchers	
8:00	Welcome (SQ Zone) Acknowledgement of Country House Keeping and COVID requirements	Cherie Collison
8:15	Safe Unloading of Trailers Rigging OC6's	Leigh Paine Adam Joyce Leon Tanguie
Minnows/12Us15	Stretching/Yoga & Team Building Game	
9:30	<b>Morning Tea</b>	
10:00	Bigger Group Discussion Sprint Nationals Layout & Process Marshalling Process	Jenny Birtwistle
10:15	Groups Assigned	
	<b>Group A</b>	<b>Group B</b>
	Stretching and Mindset (Land)  Charlene Povey Karen O'Reilly Emily Probert	Starts/Flags (Land/Water)  Sue Macroe Belinda Sullivan Leon Tanguie
		<b>Group C</b>
		Turn mechanics (Land/Water)  Lea Schloss Nia Rudolph Shania Paine
11:30	<b>Lunch</b>	
12:15	<b>Group Rotation 2</b>	
	<b>Group A</b>	<b>Group B</b>
	Turn mechanics (Land/Water)  Lea Schloss Nia Rudolph Shania Paine	Stretching and Mindset (Land)  Charlene Povey Karen O'Reilly Emily Probert
		<b>Group C</b>
		Starts/Flags (Land/Water)  Sue Macroe Belinda Sullivan Leon Tanguie
Minnows/U12s	Technique Drills & Games	
13:30	<b>Afternoon Tea</b>	
14:00	<b>Group Rotation 3</b>	
	<b>Group A</b>	<b>Group B</b>
	Starts/Flags (Land/Water)  Sue Macroe Belinda Sullivan Leon Tanguie	Turn mechanics (Land/Water)  Lea Schloss Nia Rudolph Shania Paine
		<b>Group C</b>
		Stretching and Mindset (Land)  Charlene Povey Karen O'Reilly Emily Probert
Minnows/U12s	Positive Paddling (shoreline)	
15:15	Q & A	
15:30	De-rig and reload OC6's	
16:00	Wrap up & close	