

SRAM 2023

Coaching Conference

Wyandotte Boat Club
January 14-15, 2023



Saturday, 1/14	
9:30 AM - 10:30 AM	Registration Continental Breakfast
10:30 AM - 11:30 AM	Abby Knight - High Performance Long Term Development
11:30 AM - 11:50 AM	Break
11:50 AM - 12:50 PM	Sarah Gehrke - A Better Boathouse
12:50 PM - 1:50 PM	Lunch provided by H2Row
2:00 PM - 3:00 PM	Breakout Sessions
3:00 PM - 3:20 PM	Break
3:20 PM - 4:20 PM	Eric Gehrke - Blending Athletes
4:20 PM - 4:40 PM	Break
4:40 PM - 6:00 PM	Panel - A Discussion on Specialization Moderated by Nicole Marek
6:00 PM	Dinner provided by Vespoli USA
Sunday, 1/15	
8:30 AM - 9:30 AM	Annual SRAM Meeting - (Michigan HS coaches only) & continental breakfast for all provided by RowKraft Products
9:40 AM - 10:40 AM	Mike MacMinn - Making Rowing Mainstream
10:40 AM - 11:00 AM	Break
11:00 AM - 12:00 PM	Greg Myhr - Building a Program

Schedule subject to change.

Breakout Topics:

- Abby Knight** - Transforming Technique (erg room)
- Mike MacMinn** - Productive Erg Training (lobby)
- Eric Gehrke** - Rigging Trends (conference room)
- Greg Myhr** - Preparation for Collegiate Rowing (weight room)
- Sarah Gehrke** - Balancing Family & Coaching (lounge)