

AUGUST 17 - 19, 2023

KLAIPĖDA



COASTAL ROWING MODULE LITHUANIA



LIETUVOS
IRKLAVIMO
FEDERACIJA



COASTAL ROWING MODULE LITHUANIA

With the growing popularity of coastal rowing, the Lithuanian Rowing Federation, in collaboration with Olympic Solidarity and the World Rowing Coach Development Programme, takes steps to promote coastal rowing in the Baltic Sea region.

This Coastal Rowing Module is dedicated to athletes, coaches, umpires, and event organisers.

We are glad to offer you the first Coastal Rowing Module in Lithuania, which will take place on August 17 - 19, 2023.



MYKOLAS MASIULIONIS LITHUANIA

I am a rowing coach for the Lithuanian national team with a Professional Master's Degree in Sport Education from the Lithuanian University of Educational Sciences. I am a former rower who began working as a coach in 2012 after finishing my sporting career. I have more than ten years of coaching expertise and have worked with various different national teams. I am now the head coach of the Lithuanian rowing squad as well as a coaching expert in the World Rowing Development programme. In 2021, I completed Coastal Rowing Module (CRM) Coach Educator Training, and in 2022, I did further courses to broaden my knowledge in this subject. I am quite delighted of the Lithuanian Rowing Federation's decision to take action to promote coastal rowing in the Baltic Sea region, with the assistance of the Olympic Solidarity Foundation and the World Rowing Coach Development Programme.



ZANE PUTNINA LATVIA

I am a rowing coach from Latvia with a Professional Bachelor's Degree in Sports Science from the Latvian Academy of Sport Education. I have graduated from the Women's Sport Leadership Academy and completed the L1 Development Coach - Coastal and CRM Coach Educator Training. I have worked as a rowing coach in Murjanu Sports gymnasium territorial unit "Specialized Rowing Sports School" for 6 years. And I was co-delivering the Coastal Race Module course in Croatia together with Guin Batten in November 2021.



EDMUNDAS DAUKANTAS LITHUANIA

International category umpire with over 20 years of experience officiating at national and international regattas, European and world championships, and the Olympic Games. I worked as an umpire at the World Rowing Coastal Championships in Istanbul in 2010 and Hong Kong in 2019. I am sharing my thoughts and practical insights in the World Rowing working group discussions for Coastal rowing racing rules development. I am happy to have an opportunity to share my knowledge and practical insights with Coastal Rowing Module participants in Klaipėda.

TIMETABLE

COASTAL ROWING MODULE TIMETABLE, LITHUANIA (GENERAL)

Day 1 Thursday, 17th Aug	
13:00 – 13:30	Registration and check in
13:00 – 13:55	Coffee / tee
14:00	Coastal Rowing Module opening (Guin Batten, Saulius Ritter)
14:15	Introduction of Coastal Rowing Module programme (Mykolas Masilionis)
14:50	Shuttle bus to the beach
15:30	Beach Orientation
16:00	Float Plan and DRA
16:30	Launching and Landing Skills
17:00 – 17:30	Coffee Break
17:30	Rescue drills
18:00	Slalom
18:50	Shuttle bus to the hotel
19:10	Recap and close of the day
19:30	Dinner
Day 2 Friday, 18th Aug	
07:00 – 08:30	Breakfast
09:00	Rules of racing
11:00	Race Logistics (Theory)
12:00	Running a practice regatta (Theory)
13:00	Lunch
14:30	Shuttle bus to the beach
15:00	Rotation Dynamic Risk assessment / Measuring a beach sprint course
16:00 – 16:30	Coffee break
16:30	Race skills and coaching task
18:40	Shuttle bus to the hotel
19:10	Recap and close of the day
19:30	Dinner
Day 3 Saturday, 19th Aug	
07:00 – 08:00	Breakfast
09:00	Shuttle bus to the regatta venue
11:00	Practice in the Coastal Rowing Beach Sprint Championship

COASTAL ROWING MODULE TIMETABLE, LITHUANIA (UMPIRES)

Friday, 18th Aug	
14:00	Coastal rowing (endurance)
16:00	Coffee break
16:30	Beach sprints
19:30	Dinner

GENERAL INFORMATION

Application for the Coastal Rowing Module is until the **6th of August**.
Scan the QR code to fill in the participant application form



SCAN ME

DATE:

AUG 17 - 19

LOCATION:

HOTEL „AURORA”

For all participants:

- A free three-day training program (theory and practice)
 - Certificate
- Accommodation in the Aurora Hotel (17 - 19, Aug)
 - Catering

The module is conducted in English.

FOR MORE INFORMATION:

INFO@LIF.LT