

<b>Course:</b>	Growth and Maturation
<b>Course Type:</b>	CPD For Coaches
<b>Course Fee:</b>	Free to Scottish Rowing Members/ £25 non SR Member
<b>Date:</b>	3 <sup>rd</sup> September 2018
<b>Venue:</b>	Scottish Rowing Scottish Rowing Centre 366 Hamilton Road Motherwell ML1 3ED  Tel: 01698 250206
<b>Start Time:</b>	6pm
<b>Finish Time:</b>	9pm
<b>Workshop duration:</b>	3 hours
<b>Workshop focus:</b>	Session coaches and Club Coaches (Level 2)
<b>Number of candidates</b>	20

## **Growth and maturation**

Under the topic Growth and maturation we have two workshops.

### **Understanding the concept in your coaching practice - Coach Connect - UKCC level 1/2**

By the end of this workshop coaches will:

- Understand the key principles of growth & maturation and development
- Identify how this affects your athletes
- Identify challenges this brings to you as the coach and potential solutions within your coaching practice
- Recognise that athletes and players with different impairments may require adaption in coaching practice.

Here is a summary video of what you will learn from this workshop:

<https://youtu.be/iEqEhMX2QLI>

Booking for this workshop is to be made through the Scottish Rowing membership system. Places are free for Scottish Rowing licence holders. [Click here to go directly to the course booking page.](#)