



## TRRC Autumn Seminar Series 2005

# Wednesday 18th January

# Rigging:

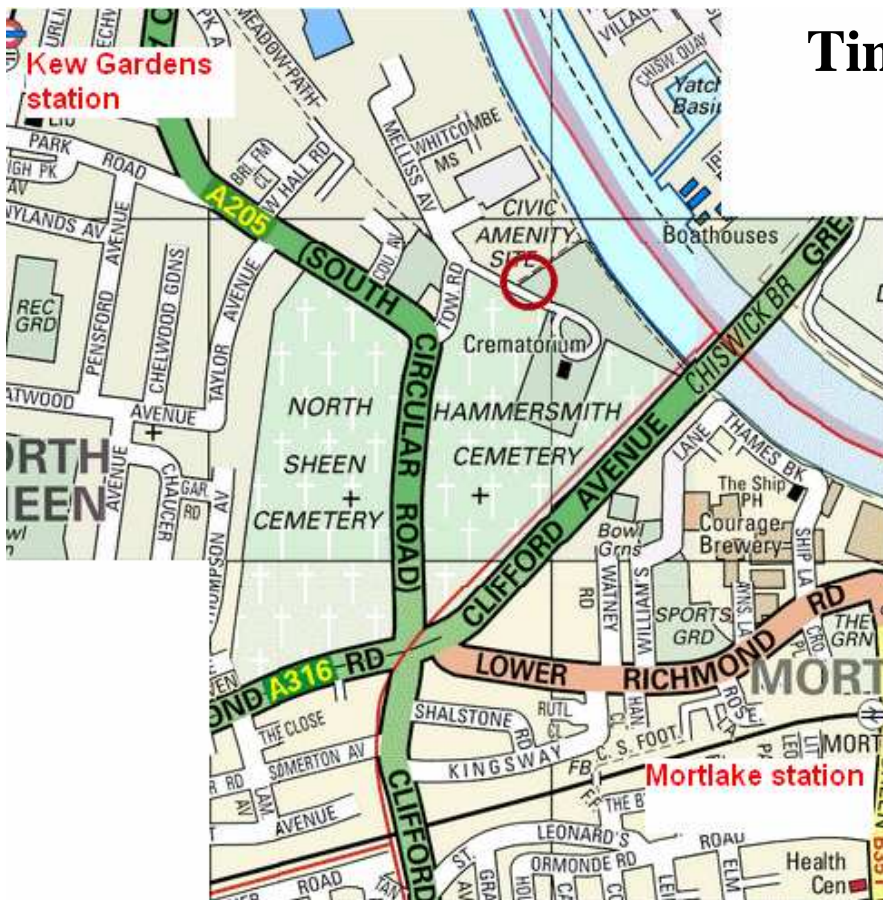
# The Absolute Basics

# Ken Roberts

**About the presentation:** This talk is aimed at rowers and new coaches who know very little about setting up boats. If terms like “stern pitch”, “inboard” or “gate height” confuse you – or you don’t know the impact of changing them – then this is the seminar for you. Full of handy hints on how to make sure you set up your boat so that you or your athletes can perform to the best of their ability.

Experienced coaches also welcome!

**About the speaker:** Ken Roberts is an ARA Coach Educator based at Walton RC.



**Time:** 7:30pm – 9pm

**Cost:** £3 for ARA members (card required), £5 for others

**Venue:**  
Putney Town  
RC

Kew Meadows Path, Kew

10-15 mins walk from Kew Gardens or Mortlake stations. Ample car parking