



# Exeter Rowing Club

**Junior Rowing Section: pathway for athletes**



# Junior Pathway

**Junior Coordinator: Alison Creasy**

**Social coordinator**

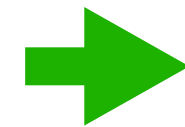
**Volunteer Coordinator**

**Junior Captains**

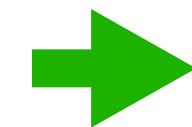
Coached by Tim Spencer

Coached by Stephen Otter

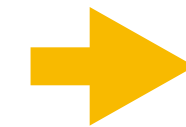
Learn to row



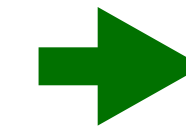
Development



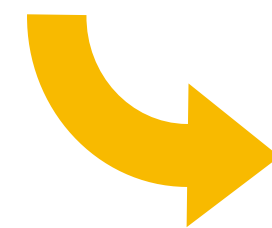
Intermediate



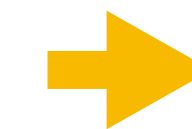
Performance



Advanced performance



Recreation



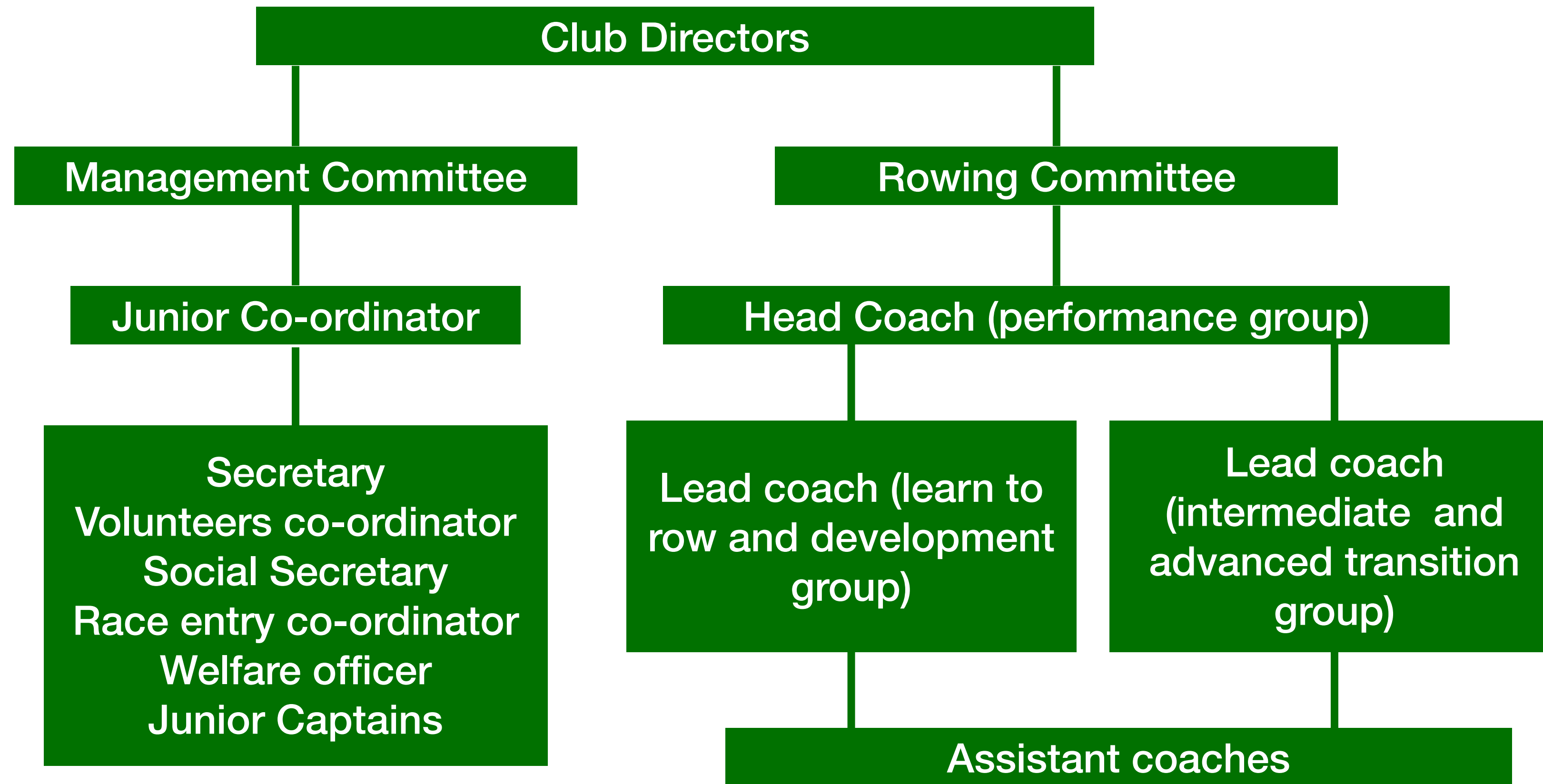
Advanced recreation/transition

Coached by Paul Wilson

Parent helpers



# Junior Squad Family



Parent and guardian volunteer helpers



# Role descriptions

## Junior coordinator

- Coordinates activities across all three coaching groups
- Attends regular coaches meetings
- Coordinates communication between athletes, coaches and parents
- Liaises regularly with Junior Captains

## Volunteer coordinator

- Coordinates parent support for training sessions, particularly water sessions

## Social coordinator

- Coordinates social activity for junior athletes and parents

## Parent helpers

- Supports the coaches to help keep athletes safe when getting on and off the water, and during their water-based training sessions

## Coaches

- Help athletes enjoy rowing and support them in their journey along the junior pathway
- Draw up training schedules for athletes in their section
- Coach athletes according to official British Rowing sweep and sculling techniques - see <https://www.britishrowing.org/knowledge/rower-development/british-rowing-technique/water-rowing-technique/>. Athletes progressing to GB trials will be required to row or scull in this way
- Coach strength and conditioning activity (usually done at school, gym or home)
- Work with parents to co-ordinate safety procedures for water sessions
- Select athletes for crews for training and rowing/sculling events
- Attend regular meetings with the Junior Coordinator to review athletes' performance, and their progress along the Junior Pathway
- For athletes suitable for GB trials, complete British Rowing's registration process and provide support through the trialling process



# Governing bodies

## Exeter Rowing Club



### Your rowing club

- Affiliated to British Rowing and WEARA, the club is a limited company and rents the clubhouse and boat storage from Exe Watersports Association (EWSA).
- Led by Club Captain Joe O'Connor and governed by a board of Directors.

## British Rowing



### Governing body for the sport of rowing

- Responsible for participation and the development of rowing and indoor rowing in England, and for the training and selection of individual rowers and crews representing GB.
- Provides a comprehensive insurance scheme for rowers
- Development is managed through six rowing areas

## West of England Amateur Rowing Association (WEARA)



### Represents the interests of rowers throughout the south west

- On behalf of British Rowing, supports the development of rowing across the south west
- Has affiliated membership of 15 clubs
- Coordinates regattas that are run by individual clubs across the region



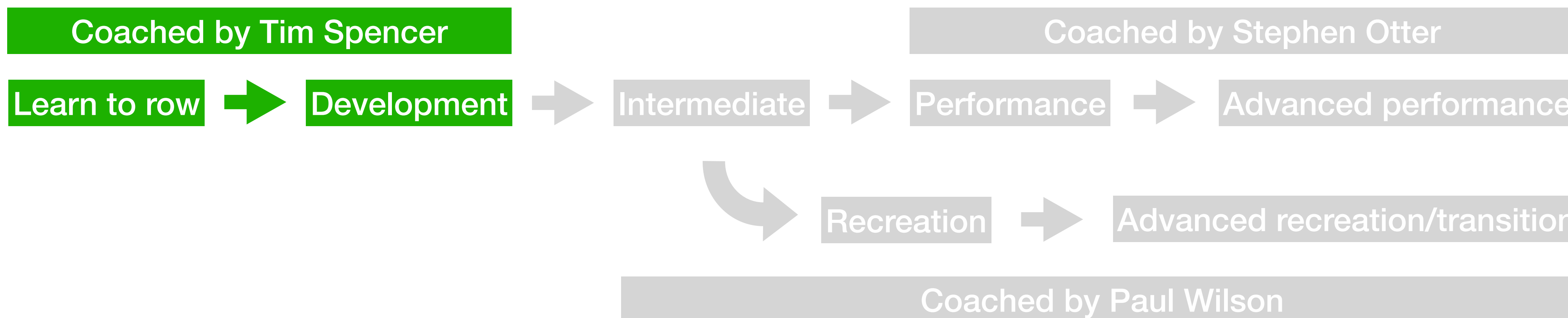
# Annual pattern of races and events\*

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
National events						Head of the River		National Schools Regatta The Junior Sculling Regatta	Metropolitan Regatta	British Junior Rowing Champs Henley Royal Regatta Women's Henley		
WEARA	← Head races →						Regattas such as: Exeter, Plymouth, Totnes, Wimbleball, Greenbank Falmouth, Paignton, Port of Dartmouth					
GB selection	<b>Rower registration</b> 1st ergo assessment	Early ID assessment	National training day/ camp 2nd ergo assessment		National training day 3rd ergo assessment Water assessments	Spring assessments 4th ergo assessment	<b>GB Team Trial</b>	European Junior Rowing Champs	GBvFrance J16 trial	GB crew formation J16 training camp GBvFrance J16 match Home International Rowing Champs	World Rowing Junior Champs Coupe de la Jeunesse	

\* illustrative



# Guide to each section of the Junior Pathway



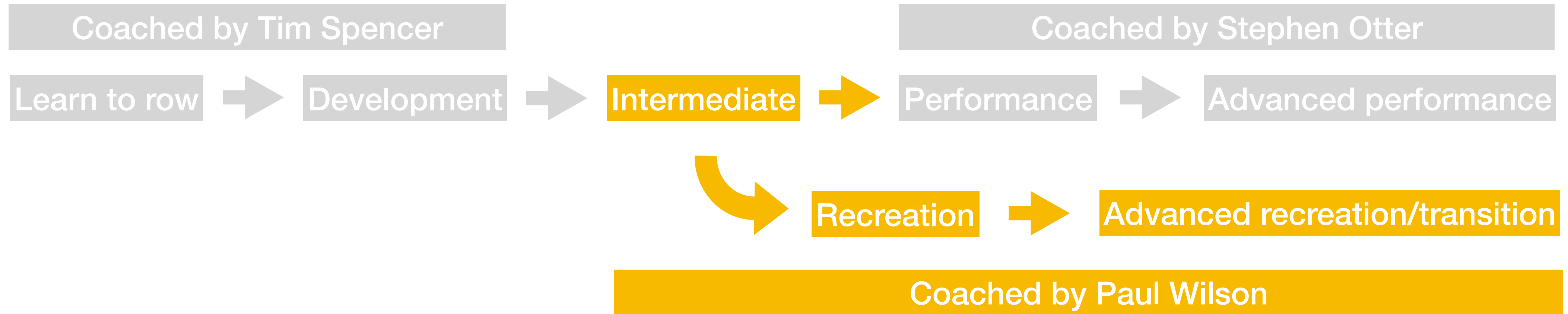
## Learn to row and development section

Tim will coach those athletes who have yet to experience regular regatta racing and those who are new to the sport. This section will mainly be made up of J11 to J14 rowers, and also some J15 rowers who need some help to get up to speed. The main aim in this section is to make learning the sport as fun as possible.





# Guide to each section of the Junior Pathway



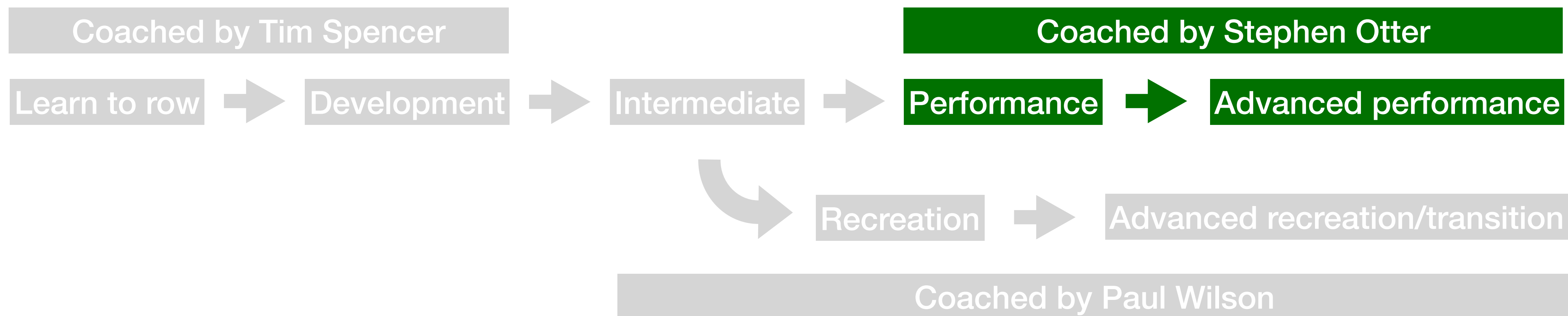
## Intermediate and recreation section

Paul will coach this section, principally made up of athletes who want to learn to scull and/or row well, and take part in WEARA level racing.





# Guide to each section of the Junior Pathway

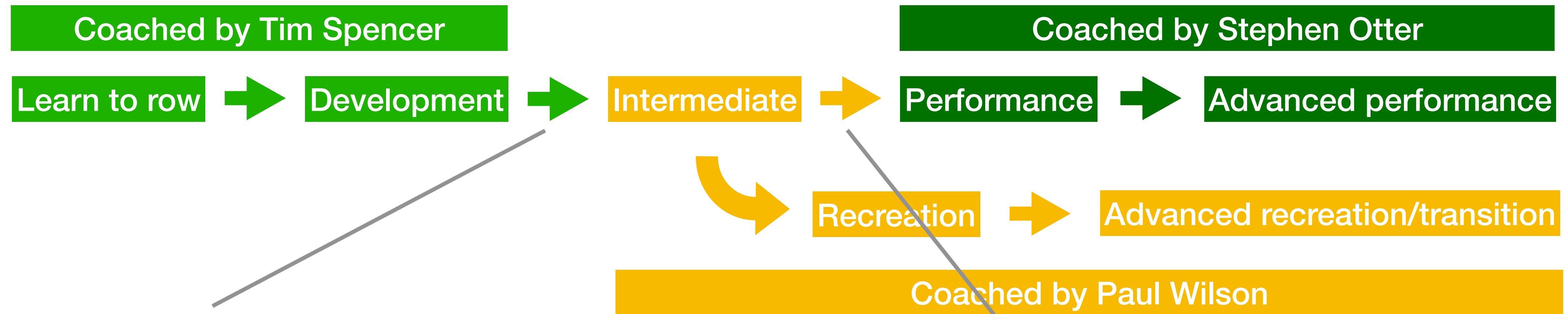


## Performance section

Stephen will be responsible for coaching athletes who have the greatest experience of regatta racing, including those who have the potential to trial for GB selection. The athletes in this section will be J16 and J18 and will be those athletes who show potential and commitment to the sort of training required to compete at national regatta events.



# Progression through Junior Pathway



## Development to Intermediate

Athletes will progress from the development section, where they receive one-to-one coaching, once they have - in the opinion of the coach - the requisite technical skills for sculling independently. As a general rule this will be when they can train in a single over 3km or more on the river or canal. Athletes in the intermediate section will need to be confident scullers as they will receive less direct coaching and parental supervision than in the development section.

## Intermediate to Performance

Criteria for progression from the intermediate to the performance section include:

- Age J16 - J18 who want to row at national events and who show potential from ergo and on-water performance
- Capability and commitment to an intensive weekly training regime from Sep to August, and regular ergo assessments, and
- Commitment by athletes and parents to racing at national events which will incur travel and accommodation costs



# Outline of training by age

Age	Sessions per week	Session duration	Training type
J11-12	2	30-45 mins	Skills and technique
J13	3	45 mins	2 water, 1 land
J14	4	60 mins (water); 45mins (land)	2-3 water, 1-2 land
J15	4-6	75 mins (water); 45 mins (land)	4 water, 1-2 land
J16 (and late starters)	6-8	90 mins (water); 60 mins (land)	4-5 water, 2-3 land
J17-J18	7-8	90 mins (water); 60 mins (land)	4 water, 4 land
All	<b>Minimum of one day off a week</b>		



# Example training schedules for athletes in the performance section

Junior Training Schedule 28.06.21 - 15.08.21 J17- J18

		Session 1	Session 2
	<b>Jun/Jul</b>		
<b>Monday</b>	28		Conditioning 1 plus 30' run/cycle
<b>Tuesday</b>	29		Ergo 30'@20 - at 2k PB split+12sec or better if you keep the same intensity for the whole piece. Then 30' bike/run/swim
<b>Wednesday</b>	30		Conditioning 2 plus 30' run/cycle
<b>Thursday</b>	1		Ergo 4x2k (1k r28, 500m r30, 250m fr) 2' rest
<b>Friday</b>	2	Rest Day	Rest Day
<b>Saturday</b>	3	6k: UT2 & tech, plus 8x500m 2' rest. r 28, 30, 32, 34 - if possible use bungee for first 4x500m	Core, plus Conditioning 3@home
<b>Sunday</b>	4	21k: UT2 and tech plus 10x15 str r28,30,32,34,36x2	Core exercises

**Summer**

Junior Training Schedule 05.10.20 to 01.11.20 J17- J18

		Session 1	Session 2	Km
<b>Week</b>	<b>10</b>			
<b>Monday</b>	02-Nov		Conditioning 1 plus 30' run/cycle	
<b>Tuesday</b>	03-Nov	SEE NOTE ABOUT 30@20 BELOW	Ergo 30' r20 & 30' UT2 bike	8
<b>Wednesday</b>	04-Nov		Conditioning 2 plus 30' run/cycle	
<b>Thursday</b>	05-Nov		Ergo 12k : 4k UT2 & tech then 3x8' UT1 r20/20/22 (5' rest)	12
<b>Friday</b>	06-Nov	Rest Day	Rest Day	
<b>Saturday</b>	07-Nov	20k: UT2 and tech plus 4x8' r20,22,24,20	<b>SUBMISSION DATE FOR 2K TEST.</b> Core, plus Conditioning 3@home	20
<b>Sunday</b>	08-Nov	20k: UT2 and tech plus 8x15 str r24,26,28,26,24,26,28		20
				60

**Winter**



# Junior ergo standards (2021)

Category	2km		5km		30'@20
	World medal	Minimum standard	World medal	Minimum standard @26	
Junior men	< 6:20	< 6:35	< 16:45	< 17:40	> 8500m (1:45.9 average split)
Junior women	< 7:10	< 7:30	< 18:45	< 19:50	> 7650m (1:57.6 average split)
Junior 16 men				<18:15	
Junior 16 women				<20:30	



# Nutrition: Eight tips for healthy teenage

1. Adolescent nutritional demands
2. Carbohydrates
3. Fats
4. Iron and Calcium
5. Protein
6. Liquid intake
7. No supplements needed
8. Eating disorder support

**Please take a look at the British Rowing Website**

<https://www.britishrowing.org/2019/09/eight-steps-to-healthy-nutrition-for-teenage-rowers/>



# Diploma in Sporting Excellence programme

The Diploma in Sporting Excellence (DiSE) programme is a part-time course that is designed to run alongside the athlete's main programme of study (Btec/A levels). Athletes who have the talent and determination to progress into the GB Rowing Team can apply for a place on the programme in their J16 year to commence the programme in their J17 year. The qualification, which carries 64 UCAS credits, is awarded as a pass on successful completion of all units. The award covers a range of topics including rowing performance and nutrition through to lifestyle and financial planning.





**Any questions?**