

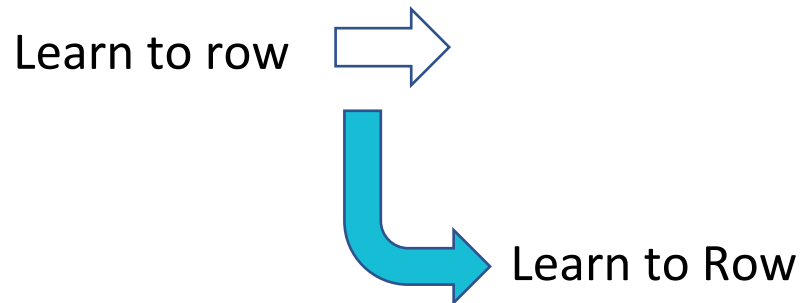


## EXETER ROWING CLUB

Junior squad – Development pathway

# Guide to each section of the development pathway

Learn to row – Coached by Tim Spencer + 1



The learn-to-row group will be carried out from 9am – 12 noon on a Sunday and 4.30pm – 6pm on a Thursday. This is aimed at age groups between 12 years old and 17 years old. The main aim of this section is to give young athletes a taste of how enjoyable rowing can be by learning the basic technique of sculling. Athletes will be offered 3 free taster sessions initially to enable them to see if they like it. Athletes can then choose whether they would like to join ERC as junior members. Following the learn-to-row period, athletes will progress into the Development Squad.

# Guide to each section of the development pathway

Development - Coached by Tim Spencer + Paul Wilson + 1

Learn to row  Development/Rehab

 Development/Rehab

The Development group is a pathway taken by a variety of athletes following a learn-to-row course or during times within their junior squad membership where they have less time or ability to commit to performance training or racing. There is scope to change in and out of this group at the end of the rowing season, which is the end of August.

This group is held on a Saturday morning 8am-11am and Sunday morning from 9am-12 noon and Tuesday afternoons from 4.30pm-6pm and Thursday afternoons from 4.30-6pm. The emphasis for this group will be to enhance the athletes' technical skills as a sculler and enjoy the sport. There will be racing opportunities locally throughout the season that athletes can aim for. Within this group, there will be no emphasis or expectation for athletes to do extra fitness and training aside from club times.

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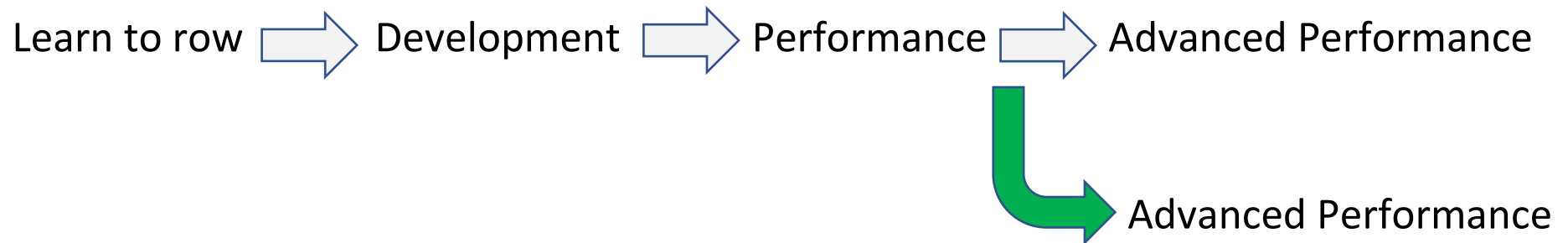
Performance - Coached by Lorna Tinkler + 3



The performance group is for those with racing experience and expectations. The athletes in this group will have the opportunity to do six sessions of training each week. The main four sessions will be Saturdays 8am – 11am, Sundays 8am – 11am, Tuesdays 4.30pm – 6pm, Thursdays 4.30pm – 6pm with additional training set for Mondays and Wednesdays (and stretching at home on Fridays). Where travelling distance or exams make it too difficult to attend, athletes can train at home and send details of scores etc to coaches. Athletes from this group will have race plans to work towards and will train with their crews in the lead-up to races within their plans.

# Guide to each section of the development pathway

Advanced Performance - Coached by Richard Tinkler + 1



The Advanced Performance group is for those with higher level racing experience and expectations including GB trialists. The athletes in this group will have the opportunity to attend up to seven sessions of training each week. The main sessions will be a double outing on Saturdays 8am – 11am and 11.30-12.30pm, Sundays 8am – 11am, Tuesdays 4.30pm – 6pm, Thursdays 4.30pm – 6pm with additional training set on Mondays and Wednesdays at home (and stretching on Fridays). Where travelling distance or exams make it too difficult to attend athletes can train at home and send details of scores etc to coaches. Athletes from this group will have race plans to work towards and will train with their crews in the lead-up to races within their plans.