

Junior Report for meeting of NRC on Monday 30th January 2023.

JIRR Trials

The trials are set to take place on Saturday 11th March kindly hosted again by Cambois Rowing Club. Racing will be over 1500m. Entries are on BROE2 again this year and will close on Sunday 5th March. As we are an affiliated event a small charge of £1 per seat will be charged. I intend to use this to cover the cost of First Aid Cover at the trials. BR will not charge their usual fee.

Note: Open J16 2- has been added to the event.

The actual JIRR event this year is to be held in Nottingham on Sat. 22nd April and athletes attending the trials **should** be available on this date.

GB Junior Selection

U19

The next two assessments are: 5km r26 ergo assessment by Mon 6 Feb and then 5km water assessment 18 & 19 February at Boston Rowing Club. Entries by 12:00 noon on Mon 13th Feb. The format this year introduces several changes which are covered in detail on paperwork sent to registered coaches.

To attend Feb Water Trials rowers should have a 5Km r26 ergo $\leq 17:40.0$ (U19M) and $\leq 19:50.0$ (U19W) and a photograph of the ergo monitor should be included with the submitted score. Rate 26 MUST be adhered to throughout. In addition there is also a water standard for Sculling, which is U19M and U19W should be in the top 60 from November 2022 EID Water Trial.

This year there is also an invitation for coaches who have school aged U20 athletes who would like to race in the 1x trial on the Saturday to contact the U19 Programme Manager to make a case for their inclusion.

Sat races for U19W Scullers and Sweep will be in 1x over 5000m rate 28.

The Sunday partnerships for U19 W 2x and U19 M 2x will be arranged by GBRT based on Sat results and races will be over 5000m rate 30

The Sunday proposed partnerships for U19 W 2- should be declared by noon on Feb 13th using the google form. They will race over 5000m rate 28.

U19 M 2- have three runs over 2800m Free Rate, two on Sat one on Sun. The results of run 1 on Sat will determine the number of three boat matrices in different partnerships over run 2 and 3.

U16

Please note there will be no J16 category at this trial. Only those J16 who meet the entry requirements stated above for U19 will be accepted.

BR Junior Rowing Committee

Notes from meeting 25.1.23

- Looking at the formation of a young persons group, possibly to be part of JRC. Kristina Burns has been appointed to BR to increase youth engagement and Diversity.
- Junior Sports Leader course hopefully to launch soon.
- State Schools group: Involvement in clubs/schools to encourage links and Indoor Rowing competitions within regions.
- JIRR Notice of Regatta should now be on BR website.
- No confirmation but 2023 BJRC to be held at Strathclyde Park.
- Proposed Junior Coaches Conferences. Kristina looking at 2, one in North (possibly Leeds) and one in South. This would not be for professional coaches from those schools with rowing programmes. **Any ideas for content would be welcomed.**
- There has been discussion about a Junior Fours Head in the Autumn as SHORR is now just 8s.
- Northern Schools Head is going ahead at Runcorn on Sun 29th Jan. At time of meeting there were 84 entries. This could be held in Northern Region in a future year, probably at Tyne.
- Junior Sculling Head on 20th March and Junior Sculling Regatta on 1st May 2023.

Northern Region Women's Training Days

To date there has been two training days with a full cohort of girls representing a wide range of local clubs: DARC, DUS, HEX, QEHS, SLS, SUND, TARC, TEES.

19 Nov 2022 – Fundamentals of Power – Eddie Bryant, Durham School

21 Jan 2023 – Strength and Conditioning – Jon Boyle GB Junior S&C Coach, Durham University

There are 3 Webinars in the coming weeks:

13th Feb – Selecting The Correct Sports Bra

13th March – Managing Your Menstrual Cycle

3rd April – Fuel & Energy

The next practical day is Small Boat Technical Development – TBC – Durham School.

Diploma in Sporting Excellence (DiSE)

There was the first ever camp just for DiSE athletes over the weekend of 14/15 Jan 2023 at Caversham. Attended by Halle Seymour (QEHS), Henry Welch (QEHS), Adam Makepeace (TEES), Joy Wildsmith (TURC). Eddie Bryant (DiSE Mentor), Geoff Higgins (Coach)