

## Junior Report for meeting of NRC on Monday 31<sup>st</sup> January 2022.

### **JIRR Trials**

The trials are set to take place on Saturday 5<sup>th</sup> 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 27<sup>th</sup> Feb. 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.

The event this year is to be held in Nottingham with the course back to 1500m.

### **GB Junior Selection**

#### **U19**

The next two assessments are: 5km r26 ergo assessment by Mon 7 Feb water assessment 19 & 20 February at Boston Rowing Club, entries by 12:00 noon on Mon 14<sup>th</sup> Feb. The last time Feb trials were held was 2019. The format this year introduces several changes which will be covered in the online event briefing on Tue 15 Feb at 19:30.

The ergo standards remain  $\leq 17:40.0$  (U19M) and  $\leq 19:50.0$  (U19W). However, there is an increased water standard from EID : U19M should have been ranked higher than 32<sup>nd</sup> and U19W ranked higher than 40<sup>th</sup>.

Sat races will be over 5000m apart from U19 2- who will race over 3000m

This year Sunday partnerships for U19 W 2x / W 2- and U19 M 2x will be arranged by GBRT based on Sat results and races over 5000m.

U19 M 2- have three runs over 3000m, 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**

The U16 trial will run alongside the U19 trials. In order to enter this trial rowers should have achieved a time of  $\leq 18:15.0$  (JM16) or  $\leq 20:30.0$  (JW16) for a 5k ergo test at a maximum rate of 26. Entries by 12:00 noon on Mon 14<sup>th</sup> Feb.

The U16s will race in 1x over 5000m on Sat and an opportunity to form 2x for the Sunday.

### **BR Junior Rowing Committee**

#### **Notes from meeting 29.1.22**

- Looking at the formation of a young persons group, possibly to be part of JRC.
- Junior Sports Leader course possibly to launch in September.
- Schools Head to reduce numbers (safety launches a problem). Removal of 4+ events. Might hold a pairs and fours head later in the year.
- Junior Scullers Head on 2<sup>nd</sup> May 2022.

- JIRR Notice of Regatta should now be on BR website. Introduction of Adaptive events but no points involved. Costs are rising so fee will likely increase.
- National Schools: J14 on Friday 1000m side by side racing. Championship events (8+,4x and 1x) over Sat. and Sun.
- J16 summer event may be used for selection for GB/France.
- BJRC: No Omnium. J14 and J15 events over Fri and Sat.(possibly over 1000m). J16 and J18 events over Sat. and Sun. Finals A to F.
- 2023 BJRC to be held at Strathclyde Park.

## **Northern Region Women's Training Days**

To date there has been two training days:

4 Dec 2021 – Fundamentals of Power – Eddie Bryant, Durham School

8 Jan 2022 – Strength and Conditioning – Jon Boyle GB Junior S&C Coach, Durham University

Feedback from the first two days has been very positive with attendees from CLS, DARC, DUS, SLS, QEHS, TARC, TEES. Thanks to Eddie and Jon for their very informative input.

The next day is Small Boat Technical Development – 2<sup>nd</sup> April 2022 – Durham School.