

Pamela Walton
N.R.C. Coaching Representative
Report/Proposals to NRC
Re. Performance Athletes & Coaches.

Following a visit to Scotland, where they have a performance academy here possible/hopeful athletes attend a 4 day camp end of August early September, then meet up every fortnight on a Sunday to work as a group towards the goal of getting a national vest to wear and compete for their county.

The last cohort of Women's Development were the last I believe; with my vision this would be for both men and women from the age of 16 to come together and train with racing piers from around the Northeast Region. It is not my view that there should not be a performance club, athletes will remain with their home club.

Coaches would be asked to submit ergo scores and names of potential athletes they have. A small camp would be run, and fortnightly meet ups would be put into the diary, thus helping the athletes to achieve Ergo scores to qualify for G.B. trials. Composites could be put together targeting i.e. schools/Schools Henley/Champs etc.

Guest Coaches would be invited and booked in i.e. S&C coaches, any coaches that may have a new slant on whatever the group are trying to achieve in that week.

This paper is open for discussion, but I would hope the support of NRC would be given to address an age-old issue of the South getting more support than the North.

Pamela Walton
NRC Coaching Representative
Appendix A
19.6.23
Pwalton64@gmail.com