

GB Junior Rowing

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(Juniors/Under 23s)
British International Rowing

What do I do ?

How did I get into Rowing?

Aims of GB Junior Rowing?

- **Specific Role: Performance Success**
- **To provide rowers to the U23 and Senior Teams**
- **To be the most successful Junior Rowing Nation**
- **To be as high up the Medal Tables as possible**
- **To send as full team as possible**
- **To educate as many juniors as possible in the sport of Rowing – ‘Traditional’ Route**

1) World Junior Championships

- **Pre 1985 = FISA Junior Regatta**
- **1985 - = World Junior Rowing Championships**
- **2007: 50 Nations**
13 Events
210 Entries
568 Competitors
- **Team selected according to performance**
- **Max. team size:**
 - **JM: 18 + 7**
 - **JW: 14 + 7**

2) Coupe de la Jeunesse

- **1985 = First event**
- **Team Event over two days**
- **12 member Nations**
- **2007 > 350 Juniors racing**
- **GB have won the overall event 9 times
(France: 8 times; Italy: 5 times)**
- **Team event**
- **Always full team from GB:**
 - **JM: 8+, 4+, 4-, 2-, sp 2-, 4x, 2x, 1x, sp 1x (30)**
 - **JW: 4-, 2-, sp 2-, (8+), 4x, 2x, 1x, sp 1x (16)**

3) GB/France Match

- **J16 Match – used to be Anglo/French Match**
- **In past = North + South Teams**
- **GB = Domestic and International J16s**
- **Club combinations (except the VIII)**
- **Became GB Event in 2001**
- **Team event**
- **Always full team:**

The Junior 'Pathway'

- **Participation, Competition, High Performance**
- **Club Identification**
- **Training/technique/skills/racing/others**
- **GB Identification**
- **Domestic Racing:**
 - **Domestic Regattas**
 - **Regional Championships**
 - **British Indoor Rowing Championships**
 - **National Schools/National Championships**
 - **Coach Recommendation**

The Junior Trials Procedure

October

- **Potential Camps (October 1/2 term), 50 athletes**
- **Registration/2k ergo @ 24/EIDT entry**
- **Oct Ergo Test**
- **2007:**

JW: 10 < 7:30.0, 34 < 7:40.0, 99 < 7:55.0

JM: 36 < 6:40.0, 88 < 6:50.0, 183 < 7:00.0

November

EIDT:

- **5k in a 1x.**
- **2 Divisions (JM, JW + JM16)**
- **Rate-capped (28)**
- **Candidates MUST fulfil an ergo standard**

JM < 7:00.0

JM16 < 7:10.0

JW < 7:55.0

JW16 < 8:00.0

(BIRC the next day, usually!)

December

- 5k Ergo Test (rate 24)

- 2007:

JW: 3 < 19:10.0, 17 < 19:40.0, 41 < 20:10.0

JM: 10 < 17:00.0, 43 < 17:30.0, 76 < 17:50.0

- *December Training Day – invites only*
- *Nantes Training Camp – invites only
(40 athletes)*

January

- **5k Ergo Test (rate 28)**

- **2007:**

JW: 2 < 19:10.0, 12 < 19:40.0, 34 < 20:10.0

JM: 12 < 17:00.0, 50 < 17:30.0, 107 < 17:50.0

Ave. improvement:

JW: 15 secs

JM: 21 secs

2008 expected to be better.....

February

- ***February Training Day – invites only***
- **February: Long Distance Trials – Boston**
 - 2 days
 - 5k in 1x, 2-
 - 'suggested rate': 28
- **Candidates MUST fulfil EIDT standard, or ergo standard:**

JM	< 17:50.0
JW	< 20:10.0

March

- 2k ergo: free rate (regional venues)
- *March Training Days (invites only)*
- Spring Assessments (invites only)
 - JW scullers: 16
 - JW Sweep: 16
 - JM Sculling: 16

 - JM Sweep: 44

Aim: Seat racing experience

Pairs Matrix experience

**Select team to race at Munich Junior
International Regatta**

April

- **Dorney Small Boats Regatta (1x/2-)**
- **Candidates MUST fulfil LDT standard, or ergo**

standard:

JM < 6:35.0

JW < 7:30.0

May

- **Munich International Regatta**
- **Gent International Regatta**

- *May Training Days (invites only)*
- *Metropolitan Regatta*

June

- **2k Ergo Test (free rate), after National Schools**

July

- **Final Trials: JW/JM**
- **Coupe**

August

- **Junior World Championships**

JWC Ergos: 2002 – 2007

	<u>JM</u>	<u>JW</u>
2002:	6:34.3 (2th,8th)	7:23.1 (4th,8th)
2003:	6:27.6 (1st,5th)	7:21.3 (2nd,6th)
2004:	6:23.8 (2nd,7th)	7:22.6 (5th,6th)
2005:	6:20.3 (3rd,5th)	7:19.3 (3rd,3rd)
2006:	6:17.8 (1st,4th)	7:20.6 (3rd,9th)
2007:	6:21.4 (1st,6th)	7:20.1 (4th,6th)

Coupe Ergos: 2002 – 2007

	<u>JM</u>	<u>JW</u>
2002:	6:37.2	7:34.2
2003:	6:35.2	7:28.4
2004:	6:35.4	7:28.2
2005:	6:32.8	7:26.3
2006:	6:28.1	7:23.4
2007:	6:29.4	7:27.9

Targets for Success:

2008 World Junior Rowing Championships

	<u>Junior Men</u>	<u>Junior Women</u>
GOLD TIMES		
1x	6:54	7:34
2x	6:20	7:00
4x	5:50	6:29
2-	6:35	7:16
4+	6:12	/
4-	6:00	6:41
8+	5:36	6:14
<u>PHYSICAL PARAMETERS</u>		
2000 Ergo	<6:20	<7:10
5000m Ergo	<16:45	<18:45
30' R.20	>8500 1:45.9	>7650 1:57.6

- **Improving Junior Rowing**
- **Emphasis on Small Boat Performances**
- **Ergo Monitoring:**
 - **12/18k UT2 (Endurance Base)**
2 or 3 x 6' with 90 secs rest)
 - **30' @ rate 20 (Power)**
- **Long term development over 3 years**

- **Support for Junior Rowing**
- **Funding**
 - **Lottery, SportsAid, Local Council**
 - **Schools' Head/National Schools' Regatta (??)**
 - **Kitchin Society (??)**
- **Subsidy: Camps, Events**
- **Loan of Boats**
- **Education**
- **Training Days/Camps**

The Junior Training Programme

GB Junior Training Schedule (6)

February 2007

		<u>Session 1</u>	<u>Session 2</u>	<u>Km</u>
Feb	Mon	5th		
	Mon	5th	60' Run, scull or 12k ergo UT2 + Upper Body Weights	12
	Tue	6th	30' ergo @ 20. [Drag setting JM 130, JW 125]. Monitor distance, average power and average split for future reference.	8
	Tue	6th	Weights Schedule 5 (see Feb Notes)	
	Wed	7th		20
	Wed	7th	20k UT2/UT1 incl. 2 x 4k @ 22-24	
	Thu	8th	60' Run, sw im or cycle	20
	Thu	8th	20' Run and Weights Schedule 5 (see Feb Notes)	
	Fri	9th	OFF	
	Sat	10th	20k UT2. Keep the stops for fluid to a minimum of 15 secs every 6k. Plenty of exercises.	36
	Sat	10th	16k UT2 incl. 8k of 15 str. max speed @ 28 - 34 every 2'	
	Sun	11th	20k UT2/AT incl. 5x6' @ 24, 24/26, 26/28, 28/30, 30	32
	Sun	11th	12k Technique incl. Core Stability in the boat.	
				128
			<i>This week should be a light week</i>	
	Mon	12th	12k UT2	20
	Mon	12th	40' Run, scull or 12k ergo UT2 + Upper Body Weights	
	Tue	13th	8k UT2 with a few bursts	8
	Tue	13th	Weights Schedule 5 (see Feb Notes)	
	Wed	14th		12
	Wed	14th	12k incl. 2 x 4k @ 26 - 30 (Race Pace)	
	Thu	15th	8k UT2 with a few bursts	8
	Thu	15th	Weights Schedule 5 (see Feb Notes) - Main Lifts only	
	Fri	16th	OFF	8
	Fri	16th	Or 8k UT2	
	Sat	17th	Long Distance Trial	10
	Sat	17th	Boston	
	Sun	18th	Long Distance Trial	10
	Sun	18th	Boston	
				76
	Mon	19th		12
	Mon	19th	60' Run, scull or 12k ergo UT2 + Upper Body Weights	
	Tue	20th	12-18k (2-3 x 6k, 90 secs rest) UT2 ergo	18
	Tue	20th	Strength Endurance Weights (see Feb Notes)	
	Wed	21st		20
	Wed	21st	20k UT2. Keep the stops for fluid to a minimum of 15 secs every 6k. Plenty of exercises.	
	Thu	22nd	60' Run, sw im or cycle	12
	Thu	22nd	Weights Schedule 5 (see Feb Notes)	
	Fri	23rd	OFF	
	Sat	24th	20k UT2/UT1 incl. ((2' @ 18, 3' @ 22) x 6) x 2 as a continuous piece of work. Make sure last 6K is UT2.	36
	Sat	24th	16k UT2 incl. 12 x 15 str. @ 24-32	
	Sun	25th	20k UT2/UT1/AT incl. 3 x 10' (4',4',2') @ 22/24/26, 24/26/28, 28/26/28	32
	Sun	25th	12k Technique incl. Core Stability in the boat.	
				130
	Mon	26th		12
	Mon	26th	60' Run, scull or 12k ergo UT2 + Upper Body Weights	
	Tue	27th	30' ergo @ 20. [Drag setting JM 130, JW 125]. Monitor distance, average power and average split for future reference.	16
	Tue	27th	8k UT2 ergo + Weights Schedule 5 (see Feb Notes)	
	Wed	28th		20
	Wed	28th	20k UT2/UT1 incl. 6 x 7' (4' @ 20, 3' @ 22) and 4' UT2 inbetween. First four sets could be done with a bungee.	

We spent the whole war looking for the magic technological bullet. We never found it. Battles continued to be won or lost on the basic fighting ability and courage of the man on the ground.

General William Westmoreland 'A Soldier Reports' (Vietnam Memoirs) 1981

On the Water

Doing UT2 properly! FUNCTIONAL PADDLING

Train how you want to race.

Skills - Practice makes permanent!

On the Ergo

Get the intensity right.

Standardising monitored sessions
& record keeping.

Don't de-train technical skill.

LIFESTYLE / PSYCHOLOGICAL FACTORS IN SUCCESS

Observation of the JUNIOR Medallists

- Self-disciplined and organised. Able to balance/prioritise a high volume and quality of training with academic/work and social pressures.
- Able to take responsibility for their health, well-being and recovery.
- Able to set and maintain high standards, especially over and above those set and practised by others around them.
- Able to deliver when it really matters and produce performances on the day that can surprise even them!
- An ability to balance their international aspirations with their club/school programmes

An unrelenting, defiant and resolute self-belief that they can succeed in their dreams. This can make them CHALLENGING to work with!

Successful rowers and coaches have an awareness of **Scale**

- Does winning at Nat. Schools always mean that you are ready to take on the World?