

Nottingham Rowing Club



High Performance Programme

Welcomes people who want to make the most of their talent

- Full time coach dedicated to helping you make the step to Under 23, European and Full Senior International competition
- Head Coach, Ade Roberts has coached medal winning crews at four consecutive U23/Junior World Championships 2005-2008
- Suitable for full time athletes, students, or people working
- Small high quality group allowing plenty of individual attention
- Based at the National Watersports Centre, Holme Pierrepont
- Junior and World Class Start Programme coached by 2005/6 ARA Junior Coach of the year Julie Edwards



Support

- Full-time access to 2,000m buoyed regatta lake
- 7,500m river
- EIS Gym at Holme Pierrepont and Powerbase Gym, Loughborough.
- EIS support includes strength and conditioning coaching plus medical support.
- World Class Start partner
- Support from large club base on the River Trent

About Nottingham

- 3 Top Universities all running sports scholarships
- Nottinghamshire Council promotes sport and produced 14 Olympians in 2008.
- Loughborough has the top sporting facilities of any UK university and is ranked 3rd in the University League tables for student satisfaction (The Complete University Guide 2008)
- Nottingham has the highest graduate retention rate in the country
- Graduate and non-student rowers welcome

Recent Results

U23 World Championships:

2008 W1x Silver Tina Stiller
2008 W4- Bronze Jacqui Round
2007 W4x Bronze, Franki Jus-Burke, Tina Stiller
2006 W4x Silver, Tina Stiller, Franki Jus-Burke

WEHRR

2008 4th, Club Pennant
2007 5th, Senior 2 Pennant

Essen/Duisburg

2008 U23W4- Gold, H Parker, U23W2- Gold, Monica Relph
2007 W4- Gold, Maria Larsen

Sculler's Head

2007 WO1x pennant and Fastest Woman, Tina Stiller

Interested?

Ade Roberts
Coach – High Performance Programme

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