



## **Guidance Document and Information for Competition Managers – 2008**

### **Rowing – who is involved ?**

The ARA is the national governing body for rowing and its remit includes the traditional, coastal, recreational, Olympic and indoor aspects of the sport. Unlike many sports delivered in schools, there are in fact more adults participating in rowing than young people, demonstrating that rowing can be a lifelong activity.

### **Dry and Wet Start – indoor and water-based activity**

The ARA school and club scheme, Project Oarsome, was launched by Sir Steve Redgrave (the President of ARA in 2000). This involved 'Dry Start' – using indoor rowing machines and 'Wet Start' which built links to clubs for water-based activity. Recent figures indicate that over 1000 schools are now involved. These are mainly secondary state schools, as we do not support rowing programmes for children under the age of 11 except under carefully controlled circumstances.

### **National Contact**

Simon Dickie – ARA Youth and Community Manager

Tel: 0790 3825631

Email: [simon.dickie@ara-rowing.org](mailto:simon.dickie@ara-rowing.org)

General info: [www.ara-rowing.org](http://www.ara-rowing.org)

Indoor rowing: [www.ara-rowing.org/schools](http://www.ara-rowing.org/schools)

### **Key benefits/messages**

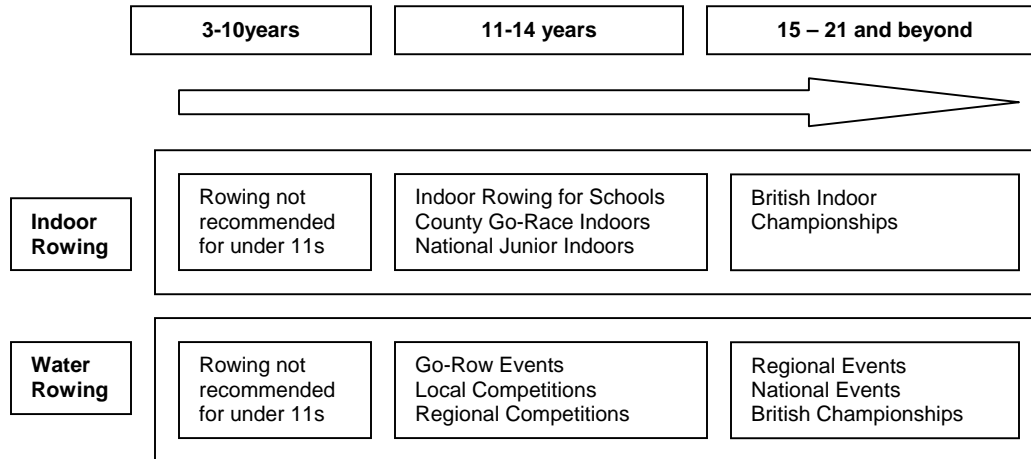
Flexibility – Rowing can be performed indoors on a range of ARA recognised machines, or it can be a water-based activity at over 550 clubs, many of whom are Clubmark-accredited.

Competition – Rowing is consistently one of Great Britain's most successful sports. There are over 300 high quality water-based competitions available, along with over 50 recognised indoor events for schools.

Health – Rowing can link into the physical activity agenda. Indeed, the ARA PESSCL Schools programme is recognised by the DoH National Healthy Schools Programme

Inclusiveness – Rowing has competitive events for all. Evidence shows participation from girls, black and ethnic minority (BEM) groups and those with physical, sensory or learning disabilities.

## The Framework for Indoor and Water based rowing



### Supporting Resources Available

#### Information available via ARA and YST websites

- Working with Competition Manager – ARA position statement
- Competition Framework for Indoor Rowing and a Framework for Water Rowing

#### Information available from the ARA

- PESSCL Indoor Rowing for Schools accreditation
- Clubmark accreditation
- Statement on the use of indoor rowing in primary schools and applying for grants

#### Resources available from the ARA

- PESSCL Indoor Rowing for Schools Handbook
- Go-Race Indoors Organisers Guide (16 pages)
- Skill cards for Indoor Rowing Safety and Technique
- Skill Cards for Indoor Rowing Multi-Skills Activity
- Water-Based Logbook for Young People (11-14)
- Water-Based Athlete Handbook for Young People (15-21)

### Education and Training

- DVD – Go Faster with Foster
- PESSCL Coaching for Teachers – Indoor Rowing for Schools
- UKCC (United Kingdom Coaching Certificate) – Level 1 & 2 Indoor Rowing

All rowing should be fun and safe. Good technical rowing involves sustained positive posture, long effective movement of the handle and plenty of time between each rowing stroke.

### **Delivery of Indoor Rowing (Dry Start)**

Rowing machines have been evolving for many years. The PESSCL Indoor Rowing for Schools programme was launched recently by the Minister of Health to promote sport, physical activity and good nutrition.

Elements of this programme have been developed with the advice or support of agencies such as the NSPCC, Association for PE, Youth Sports Trust, Sport England, Sports Coach UK, DoH Healthy Schools, EFDS and the National Council for School Sport. Input has also come from teachers, coaches, SSCOs, PDMs and pupils aged 10 to 18-years-old. It will of course continue to grow and develop.

### **Competition (11 to 18 years) – What is a Go-Race Indoors event?**

This is the national inter-school programme of racing which has been agreed by ARA technical experts and forms part of our LTAD strategy known as the Rower Development Model. There are approximately 50 Go-Race Indoors events held each year, mainly on school sites in the Autumn and Winter. Events should be Intra-school, followed by inter-school or School Sport Partnership.

Some Go-Race Indoors events have been awarded County Championship status by the ARA and lead to the National Junior Indoor Rowing Championships held in March.

Pupils are ranked according to their age, sex and score. Each pupil receives a percentage score in relation to World Gold Medal targets. Pupils should have achieved ARA Dry Skills 2 to compete and the number of strokes per minute should not exceed 32.

YEAR GROUP	ROWING TIME	BOYS TARGET	GIRLS TARGET
7	2 Mins	510m	490m
8	3 Mins	810m	750m
9	4 Mins	1125m	1020m
10	5 Mins	1430m	1275m
11	6 Mins	1720m	1540m
12/13	2000m	07:00.0	07:45.0

For pupils that can achieve 95% of the predicted gold medal scores (approximately 10% of cohort) we suggest they take the following assessments. Again they must be able to row with excellent technique for the whole duration. Please contact us if they can achieve these targets.

YEAR GROUP	ROWING TIME	BOYS TARGET	GIRLS TARGET
7	4 Mins	1185m	1080m
8	4 Mins	1200m	1090m
9	6 Mins	1825m	1655m
10	6 Mins	1850m	1675m
11 / 12 / 13	2000m	6mins 15secs	7mins 05secs

### **Team events – 2012m Team Challenge**

The ARA also recommends that young people participate in the Team 2012m challenge. Details on the individual and TEAM 2012m challenge, along with how to compete in or organise an event can be found soon at: [www.ara-rowing.org/team2012](http://www.ara-rowing.org/team2012).

### **How do we gain PESSCL Indoor Rowing for Schools accreditation?**

Schools wishing to access the PESSCL Indoor Rowing in Schools programme need to become accredited. This is a simple process and will involve an ARA appointed person visiting the school(s), making a brief assessment and, most importantly, offering advice and further support. Information on accreditation and its benefits can be found at: <http://www.ara-rowing.org/indoorrowingforschools>

### **Should primary schools be involved?**

The sport does not advocate the use of indoor rowing in primary schools except under very controlled circumstances in Year 6. We believe that younger children should concentrate on “multi-skill” activity. Details of the ARA / AfPE recommendations on rowing in primary schools can be found at: <http://www.ara-rowing.org/indoorrowingforprimaryschools>

### **What are the basic elements of the PESSCL Indoor Rowing in Schools Programme ?**

This programme contains resources and training for the following activity;

- PE curriculum – Key Stages 3 & 4
- Cross-curricular programmes – Key Stages 3 & 4
- Extra-curricular programmes
- Club-to-School links

Elements include the Junior Rowing Leaders Award as part of the Step into Sport programme, rowing related multi-skills and ideas to link into PSHE / Healthy Schools. The ARA also supports this programme with web-based programmes and award schemes for fitness, health and skill.

The ARA does not use indoor rowing for talent identification purposes related to the GB Olympic rowing squad. We do advocate that those showing natural leadership, coaching ability, skill and determination are supported by the Gifted and Talented programme. Details on the ARA Gifted and Talented programmes can be found in the PESSCL Indoor Rowing for Schools booklet.

### **How do we combine multi-skills activity and indoor rowing?**

The ARA has produced a range of health based multi-skill activities along with skill cards, training and a kit bag full of resources. The activities are designed to lead into rowing by further developing multi-skill areas such as flexibility, core stability, timing and teamwork. Further details are available from an ARA Coaching and Development Officer (CDO) – see the list of contacts at the end of this document.

### **What training is available for teachers, adults other than teachers and CSLA students?**

The ARA Dry Instructors (DI) award is recognised by Sports Coach UK as the introductory award for indoor rowing in schools. The course is aimed at people of 16-years-old or over. All leaders of rowing activity should hold this award. The ARA can also provide training for tutors and assessors who wish to deliver this programme. We recommend that anybody delivering training on indoor rowing holds ARA tutoring qualifications. These can be checked by phoning the ARA on: 0870 0607100 or by emailing: [info@ara-rowing.org](mailto:info@ara-rowing.org).

### **Coaching for Teachers**

A new Indoor Rowing PESSCL “Coaching for Teachers (CfT)” award will be introduced during 2008. After this point CfT will be the only recommended training award for indoor rowing in schools. There will also be United Kingdom Coaching Certificate (UKCC) qualifications at Level 1 and Level 2 for indoor rowing.

**Water-based rowing activity should be performed at a club which is a member of the ARA.  
Clubs working with young people should be part of the Clubmark programme**

### **Delivery of water-based rowing (Wet Start)**

Water-based activity takes place at around 550 clubs throughout the country. Over 300 formal recognised competitions are held each year. Private ‘matches’ also take place, the best known being the Oxford and Cambridge University Boat Race. Many schools are linked to clubs.

### **What is a head of the river race?**

Rowing events are split into two basic types. Head Races take place in the autumn and winter and involve crews starting at intervals and being timed over a set distance. Essentially, they are time-trials with male and female crews racing together. There are different age and boat classes. Events can be local, regional or national.

### **What is a regatta?**

Regattas normally take place in the spring and summer. Crews start side by side and the winner is the first crew across the line. There are different age, sex and ability classes. Events tend to be internal club events, local, regional and national regattas. National events recognised by the ARA include:

- Schools Head of the River (March)

- Junior Inter-regional Regatta (April)
- National Schools Regatta (May)
- National Championships of Great Britain (July)

### **What are Clubmark and Project Oarsome ?**

Clubmark is the national accreditation programme that is endorsed by Sport England. The ARA club/school links scheme is known as Project Oarsome. **ARA Rowing Development Officer contacts** [www.ara-rowing.org/contact](http://www.ara-rowing.org/contact)

Community clubs with this status should hold Clubmark and provide young person centred qualified coaching for 11 to 18-year-olds.

### **What is a 'fun competition'?**

These are small introductory events that combine the elements of skill assessment and traditional side-by-side racing. They are usually held in the summer by Project Oarsome clubs.

### **What is a Primary Regatta ?**

These events are designed for participants that are relatively new or have little experience of competitive rowing.

## **Working with Competition Managers**

### **Key Points of Planning for Regions, Counties and Competition Managers,**

- Indoor rowing is generally a winter activity and water based sessions are more appropriate during the summer.
- Investing in coaches and coaching is vital. At least one member of Staff in each school should hold the CPD Coaching for Teachers award for indoor rowing or UKCC Level 1 in indoor rowing. Club or external Coaches should hold ARA Level 2.
- Pupils should not be encouraged to race until they hold a Dry Skills Award

### **How can SCMs and CMs work with us?**

Our capacity to provide help varies by county, our Coaching and Development Officers are the best people to consult. Their contact details are below. Each CDO has a team of volunteers and staff who might be able to help.

### **Existing data sources?**

The ARA has a PESSCL section on our website aimed at Teaching and School Sport Partnership Staff. The section for Competition Managers can be found at [www.ara-rowing.org/competition-mangers](http://www.ara-rowing.org/competition-mangers)

### **Key work for SCMs/CMs in the next 12 months?**

Very simple – use the Framework to develop the Go-Race Indoors programme and link with clubs to deliver water activity.

**Contacts.**

Name	Region	Email	Tel
Rory Semple	Yorkshire	<a href="mailto:rory.semple@ara-rowing.org">rory.semple@ara-rowing.org</a>	07884 230884
Rob Cree	North East	<a href="mailto:rob.cree@ara-rowing.org">rob.cree@ara-rowing.org</a>	07886 820705
Daniel Hetherington	North West	<a href="mailto:dan.hetherington@ara-rowing.org">dan.hetherington@ara-rowing.org</a>	07971 159596
Sarah Birch	South East (Thames Valley)	<a href="mailto:sarah.birch@ara-rowing.org">sarah.birch@ara-rowing.org</a>	07970 273106
Phillip Simmons	London	<a href="mailto:phil.simmons@ara-rowing.org">phil.simmons@ara-rowing.org</a>	0787 2613836
Rachael Wooldridge	South East (inc Glos, Bristol Wilts, Somerset)	<a href="mailto:rachael.wooldridge@ara-rowing.org">rachael.wooldridge@ara-rowing.org</a>	07834 403504
Jo Atkinson	West Midlands	<a href="mailto:jo.atkinson@ara-rowing.org">jo.atkinson@ara-rowing.org</a> <a href="mailto:jjoatkinson@blueyonder.co.uk">[jjoatkinson@blueyonder.co.uk]</a>	0776 9916769

Tom Pattichis	South West (Devon & Cornwall)	<a href="mailto:tom.pattichis@ara-rowing.org">tom.pattichis@ara-rowing.org</a>	0787 9070873
Simon Dowdy	East Midlands	<a href="mailto:simon.dowdy@ara-rowing.org">simon.dowdy@ara-rowing.org</a>	07733 346796
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Jeff Elms	Eastern Region (Norfolk)	<a href="mailto:Jeff.elms@ara-rowing.org">Jeff.elms@ara-rowing.org</a>	07894 084196
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**National School Competition Framework  
Sport: Rowing (Indoor & Water)**



**National School Competition Framework  
Sport: Indoor Rowing (Primary)**

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<p><b>Key Stage 2: 7-9 years</b></p>	<ul style="list-style-type: none"> <li>• Multi-skills only – we do not advocate rowing competition</li> </ul>			
<p><b>Key Stage 2: 10-11 years</b></p>	<ul style="list-style-type: none"> <li>• “Go-Race Indoors” programme delivered by ARA trained/qualified coaches. No more than 100 consecutive/continuous repetitions on an indoor rowing machine (about three minutes)</li> </ul>	<ul style="list-style-type: none"> <li>• At primary location or on short structured visits to ARA accredited link secondary school or at multi-skills festival</li> <li>• Suitable indoor rowers include WaterRower, Concept2 and Rowperfect</li> </ul>	<ul style="list-style-type: none"> <li>• Preferably during the summer term of Year 6 to prepare for possible Year 7 participation</li> </ul>	<ul style="list-style-type: none"> <li>• We do not recommend that children participate in competition outside of their school</li> </ul>

**National School Competition Framework Organisers' Sheet**  
**Sport: Indoor Rowing (Primary)**

Competition age group	Format	Facilities	Organisers/Helpers	Resources available from NGB to support
<b>Key Stage 2: 7-9 years</b>	<ul style="list-style-type: none"> <li>We do not advocate rowing competition for this age group</li> </ul>			
<b>Key Stage 2: 10-11 years</b>	<ol style="list-style-type: none"> <li>Coaching and competition with 66% of time spent on coaching and activity</li> <li>Participants should reach DSK level 2</li> <li>Activity should be part of multi-skills</li> <li>Individual races limited to Year 6 – two minutes</li> <li>Any child should be able to enter</li> <li>Technique must be emphasised over speed</li> <li>Team 2012 relays could be incorporated</li> <li>All participants should receive a certificate of completion</li> </ol>	<ul style="list-style-type: none"> <li>Dry, warm room with flat floor</li> <li>Two to five indoor rowing machines, e.g. Rowperfect, Concept 2, Water rower</li> <li>Also useful would be the ability to display races using a laptop and data projector</li> </ul>	<ul style="list-style-type: none"> <li>Coaching to be led by appropriately qualified teacher/ adult, e.g. ARA Dry Instructors or PESSCL Coaching for Teachers (CfT)</li> <li>Those holding the ARA Junior Rowing Leaders Award can run event if supervised by an appropriate person</li> </ul>	<u>Indoor Rowing for Schools</u> <ol style="list-style-type: none"> <li>ARA Dry Skills Awards</li> <li>ARA Dry Speed Awards</li> <li>ARA Dry Fit Awards</li> <li>PESSCL Coaching for Teachers Award</li> <li>ARA Junior Rowing Leaders Award</li> <li>“Go Race” Organisers’ Guide</li> </ol>

**Association for Physical Education (AfPE) – Endorsed Guidance for Primary Schools**

The ARA is fully supportive of initiatives to promote higher levels of activity amongst children. Materials and curriculum information are available for teachers of Key Stage 3 and 4 programmes and these include the use of the indoor rowing machine.

The best preparation for any child embarking on a period of rowing activity is a good PE programme in primary school. This should include a quality movement literacy programme that develops the athletic ability of the individual.

To get the best enjoyment or success from rowing, the participants should be able to swim and be confident in and around water and have the ability to balance; co-ordinate leg, arm and trunk movement patterns; move in time with others; follow and create rhythm; do two-legged activity; work as a team; be flexible; have core stability and have an awareness of their body in space. Once the individual takes part in rowing, they need to have a quality experience. Any activity that is labelled rowing should be fun and delivered in a way that encourages them to want more. The ARA is keen to promote access to indoor rowing and is aware that increasing numbers of primary schools are interested in accessing the sport either through their school sport partnerships or through individual initiatives. Primary schools wishing to use indoor rowing as part of their physical activity provision are advised to adhere to the following guidelines:

- that any primary school indoor rowing programme is only delivered to Year 6 children (rising secondary children) as an introductory programme which could form part of a secondary school induction, lasting for a maximum of a unit of work
- that wherever possible it should be delivered on the secondary school site
- that indoor rowing machines are not placed 'long term' in primary schools
- that if indoor rowing machines are placed temporarily in primary schools, they are stored in a secure area and only used when supervised by a suitably qualified person
- that an appropriately qualified and experienced person always delivers a primary school programme
- that the programme concentrates on developing skill and movement patterns, using the indoor rowing machine as a minor part of the programme.

**National School Competition Framework  
Sport: Indoor Rowing (Secondary)**

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<b>Key Stage 3: 11-14 years</b>	<ul style="list-style-type: none"> <li>• Intra or Inter-school “Go-Race Indoors” for pupils achieving Dry Skills Level 2 or 3:               <ul style="list-style-type: none"> <li>• Year 7: 2 minute race</li> <li>• Year 8: 3 minute race</li> <li>• Year 9: 4 minute race</li> </ul> </li> <li>• ARA 2012m school team events</li> </ul>	<ol style="list-style-type: none"> <li>1. ARA PESSCL accredited secondary school</li> <li>2. Clubmark rowing club</li> <li>3. Central venue, inter-school</li> </ol> <ul style="list-style-type: none"> <li>• Events could be organised by those working on the Junior Rowing Leaders Award</li> </ul>	<ul style="list-style-type: none"> <li>• At end of Dry Start programme, e.g. Nov to Dec; Mar to Apr</li> </ul>	<ol style="list-style-type: none"> <li>1. ARA-recognised county “Go-Race Indoors” Championships</li> <li>2. National Junior Indoor Rowing Championships (March)</li> </ol>
<b>Key Stage 4: 14-16 years</b>	<ul style="list-style-type: none"> <li>• Intra or Inter-school “Go-Race Indoors” for pupils achieving Dry Skills Level 3:               <ul style="list-style-type: none"> <li>• Year 10: 5 minute race</li> <li>• Year 11: 6 minute race</li> </ul> </li> <li>• ARA 2012m school team events</li> </ul>	<ol style="list-style-type: none"> <li>1. ARA accredited secondary school</li> <li>2. Clubmark rowing club</li> <li>3. Central venue, inter-school</li> </ol> <ul style="list-style-type: none"> <li>• Events could be organised by those working on the Junior Rowing Leaders Award</li> </ul>	<ul style="list-style-type: none"> <li>• At end of Dry Start programme, e.g. Nov to Dec; Mar to Apr or at end of Health-Related Exercise unit of work</li> </ul>	<ol style="list-style-type: none"> <li>1. ARA-recognised county “Go-Race Indoors” Championships</li> <li>2. National Junior Indoor Rowing Championships (March)</li> </ol>
<b>16-19 years</b>	<ul style="list-style-type: none"> <li>• 2000m for pupils achieving Dry Skills Level 3</li> </ul>	<ol style="list-style-type: none"> <li>1. ARA accredited secondary school/college</li> <li>2. Clubmark rowing club</li> </ol>		<ol style="list-style-type: none"> <li>1. ARA-recognised regional competitions</li> <li>2. English Indoor Championships</li> <li>3. British Indoors (BIRC)</li> </ol>

**National School Competition Framework Organisers' Sheet**  
**Sport: Indoor Rowing (Secondary)**

Competition age group	Format	Facilities	Organisers/Helpers	Resources available from NGB to support
<b>Key Stage 3/4: 11-14 years</b>  <b>plus</b>  <b>15-18 years</b>	<ol style="list-style-type: none"> <li>1. Coaching, physical activity and competition with 66% of time spent on coaching/physical activity</li> <li>2. Participants should reach DSK Level 2 or 3</li> <li>3. Activity should be part of multi-skills</li> <li>4. Individual races limited to:               <ul style="list-style-type: none"> <li>• Year 7: 2 minutes</li> <li>• Year 8: 3 minutes</li> <li>• Year 9: 4 minutes</li> <li>• Year 10: 5 minutes</li> <li>• Year 11: 6 minutes</li> <li>• Year 12/13: 2000m</li> </ul> </li> <li>5. Any child should be able to enter</li> <li>6. Technique must be emphasised over speed</li> <li>7. Team 2012 relays could be incorporated</li> <li>8. All participants should receive a certificate of completion</li> </ol>	<ul style="list-style-type: none"> <li>• Dry, warm room with flat floor</li> <li>• Two to five indoor rowing machines, e.g. Rowperfect, Concept 2, WaterRower</li> <li>• Also useful would be the ability to display races using a laptop and data projector</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/ adult, e.g. ARA Dry Instructors or PESSCL Coaching for Teachers (CfT)</li> <li>• Those holding the ARA Junior Rowing Leaders Award can run event if supervised by an appropriate person</li> </ul>	<u>Indoor Rowing for Schools</u> <ol style="list-style-type: none"> <li>1. ARA Dry Skills Awards</li> <li>2. ARA Dry Speed Awards</li> <li>3. ARA Dry Fit Awards</li> <li>4. PESSCL Coaching for Teachers Award</li> <li>5. ARA Junior Rowing Leaders Award</li> <li>6. "Go Race" Organisers Guide</li> </ol>

**National School Competition Framework**  
**Sport: Rowing – water based**

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<b>Key Stage 2: 7-9 years</b>	<ul style="list-style-type: none"> <li>Multi-skills only – we do not advocate rowing competition</li> </ul>			
<b>Key Stage 2: 10-11 years</b>	<ul style="list-style-type: none"> <li>ARA-recognised “Fun” competitions</li> </ul>	<ol style="list-style-type: none"> <li>Clubmark clubs</li> </ol>	<ul style="list-style-type: none"> <li>Summer</li> </ul>	<ul style="list-style-type: none"> <li>Regional “Fun” events</li> </ul>
<b>Key Stage 3: 11-14 years</b> <ul style="list-style-type: none"> <li>Level and distance of competitions should depend on ability level</li> <li>Participants should be able to maintain good posture, rhythm, ratio and run for the full distance</li> </ul>	<ul style="list-style-type: none"> <li>“Wet Start” skill-based competitions for 11-14 year olds</li> <li>Year 7: 1000-2500m time trial and &lt;500m regatta</li> <li>Year 8: 1000-3000m time trial and &lt;500m Regatta</li> <li>Year 9 1000-4000m time trial and &lt;1000m regatta</li> </ul>	<ol style="list-style-type: none"> <li>Clubmark clubs</li> <li>ARA affiliated time trials</li> <li>ARA affiliated regattas</li> </ol>	<ul style="list-style-type: none"> <li>Summer</li> <li>Sept – Apr</li> <li>Apr – Sept</li> <li>At least three months should be competition free</li> </ul>	<ol style="list-style-type: none"> <li>ARA National Time Trials</li> <li>ARA National Schools Regatta</li> <li>GB National Championships</li> </ol>
<b>Key Stage 4: 14-16 years</b> <ul style="list-style-type: none"> <li>Level and distance of competitions should depend on ability level</li> <li>Participants should be able to maintain good posture, rhythm, ratio and run for the full distance</li> </ul>	<ul style="list-style-type: none"> <li>Year 10 1000-4000m time trial and &lt;1000m regatta</li> <li>Year 11 1000-4000m time trial and &lt;1500m regatta</li> </ul>	<ol style="list-style-type: none"> <li>ARA affiliated time trials</li> <li>ARA affiliated regattas</li> </ol>	<ul style="list-style-type: none"> <li>Sept – Apr</li> <li>Apr – Sept</li> <li>At least two months should be competition free</li> </ul>	<ol style="list-style-type: none"> <li>ARA National Time Trials</li> <li>ARA National Schools Regattas</li> <li>GB National Championships</li> </ol> <p><u>Talented athletes only</u></p> <ul style="list-style-type: none"> <li>Junior inter-regionals</li> <li>GB J16 team</li> </ul>
<b>16-19 years</b> <ul style="list-style-type: none"> <li>Level and distance of competitions should depend on ability level</li> </ul>	<ul style="list-style-type: none"> <li>1000-5000m time trial and &lt;2200m regatta</li> </ul>	<ol style="list-style-type: none"> <li>ARA affiliated time trials</li> <li>ARA affiliated regattas</li> </ol>	<ul style="list-style-type: none"> <li>Sept – Apr</li> <li>Apr – Sept</li> <li>At least six weeks should</li> </ul>	<ol style="list-style-type: none"> <li>ARA National Time Trials</li> <li>ARA National Schools Regattas</li> <li>GB National Championships</li> </ol> <p><u>Talented athletes only</u></p>

<ul style="list-style-type: none"><li>• Participants should be able to maintain good posture, rhythm, ratio and run for the full distance</li></ul>			be competition free	<ul style="list-style-type: none"><li>• England team</li><li>• GB junior squad</li></ul>
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