



# HARTPURY SPORT

## Rowing 'Start' Academy



## Rowing 'Start' Academy

The Hartpury Rowing 'Start' Academy is a unique joint initiative between Hartpury College, the GB Rowing Team and Gloucester Rowing Club. The aim of the programme is to identify and develop Olympic rowers.

Newly established in September 2010, the Hartpury Rowing 'Start' Academy is the seventh established by the College and forms part of Hartpury's nationally renowned Academy of Sport.

The Academy enables talented potential rowers to combine academic study with high quality performance coaching and facilities. Selected athletes based at the Academy benefit from a number of inclusive support services, including;

- Full time Rowing 'Start' Coach
- Access to the Hartpury's world class sporting facilities
- Physio Support
- Strength and Conditioning Support
- Sports Science Support
- Accommodation (if required).
- Membership and use of facilities at Gloucester Rowing Club
- Access to Hartpury College's range of A levels, BTEC Diplomas and UWE accredited degrees

### Selection:

Selection is based on potential, rather than current rowing performance and is therefore open to non-rowers, as well as existing rowers. Candidates with no previous rowing experience will initially need to meet the GB Rowing Team 'Start' criteria (listed below), after which they may be invited for further testing:

- Aged between 14 and 22
- Exceptionally tall (men over 190cm and women over 180cm)
- Fit, powerful and strong
- Mentally tough and competitive

Existing rowers will need to either meet the criteria above or demonstrate previous performance which indicates genuine potential for development towards selection for the GB Junior or U23 teams.



# TALENT 2016

HAVE YOU GOT WHAT IT TAKES?



## GB Rowing Team 'Start' Programme

Academy athletes will also form part of the GB Rowing Team 'Start' programme. 'Start' is a national rowing talent identification and development scheme run by the GB Rowing Team, which aims to recruit and develop Olympic rowers. Recruitment onto the programme is based on a series of tests which indicate potential in the sport of rowing, including height, arm-span, strength and endurance. Selected athletes are based at one of the programme's regional centres, where they are supported and developed by a full-time coach. Since its inception in 2001 a number of 'Start' athletes have gone on to represent GB at senior level, including three who represented Team GB at the Beijing Olympics in 2008.



## Advanced Apprenticeship in Sporting Excellence (AASE)

Academy athletes (aged 16 - 18) will also be eligible to gain a rowing specific Advanced Apprenticeship in Sporting Excellence (AASE). The AASE programme has been designed to meet the diverse needs of young athletes and players who have the potential to achieve excellence in sport and are seeking to perform at the highest level as their main career goal.

AASE has been developed to have a major impact on the development of young athletes across a range of competitive sports. It contains a National Vocational Qualification (NVQ), which is fully reflective of the broad range of competencies and skills required in professional sport. It is designed to directly measure the athlete's ability to apply themselves to professional development in the technical, tactical, physical and psychological aspects of their chosen sport. It also directly addresses equally important wider issues such as lifestyle, communication and career management.

For more information about the AASE opportunities at Hartpury College, please contact our AASE Coordinator on 01452 702245.

## Scholarships

Athletes with exceptional potential may be offered a Sports Academy Scholarship providing assistance towards accommodation fees.

## How to apply

For further information, or to arrange to test for selection, please contact Tom Pattichis – Start Coach, Hartpury Rowing 'Start' Academy

✉ tom.pattichis@hartpury.ac.uk

☎ 01452 702322

www.ukssport.gov.uk/talent



ENGLISH  
SPORT

uk sport  
WE DO GREAT TOGETHER

