The Rower Development Guide Explained

Peter Sheppard - Chief Coach U23’s & Juniors
James Andrews - Head of Performance Talent
The Rower Development Guide Explained

Objectives

1. Ensuring that appropriate athletic skills and physical literacy for rowing and life are developed early in a rower’s career and continuously thereafter.

2. Encouraging the long term process of development rather than achieving short-term outcomes of just winning.

3. To ensure that athletes train at the appropriate level depending on their ability. Developmental and training age as well as chronological age should also be carefully considered.

4. Looking at the environment for a developing rower and the role coaches, family and sometimes support staff can play in the lives of a developing rower.
The Rower Development Guide Explained

Context

How Much & How Often

Welfare and wellbeing

Rower Development Guide

Development
The Rower Development Guide Explained

Levels & Pillars

Level 4
Level 3
Level 2
Level 1

Technical Development
Athleticism
Fitness
Knowledge, Understanding and Application
Ethos & Behaviours
# The Rower Development Guide Explained

## Training Guidance

<table>
<thead>
<tr>
<th>Rower Pathway</th>
<th>Development Level</th>
<th>Requirements</th>
<th>Number of sessions per week</th>
<th>Session Length</th>
<th>Hours of Training per week</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 4</td>
<td>Competitive club rowers and those breaking into High Performance.</td>
<td>Rowers should complete and be competent in all pillars in levels 3, 2 &amp; 1.</td>
<td>Rowers aged 17 and over.</td>
<td>6</td>
<td>8</td>
<td>Water &lt;90’ Land &lt;80’</td>
</tr>
<tr>
<td>Level 3</td>
<td>Rowers competing in national events.</td>
<td>Rowers should complete and be competent in all pillars in levels 2 &amp; 1.</td>
<td>Rowers aged 15 and over.</td>
<td>4</td>
<td>6</td>
<td>Water &lt;75’ Land &lt;60’</td>
</tr>
<tr>
<td>Level 2</td>
<td>Developing rowers or those focusing on local events.</td>
<td>Rowers should complete and be competent in all pillars in levels 1.</td>
<td>Rowers aged 13 and over.</td>
<td>3</td>
<td>4</td>
<td>45’ - 60’</td>
</tr>
<tr>
<td>Level 1</td>
<td>All Rowers of any age.</td>
<td>-</td>
<td>-</td>
<td>2 (Skill Development Only)</td>
<td>30’ - 40’</td>
<td>1 - 2</td>
</tr>
</tbody>
</table>
The Rower Development Guide Explained

Progression

- Development level
- Train
- Technical Development
- Athleticism
- Fitness
- Knowledge, Understanding & Application
- Ethos & Behaviours
- Do they meet all Criteria?
- Do they fit the minimum age?
- Yes
- No
- Proceed to next level
The Rower Development Guide Explained

Rower Profile

<table>
<thead>
<tr>
<th>Name:</th>
<th>Recommended Development Level:</th>
<th>Ability:</th>
</tr>
</thead>
<tbody>
<tr>
<td>James Andrews</td>
<td>1</td>
<td>AbleBodied</td>
</tr>
</tbody>
</table>

Rower Development Chart

<table>
<thead>
<tr>
<th>Rower Type:</th>
<th>Water</th>
<th>Sliding</th>
<th>Inland</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Indoor</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Suggested focuses: Athleticism

Badges

LEVEL 1

LEVEL 2

LEVEL 1

LEVEL 2
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Club Example: Durham UBC - Freshers (2017-18)
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Club Example: Durham UBC - Freshers (2017-18)

• The first 6 weeks
  • 2 Water, 1 Erg, 1 Tank, 2 Cross Training

• Christmas to Tideway Heads
  • 4 Water, 2 Erg, 2 S&C, 1 Cross Training

• Build up to BUCS
  • 5 Water, 1 Erg, 2 S&C
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Club Example: Durham UBC - Freshers (2017-18)

- Increased % moved up and into the senior programme.
- Reduced injuries
- One fresher had a 92% GMT in the M1x rankings at DUBC
- All freshers can steer, stroke, scull and sweep on both sides
- BUCS Regatta
  - Silver (M4x, M8+, M1x, W4x)
  - Bronze (M1x)
  - 4th (M4+, W8+)
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Set-up Tips

• The guide is a macro enabled excel document. To ensure the guide works you may need to click enable content and editing on your first load in.
• After you’ve set up the guide make sure you save it with a unique name to that user.
• If you want a simple one page overview of the rowers in your squad you can ask them to print off the Rower Profile page to show their development.
• The British Rowing logo on all pages will take you back to the menu tab.
• There are lots of useful links included in the document make sure to check them out.
• The guide contains large amounts of information make sure to focus on the areas that are relevant to the development of you or your rowers.
• You can download the guide from www.rowhow.org
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Questions?
Thank you

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