



GB ROWING TEAM - 2021 SEASON PRELIMINARY ADVANCE NOTICE ON STRATEGY AND THE ASSESSMENT & TRIALS PROCESS FOR JUNIOR EVENTS

2021 STRATEGY

The GB Rowing Team Strategy will continue to focus on delivery of the following:

- the development and selection of Junior rowers for the GB Rowing Teams which will compete at the 2021 events (see below)
- the long-term sustainability and success of the GB Rowing Team Programme
- a specific emphasis on selecting sculling boats for the World Rowing Junior Championships

2021 SEASON EVENTS

The Assessment & Trials process will apply to rowers wishing to try for GB selection for the events listed below. Please note that until our funding for the Paris cycle is confirmed we are not yet able to commit funds to these events or confirm charges for all events.

- **World Rowing Junior Championships**, Plovdiv, BUL *(Event: 11 - 15 Aug 2021)*
- **European Rowing Junior Championships**, Munich, GER *(Event: 21 - 23 May 2021)*
- **World Rowing Beach Sprint Finals**, Oeiras, POR *(Event: 25 - 26 Sep 2021)*
- **German Junior Regatta**, venue TBC *(Event: Dates TBC for May 2021)*
- **Coupe de la Jeunesse**, Castrelo de Mino, ESP *(Event: 30 July - 1 Aug 2021)*
- **GB v France J16 Match**, Paris, FRA *(Event: 8 July 2021)*

Our ambition and priority, where the standard merits it, is to send a team to the 2021 World Rowing Junior Championships in Plovdiv, Bulgaria.

2021 SEASON ASSESSMENT & TRIALS PROCESS

Given the current situation, our intended strategy and the uncertainty of what we may/may not be able to deliver in the months ahead, our Assessment & Trials process will look slightly different for the 2021 Season and may have to be adapted at short notice to fit the latest Government advice. We will value everyone's support in being ready, flexible and adaptable to any required changes whilst uncertainty remains with us.

The provisional overview of the Assessment & Trials process for the 2021 Season is detailed below.

Junior Teams (Events: WRJC, Coupe de la Jeunesse, ERJC)

We will not hold the traditional November Assessment in 2020 to allow clubs and schools to stabilise their own training and environments without the undue pressure of preparing for an Assessment in Boston. To replace this Assessment, we will require during the autumn period for each junior rower proposing to trial for 2021 to submit a series of 4 ergo scores, completed on a Concept 2 static ergometer using the following drag factors: JM 130-135, JW 125-130. See table below for ergo assessments and timelines. These will help inform the GB coaches how rowers have physically emerged from the pandemic situation and help guide decisions for future assessment on the water in the new year.

Before 31 December 2020 there will be no organised residential activity. This is in line with current advice from schools. Therefore, for the 2020-21 season the following activities are **CANCELLED**.

- **October Potential Camp, NWSC** *(Fri 23 - Mon 26 Oct 2020)*
- **December Potential Camp, Laias, ESP** *(Mon 14 - Mon 21 Dec 2020)*



Training Days – Where possible we will organise regional training days to create opportunities for leading candidates to come together for training.

Junior Programme Education delivery – The October Potential Camp has always provided an opportunity to deliver important education sessions to rowers and coaches. We are looking at how these can now be delivered on-line and will keep you updated on when these will happen, what these look like and which ones will be pre-requisite for all rowers and coaches wishing to be part of the Junior Programme in 2021, such as Clean Sport.

EVENT	DATE	LOCATION	FORMAT	REQUIREMENT / ATTENDANCE
Registration	Mon 19 Oct 2020	Club-based	Height and Arm Span	Compulsory for all Candidates
Junior Training Day	Sat 24 Oct 2020	TBC	TBC	By Invitation
1st Ergo Assessment	By Sat 7 Nov 2020	Club-based	2km @ 24	Compulsory for all Candidates
2nd Ergo Assessment	By Sun 6 Dec 2020	Club-based	5km @ 26	
Training ergo score submissions	By Sun 6 Dec 2020	Club-based	30' @ rate 20 250m @ 40-44	
British Rowing Indoor Championships	Sat 5 Dec 2020	TBC	2km Ergo Race	Proposed opportunity to show standard in a competitive environment
Junior Training Day	Sun 6 Dec 2020 (Prov)	TBC	TBC	By Invitation
Junior Training Day	Sun 7 Feb 2020 (Prov)	TBC	TBC	By Invitation
3rd Ergo Assessment	By Sat 13 Feb 2021	Club-based	5km @ 26 Ergo Test	Compulsory for all Candidates
GBRT Junior February Assessments	Sat 20 – Sun 21 Feb 2021	Boston (Prov.)	5km Water Test	Compulsory for all Candidates
4th Ergo Assessment	By Sat 3 April 2021	Club-based	2km Ergo Test	Compulsory for all Candidates
Spring Assessments	Sat 27 – Tue 30 March 2021	NWSC	Crew Boat Testing	By Invitation
J16 Camp	Sat 3 – Mon 5 April 2021	NWSC	Crew Boat Sculling and Education Sessions	By Invitation
GBRT Junior Trial	Sun 25 April 2021	NWSC	2000m Water Test	Compulsory for all Candidates
5th Ergo Assessment	By Sat 12 June 2021	Club-based	2km Ergo Test	Compulsory for all Candidates
GB v France J16 Trials	Sun 27 June 2021	NWSC	1500m Water test	Compulsory for all GB vs FRA Candidates
Final Crew Formation Period	Fri 9 – 13 July 2021	TBC	Crew Boat Testing	By Invitation



2021 ERGO STANDARDS

Provisional Ergo Standards for the 2021 season are as follows: -

	2km		5km	
	World Medal	Minimum standard	World Medal	Minimum Standard
Junior Men	< 6:20	< 6:35	< 16:45	< 17:40
Junior Women	< 7:10	< 7:30	< 18:45	< 19:50
Junior 16 Men February Assessment				< 18:15
Junior 16 Women February Assessment				< 20:30

2021 REGISTRATION PROCESS

Rowers and coaches seeking selection in 2021 will need to officially Register with GBRT. Please note this a change to the rower registration process which has previously been combined with an entry to the 1st Assessment in November through BROE.

Planning is currently underway to provide a simple process to Register with GBRT, which will be communicated in due course.

2020 Wash Up and 2021 Strategy Review Meeting

The 2020 Wash Up and 2021 Strategy Review Meeting due to take place at Dulwich College on Sat 19 September will not happen in the traditional format where everyone comes together at the venue, but will now occur on-line virtually. Information about how to register for the Meeting, the format and timings will be sent out separately. With Ade Roberts leaving British Rowing at the end of August this meeting will be hosted by Pete Sheppard (Chief Coach – U23s/Juniors).

Brendan Purcell
Director of Performance

July 2020