



BRITISHROWING

GBRT J16 Crew Sculling Camp Information

TEAMWORK | OPEN TO ALL | COMMITMENT



Dear Coach

The GBRT J16 Crew Sculling Camp is taking place virtually on Saturday 3rd April 2021 and will be open to all J16 rowers and their coaches across the country.

We believe that the learning that comes from attending the J16 Crew Sculling Camp has been an important step in many young rowers development and therefore we want to make sure that this provision is still available to the young rowers that are aspiring to trial for the GB Rowing Junior Team in the future. We hope that you and they will engage in this opportunity.

Camp Programme

Though a virtual call will make up the core of the camp, we are keen to help the athletes draw more from the camp than just the period they are sitting in front of their screens. To do this we will set some optional tasks for the athletes to complete in their own time before and after the session.

Pre camp
Review of own performance (Physical, Mental, Technical, Tactical) Video analysis
Saturday morning
Own club training
Saturday Afternoon (1pm – 5pm with breaks): Education Session
Topics: <ol style="list-style-type: none"> 1. Practical Application of BR technique – Dan Cooper (GBRT Assistant Coach Juniors) 2. Movement Control and self-assessment – Kirsty Hunter (GBRT Physio – Junior Programme) 3. Performance profiling and Introduction to Diploma of Sporting Excellence (DiSE) – Loretta Williams (DiSE Programme Manager) 4. Future Standards and Next Steps – Peter Sheppard (GBRT Chief Coach U23 and Juniors)
Post Camp
Goal setting video and exercise iRowClean Online Modules

Registration

There is no cost to the camp, but in order to access the educational materials for the camp athletes are required to have a valid British Rowing or Scottish Rowing membership.

Coaches should use the following google form to register their athletes and themselves – [J16 Camp Registration](#)

All U19 attendees will need parental consent prior to taking part in the activity. The parental consent form can be accessed here. – [J16 Camp Parental Consent](#)

Further details about how to access the learning material and the log in details for the session will be sent out at a later date

Ergo Submission

Although it is not compulsory to attend the camp, we strongly encourage leading J16s to complete the March 5k r26 ergo test and the April 2k ergo test (3 April). The more individual performance information we have on our up and coming J16s the easier it will be to maintain continuity in the long-term tracking of potentially talented rowers on the pathway.

If you have yet to submit a J16 5k r26 ergo score please do so [here](#)

J16 Coaches Meeting

Another positive outcome of the J16 camp have been the conversations that happen between coaches. We are keen to continue to facilitate this with a virtual chat/meeting for coaches only on Thursday 25 March at 7pm.

The first part of this discussion will focus on the potential of this year's J16 rowers and what can be done to best prepare and support them for their J17 season and beyond. The second part will be made up of questions that you have posed before or during the meeting.

If you are interested in attending then please e-mail holly.furniss@britishrowing.org to register for this meeting.

Kind regards

Dan Cooper

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