



BRITISH ROWING

GBRT J16 Virtual Camp Information

TEAMWORK | OPEN TO ALL | COMMITMENT



Dear Coach

Due to the success of the 2021 GBRT J16 Virtual Camp we have made the decision to run it again in 2022. This year it will take place on Sunday 20 March between 2pm and 6pm and will once again be open to all J16 rowers and their coaches across Great Britain.

We believe that the learning that comes from attending this activity could be an important step in many young rowers development and therefore we want to make sure that this provision continues to be available to as many of the rowers that are aspiring to trial for the GB Rowing U19 Team in the future. We hope that you and they will engage in this opportunity.

Provisional 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 activities for the athletes to complete in their own time before the session.

Pre camp
<ul style="list-style-type: none">• Review of own performance (Physical, Mental, Technical, Tactical)• Video analysis• Goal setting video and exercise• iRowClean Online Modules
Sunday morning
Own club training
Sunday Afternoon (2pm – 6pm with breaks): Education Session
Topics: <ol style="list-style-type: none">1. Practical application of BR technique and future standards – Dan Cooper (GBRT U19 Programme Assistant Coach)2. Movement Control and self-assessment – Presenter TBC3. Performance profiling and Introduction to Diploma of Sporting Excellence (DiSE) – Loretta Williams (DiSE Programme Manager)4. Nutrition and Fuelling Opportunities – Tania Griffin (Lecturer in Sports Nutrition, University of Bath)

Registration

There is no cost to the camp, but in order to access the educational materials for the camp (found on RowHow) 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 before Monday 14 March – [J16 Virtual 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 to those coaches that register athletes.

Ergo Submission

Although it is not compulsory to attend the camp, we strongly encourage leading J16s to complete the February 5k r26 ergo test and the March 2k ergo test (23 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 by emailing holly.furniss@britishrowing.org

J16 Coaches Meeting

Another positive outcome of last year was the J16 coaches meeting. We are keen to continue to facilitate this and we have organised this season's meeting, for coaches only, to be held virtually on Monday 21 March from 7.30pm – 8:30pm.

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 register your interest using the follow link [here](#).

Kind regards

Dan Cooper

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