



SCOTTISH  
ROWING

JUNIOR ACADEMY

# RECRUITMENT PACK



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# INTRODUCTION

The Scottish Rowing Junior Academy exists to support and develop talented junior (J16 - J18) rowers and coxes to reach their potential.

The Junior Academy began in 2021 and since then there have been three cohorts with over 50 athletes having gone through the process and succeeded in their goals. The programme was developed by the Scottish Rowing performance team with input from the sportscotland institute of sport and the GB Rowing Team. Academy athletes benefit from a camp-based programme delivered between October and April focusing on physical preparation, crew boat skills and performance behaviours. The main aim is to equip juniors with the tools they require to achieve success in rowing both nationally and internationally.

It aims to provide education, opportunity and community for athletes, coaches, and parents. The academy can be utilised as a first step for young athletes to take part in a more performance-based style of training to progress onto competing at national and international events. It can also be used for those who wish to gain a better understanding and knowledge of rowing and sport in general by learning from working practitioners.



# KEY OBJECTIVES

This year's key objectives are:

- **Building towards being competent and proficient technically, physically and mentally in areas identified as being necessary for national and international rowing.**
- **Developing the performance behaviours associated with sporting success**
- **Provide opportunities for junior coaches to develop their skills, networking with other coaches, and further support their athletes to achieve their goals**
- **Enable and upskill parents/guardians to go on the journey, facilitate success and provide ongoing support to their children**

**\*Each year we update the key objectives using feedback from the previous cohort to ensure that the Academy continues to progress and grow.**





# FEEDBACK FROM 2022-2023 COHORT:

What did you enjoy most about the Junior Academy?

“

“Rowing in different crews with others from across Scotland and receiving coaching points from different coaches.”

”

“

The large mix of activities during the first camps were highly useful. Being coached by the various guest coaches was also very useful.

”

“

I really enjoyed watching and working with athletes from across the country. Listening to other's experiences. Getting input from Dan Cooper was excellent and gave a clear understanding of what the GB u19 team expects.

”

# WHAT THE JUNIOR ACADEMY OFFERS?

**Training Camps** – There will be a mixture of training camps, including residential on-water and land-based camps, delivered between September 2023 and April 2024. These camps will focus on physical preparation, crew boat skills and performance behaviours.

**Online Engagement** – There will be online opportunities between camps to support coach and athlete development via drop-in sessions, tailored online workshops and progress checks. As well as a private online community to connect and stay in touch between camps

**Racing Opportunities** – There will be opportunities to race at high-profile domestic events such as Head of the River races, Henley Women's Regatta, Henley Royal Regatta and HIR during the 2023-24 season\*



# WHAT THE JUNIOR ACADEMY OFFERS?

Coaching Progression - Invitation for coaches to engage in the process, including their own bespoke support via the Scottish Rowing Coach Education and Development Manager

Parental Education - The opportunity for parents and guardians to gain knowledge on how to empower your whole team.

\*This will be delivered as part of the Scottish Rowing Junior Development Programme, which is open to Academy and non-Academy rowers, subject to selection.







SCOTTISH  
ROWING

JUNIOR ACADEMY

2022-23

80%

OF ACADEMY ATHLETES SELECTED  
TO REPRESENT **TEAM SCOTLAND** AND  
**TEAM GB**



3 ATHLETES HELPED  
WIN THE GROTON  
SCHOOL CHALLENGE  
CUP AT HENLEY  
WOMEN'S REGATTA



6 CLUBS  
REPRESENTED FROM  
ACROSS SCOTLAND



GOLD IN THE CH M4+ AND CH W2- AT NATIONAL SCHOOLS  
REGATTA FOR 6 ACADEMY ATHLETES

9 ATHLETES  
COMPETED AT  
HIR

“

I enjoyed Rowing in different crews  
with others from across Scotland  
and receiving coaching points from  
different coaches.

”

# CAMP DATES

**After careful consideration, we have made the decisions to make all camps residential this year to ensure the athletes get the best experience possible from every camp.**

1

Camp 1 - 30 September - 1 October 2023  
Strathclyde Park, Motherwell  
Introduction and Technical Foundations

2

Camp 2 - 4th - 5th November 2023  
Strathclyde Park, Motherwell and  
Auchinstarry Marina, Croy\*  
Small Boats Performance

3

Camp 3 - 3rd - 7th January 2024  
Oriam @ Heriot Watt University, Edinburgh\*  
Land Training Camp

4

Camp 4 - 23rd - 25th February 2024  
Caledonian Canal, Inverness\*  
Scottish Argonauts Project Selection

5

Camp 5 - 5th - 7th April 2024  
Strathclyde Park, Motherwell  
Performing Under Pressure

\*Locations are subject to change

# WHO IS INVOLVED?

Led by Scottish Rowing's Lead Performance Pathway Coach, Tom Young, with support provided by the sportscotland institute of sport, and performance rowing experts.



# EXPECTATIONS

- Athlete attendance at all camps, additional sessions and virtual workshops.
- A curious mindset, with an openness to learn.
- Commitment to put behaviours into action between camps.
- Compliance with planning, monitoring, and reviewing as necessary.
- Coach engagement with Junior Academy activities and Scottish Rowing staff.

“

**I really enjoyed the Scottish Rowing Academy activities this year and believe they have helped prepare me for situations with trialling... Hopefully I will be involved in the Academy for the coming season too.**

”

# INVESTMENT

Scottish Rowing subsidises the Junior Academy, however an athlete contribution of £150



is due at registration which includes an Academy Kit bundle and Camp 1 residential costs.

Due to all camps being residential this year we will require an additional fee to cover accommodation and board for these. Scottish Rowing will make subsidies where possible to keep the price as reasonable as possible and are happy to discuss payment plans.

**Financial support is available in cases of hardship - please contact Cara O'Donnell for further details.**

# ELIGIBILITY CRITERIA

We are looking for up to sixteen rowers and two coxes, in the J16-18 categories, who demonstrate:

1. Dedication, ambition and drive to improve their rowing/coxing
2. Aspirations to represent Scotland and/or Great Britain
3. The following ergometer standards for 2k during the 2022-23 season: Junior Women: 7:50, Junior Men: 6:50\*\*

Junior rowers/coxes who were part of the 2022-23 cohort may apply again if still eligible.



# ELIGIBILITY CRITERIA

Selection will be based on the following from the 2022-23 season:

Water performance at National events.

2k Ergometer performance.

Coxes assessment.

Your character (as demonstrated in the application form)

**\*\*if you have not met this target but feel you would like to apply, please do as these will be considered on a case-by-case basis.**

## Reserves/Training Partners

We may select reserves/training partners to be called up on a camp-by-camp basis to support the programme as needed.

# APPLICATION PROCESS

The application process for the 2023-24 Junior Academy opens on the 16th of August 2023, you can apply below:

[Rower Application Form](#)

Each rower/cox application must be accompanied by a supporting statement from your coach to be considered. This can be accessed below:

[Coach Nomination](#)

The deadline for applications and coach nominations is Thursday 31st of August at 5pm.

Selections will be made the week commencing the 4th of September and invitations will be sent out by Monday 11th of September.



For more information, please contact the Junior Academy Co-Ordinator, Cara O'Donnell, at:

[cara.odonnell@scottish-rowing.org.uk](mailto:cara.odonnell@scottish-rowing.org.uk)



