



Junior 16 Sculling Camp.

1st November 2003 at the NRA.

What is it?

An opportunity for the juniors to mix with other athletes from across Scotland to gain quality coaching on specific elements of sculling technique and improving their performance.

An opportunity for coaches and parents to learn from each other.

Why is it important?

This is the feeder to the GB J16 Sculling Camp in spring 2004.

Attendance at the GB camp is now by invitation only and the only way to get an invite is to attend this camp, where all participants shall complete some basic tests as well gaining some more practical experience.

Who's it aimed at?

J15 and J16 scullers who are keen to attend the National Sculling Camp next year. No scullers who are older than J16 shall be able to attend. J14 and J13's are welcome to attend if there are places, as part of their rowing development.

When is it?

November 1, arriving at 09.30 and aiming to finish at 16.00.

Where is it?

National Rowing Academy

What will it cost?

£5 per person registration fee.

What do I do if I'm interested?

In keeping with best practice, all attendees will have to complete a formal application form before they will be able to attend. I will need these returned to me by October 25th at the latest, complete with the £5 per head fee. [Cheques payable to SARA Supplies Limited]

Any one who has not completed an application form or paid their fee in advance will be allowed to attend.

NB depending on demand places may have to be limited.

What do I need to bring.

Yourself, lots of kit, single scull and sculls.

[Callum MacDonald](#) SARA Development Officer