



SCOTTISH JUNIOR ELITE SQUAD

TRIAL DATE 6TH DECEMBER 2003

WHAT IS IT?

A dedicated group of Scotland's most talented junior rowers, all of whom aspire to row for the Great Britain junior rowing team.

WHAT HAPPENS?

Selected athletes and their coaches will come together for training and coaching on a regular basis. There will be a co-ordinated programme of activities including training camps, races, assessments and specialist sessions with, for instance, a physiotherapist. In addition, coaches of selected athletes can expect mentoring support from the National Coach to assist in their own personal development. This support will include funding to attend coaching conferences, training courses and specialist seminars.

WHO RUNS IT?

The National Coach (with help from the International Rowing Committee Team Manager) will co-ordinate all activities. He will assist coaches in every way possible to help their athletes prepare for the GB Junior selection system. Individual club coaches will continue to deliver the majority of the coaching from their home bases.

BENEFITS

Individual coaching from the National Coach
Advice on all aspects of training/racing
Support and representation at GB trials
Specialist support from experts such as physiotherapists

Funding will also be provided to pay for:

Attending GB and Scottish trials, training camps and races.
This will cover travel, boat transport, accommodation, and food.

COST?

Athletes selected to join the squad will be asked to show their commitment to the programme by paying £50 for the full year.