



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. Equipping them with the tools to achieve success in rowing both nationally and internationally. It aims to provide education, opportunity and a community for athletes, coaches, and parents.

The Junior Academy began in 2021 and since then there have been four cohorts with over 60 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 September 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 both be utilised as a first step for young athletes to take part in a more performance minded approach to training, and also 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.



# Changes for 2025-26

As we prepare for our sixth cohort the Junior Academy programme we are continuing to tailor the programme to the needs of our pathway, providing more targeted development and increasing opportunities for young Scottish athletes to train and race in high quality crew boats throughout the season, while remaining flexible to the needs of each programme.

This year we have:

- Adjusted the dates for some of our camps to reduce the conflict with academic commitments.
- Increased the number of informal training days (outside of scheduled camps) for athletes to come together and work with our coaching team in high quality crew boats.
- Using the above training days to help athletes better prepare for GB U19 Trials events, and present opportunities for collaboration and unique crew boat opportunities between clubs.





# KEY OBJECTIVES & AIMS

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.
- Learning and developing the performance behaviours associated with sporting success
- Provide opportunities for junior coaches to develop their skills, network 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

“

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.

”



# KEY OBJECTIVES & AIMS

This year's aims are:

- To support athletes in developing physicality and skills to perform for the both the Scotland Junior Rowing Team and/or GB U19 Rowing Team.
- To support talented Scottish athletes through the GB U19 Rowing Team Trials Process and prepare them for international selection and competition.
- To provide opportunities for Scottish Junior rowers to train and race in high quality crew boat projects and events throughout the season.

Each year we update the key objectives and aims using feedback from the previous cohort to ensure that the Academy continues to meet the needs of the Scottish junior pathway.







“The Junior Academy was an exciting opportunity for me to learn and experience rowing at a top-level standard. Having come from school rowing, being a part of the team and stretching out my horizon was inspiring. I thoroughly enjoyed the Junior Academy; it really helped me in my journey towards representing GB.”

***Lara Bone, 2025 U19 World Champion in the GB JW8+  
Junior Academy Athlete 24-25***

# HOW DOES IT WORK?

## **Named Athletes/Coxes**

Similar to last year, following the application and nomination process, a number of athletes (rowers & coxes) will be invited to be a part of the Junior Academy as a 'named athlete'. These athletes will have the opportunity to work closely with the Scottish Rowing Performance Pathway, it's coaches and practitioners, along with a guaranteed spot on each of the Junior Academy Camps and educational workshops. These athletes will be selected based on the criteria outlined in the Recruitment Pack, which can be found at the bottom of the page.

## **Opportunities for Non-Named Athletes**

This year, several of the JA camps will be open for non-named rowers and coxes to apply to attend on a camp-by-camp basis. This is to allow more of our young athletes the opportunity to develop without the burden of committing to the full season of camps. Athletes looking to attend these camps will still be required to fill out a smaller, less-detailed application to ensure that they are at the correct level to take part in the camps.





# HOW DOES IT WORK?

## Scottish Argonauts

For many years the Scottish Argonauts Tideway Projects have been a popular and exciting prospect for many of our junior athletes. As with previous years we will incorporate the Argonauts processes into the JA Programme of events.

In an aim to further increase crew boat opportunities for our young talented athletes, we would like to use the JA coach and athlete network to support more Argonauts\* crews at events throughout the season, for more information please see the supplementary events calendar.

*\*Note that with the exception of the Tideway Heads, crews will race as home club composites rather than Scottish Argonauts unless event rules prevent this.*

## Beach Sprints

While elements of our rowing's newest Olympic discipline will be incorporated into some of our camps, please keep an eye on our website and social media for upcoming announcements about the new 'Junior Academy Beach Sprints' programme (JABS).

# 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 2025 and April 2026. 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, Marlow Regatta and HIR Regatta during the 2025-26 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 Performance Pathway, which is open to both Academy and non-Academy rowers, subject to selection.







2024-25

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**1 ATHLETE SELECTED FOR GB AT THE U19 WORLD  
ROWING CHAMPIONSHIPS IN THE JW8+**

**2 ATHLETES WON GOLD AT BRITISH  
CHAMPIONSHIPS**

**5 ATHLETES COMPETED FOR THE SCOTLAND  
ROWING TEAM AT HIR REGATTA**

**6 NAMED ATHLETES SELECTED AS PART OF THE SCOTTISH  
ARGONAUTS CREWS FOR HERR AND WEHERR**

**7 CLUBS REPRESENTED FROM ACROSS THE UK**

**7 ATHLETES COMPETED AT HENLEY  
WOMEN'S REGATTA**

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“ I have really enjoyed getting detailed coaching from lots of different coaches, especially on the water, and I genuinely think that this has really helped me improve my rowing technique. It has also been lovely getting to know juniors from other clubs who I would not have met if we weren't part of the Academy.



# CAMP DATES

1

Camp 1 – 27th - 28th September 2025  
Residential  
Strathclyde Park, Motherwell  
Introduction and Technical Foundations

2

Camp 2 – 25th - 26th October 2025  
Non-Residential  
Strathclyde Park, Motherwell and Auchinstarry  
Marina, Croy\*  
Crew Boat Skills Development & Racing

3

Camp 3 – 5th – 7th December 2025  
Residential (Invite Only)  
National Training Centre, Inverclyde, Largs  
Land Training Camp

4

Camp 4 - 21st - 22nd February 2026  
Residential  
TBC\*  
Scottish Argonauts Project Training

5

Camp 5 - 16th - 17th April 2026  
Residential  
Strathclyde Park, Motherwell  
Crew Boat Training

\*Locations are subject to change

For more info on Events & Training Days, please see the  
supplementary Junior Pathway Calendar on the [website](#)

# WHO IS INVOLVED?

The Junior Academy will be managed by Tom Young (Head of Performance) & Mike Martin (Junior Co-Ordinator) with support from the Scottish Rowing Coaching Team, Junior Development Coaches, sportscotland institute of sport practitioners and other guest rowing coaches and experts from across the UK.





# INVESTMENT

Scottish Rowing heavily subsidises all Junior Academy activity and support as part of our commitment to developing junior rowing in Scotland.

Athletes named on the Junior Academy will be required to pay a registration fee of £130. This contribution will cover the cost of the JA kit bundle and the first residential camp at Strathclyde Park on 27-28th September (including all meals and water access).

Non-named athletes who invited to join the first JA Camp (on a non-residential basis) will need to pay a £30 contribution to cover costs of meals provided (lunches) and water access.

An additional athlete contribution for each camp will also be required to help cover the costs of facility hire, accommodation (if residential) and any meals provided. Prices for each camp will vary, but will continue to be subsidised by Scottish Rowing.



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

# ELIGIBILITY CRITERIA

We are looking for rowers and 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

Junior rowers/coxes who were part of the 2024-25 cohort are encouraged to apply again if still eligible.



# APPLICATION PROCESS

The application process for the 2025-26 Junior Academy opens on Friday 22nd of August 2025, you can apply below:

[Apply Here](#)

As part of the process, club coaches will be contacted to provide a reference for each athlete/cox.

Application will close at 23:59 on Friday 5th September.

Confirmation of both named athletes and invitations to the first Junior Academy Camp at Strathclyde Park (27-28<sup>th</sup> September) will be sent out to all athletes by Friday 12<sup>th</sup> 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).



