

SCOTTISH ROWING JUNIOR 16 LAND CAMP

SPORTSCOTLAND NATIONAL SPORTS TRAINING CENTRE, INVERCLYDE, LARGS

SATURDAY 9 – SUNDAY 10 DECEMBER 2017

EVENT CIRCULAR

This circular gives details about the arrangements for the Scottish Rowing Junior 16 Land Camp. Please read this document carefully and if you have any queries contact Lee Boucher, Scottish Rowing Head of Performance Pathway (07818 077612).

SECTION ONE

SUMMARY OF ARRANGEMENTS

LAND CAMP

The Scottish Rowing Junior 16 Land Camp is a residential camp delivered by the Scottish Rowing performance team with support from the GB Rowing Team, the **sportscotland** institute of sport and the University of Edinburgh.

The camp is targeted at the leading Scottish J15 and J16 rowers (those born between 1st September 2001 and 31st August 2003) who are looking to take their rowing to the next level and have longer term performance aspirations which include rowing for Scotland and / or Great Britain.

Scottish Rowing is keen to ensure a quality experience for all participants and therefore there will be a maximum of 30 athlete spaces available. In the event of over-subscription, Scottish Rowing will consider any relevant performance data and may consult with coaches to allocate spaces.

Given the recent changes by World Rowing which has resulted in additional women's boat classes at junior, under 23 and senior level, Scottish Rowing is actively encouraging female junior athletes to attend this camp.

A minimum of two spaces will also be reserved for coxes and they will receive coaching to play a key role in supporting the delivery of the practical training sessions during the camp.

ACCOMMODATION & MEALS

Accommodation will be provided on site at the **sportscotland** national sports training centre, Inverclyde, Largs.

Address: Burnside Road, Largs, Ayrshire, KA30 8RW

Website: <https://nationalcentreinverclyde.org.uk/>

Contact Tel: 01475 674 666

Check-In: Saturday 9th December (keys distributed at 1730)

Check-Out: Sunday 10th December (by 0830)

Meals: Breakfast, Lunch and Dinner will all be provided in the Dining Room.

First Meal Provided: Lunch Saturday 9th December

Last Meal Provided: Lunch Sunday 10th December

- Athlete and coach accommodation will be provided on site in twin ensuite rooms.
- Coaches will have the option to request single occupancy rooms subject to availability and a £25 surcharge.
- All participants are required to note any dietary requirements and / or allergies when registering.
- Athletes are encouraged to bring their own drinks and snacks for between sessions.
- An option of Friday night accommodation will be available to those travelling from further afield at a cost of £35 per person sharing a twin room, bed and breakfast (£50 single occupancy). To make a reservation please contact Inverclyde directly on the number above quoting the Scottish Rowing Junior 16 Land Camp.

COACHING TEAM

The camp lead and welfare officer will be Lee Boucher, Scottish Rowing's Head of Performance Pathway, supported by Mike Martin, Scottish Rowing's Junior Co-Ordinator.

A number of guest coaches from British Rowing, the **sportscotland** institute of sport and the University of Edinburgh will deliver sessions during the camp.

Junior coaches with athletes participating are encouraged to attend and help support the delivery of the camp. A nominal charge to cover the cost of any meals will be made for those coaches attending on a non-residential basis.

Junior coaches wishing to attend should email lee.boucher@scottish-rowing.org.uk

IMPORTANT - Any junior coaches attending the camp must have completed the requirements as outlined in the Scottish Rowing Coach Registration process (published on the Scottish Rowing website news page – 28 September 2017) including the safeguarding procedures. Coaches requiring support with any aspect of this process should contact the Scottish Rowing office (01698 250 206) at the earliest opportunity.

JUNIOR COACH FORUM

On the Saturday afternoon when the athletes are taking part in Teambuilding Games with the Inverclyde staff, Scottish Rowing will be hosting a Junior Coaches Forum between 1530 and 1700.

This forum is open to Junior Coaches from all Scottish clubs, irrespective of whether you have athletes attending the camp or not. It will give us the opportunity to discuss and share ideas around key topics relating to junior rowing in Scotland. This will include a discussion around the 2018 British Junior Inter-Regional Regatta.

More information and an agenda will be made available on the Scottish Rowing website over the coming weeks.

EQUIPMENT

All technical equipment including ergometers will be supplied by Scottish Rowing. Coaches are kindly asked to assist with setting up and removing equipment at the start and end of the camp.

All athletes should consider bringing with them:

- Suitable indoor training and other clothing for the weekend
- A water bottle
- Drinks and snacks (for between sessions)
- A notepad and pen
- All medications including inhalers, etc

The use of mobile phones (except in emergencies) will be discouraged during the camp and athletes will be asked to keep these out of sight in their bags or their bedrooms.

COST

The Scottish Rowing Junior 16 Land Camp is being subsidised by Scottish Rowing for all participants.

- The athlete contribution will be £75 per person
- The coach contribution will be £50 per person (£75 for single occupancy)

This includes accommodation on the Saturday night, all meals and the full camp programme as advised below.

Once camp places have been allocated the Scottish Rowing office will supply an invoice by email and payment will be due in advance of the camp.

GOOD CONDUCT

All participants in the Junior 16 Land Camp are required to maintain a high standard of conduct. This includes listening to instruction from coaches delivering the camp and ensuring that they are punctual for all sessions.

Behaviour that is deemed to be inappropriate may result in exclusion from future Scottish Rowing activities.

REGISTRATION

Athletes wishing to register for the Scottish Rowing Junior 16 Land Camp should complete the online form on the Scottish Rowing website news page **by no later than 5pm on Monday 27th November**.

The camp is open to Scottish J15 and J16 rowers (those born between 1st September 2001 and 31st August 2003) however all athletes must be capable of training on the ergometer (as per the camp programme below). All participants must hold a current Scottish Rowing racing licence.

Scottish Rowing has an upper limit of 30 athlete places available on the camp and completing the online registration form does not guarantee a place. In the case of over-subscription, places will be allocated on merit taking into account any relevant performance data (race results, ergometer scores).

Following the registration deadline, Scottish Rowing will contact those rowers who have been successful in achieving a place on the camp by Wednesday 29th November.

Lee Boucher

Head of Performance Pathway

Scottish Rowing

16 November 2017

SECTION TWO CAMP PROGRAMME

CAMP PROGRAMME

The provisional camp programme which is subject to change is currently as follows:

Saturday 9th December 2017

0930 - 1030	Registration Open Anthro Measurements (Height, Weight, Arm Span)	Meeting Room 1
1030 - 1045	Camp Welcome and Overview Lee Boucher & Mike Martin – Scottish Rowing	Meeting Room 1
1045 - 1130	GBRT Technique and Future Standards Dan Cooper & Tom Young – GB Rowing Team	Meeting Room 1 then Studio 1
1130 – 1230	Ergo Session 250m r40-44 followed by 3 x 10' r20	Studio 1
1230 – 1330	Lunch	Dining Room
1330 – 1530	Physical Preparation for Rowing 1 Dave Hughes – sportscotland institute of sport	Meeting Room 1 then Fitness Suite
1530 – 1700	Teambuilding Games* Junior Coaches Forum	Sports Hall Meeting Room 1
1700 – 1730	Day 1 summary and key learning points Lee Boucher – Scottish Rowing Dan Cooper – GB Rowing Team	Meeting Room 1
1730 - 1800	Accommodation check-in	Meeting Room 1
1800 - 1900	Dinner	Dining Room
2000 - 2200	Scottish Rowing Quiz	Bar

* Selected athletes will undertake additional physical profiling during this period

Sunday 10th December 2017

0730 - 0800	Breakfast	Dining Room
0800 - 0830	Accommodation check-out	Reception
0830 - 0900	Scottish Rowing Performance Pathway Lee Boucher – Scottish Rowing	Meeting Room 1
0900 - 1030	Practical Application of the GBRT Technique John Higson – Edinburgh University Boat Club	Meeting Room 1 then Studio 1
1030 – 1230	Physical Preparation for Rowing 2 Dave Hughes – sportscotland institute of sport	Meeting Room 1 then Fitness Suite
1230 – 1330	Lunch	Dining Room
1330 – 1415	Why do we train? A physiologist's perspective... Peter Bonner – sportscotland institute of sport	Meeting Room 1
1415 – 1500	Ergo Session Ergo warm-up protocol followed by 1k r24 followed by Recovery strategies	Studio 1
1500 - 1530	Day 2 summary and key learning points Lee Boucher – Scottish Rowing Dave Hughes – sportscotland institute of sport	Meeting Room 1
1530	Depart	