



## GB ROWING SCHEMES 2013-2016

To: Coaches of Registered Candidates  
Captains or Coaches i/c Juniors

From: Richard Boulton –Lead Coach, Juniors

Date: January 2013

### **JUNIOR LONG DISTANCE SMALL BOAT TRIAL: 23 & 24 February 2013**

#### **Contents**

- 1 Long Distance Trials – General
- 2 Long Distance Trials – J16 Scullers
- 3 Important information regarding Spring Assessments
- 4 Boston Long Distance Trial – General Information

#### **Appendix**

Boston Long Distance Trial – Entry Form

## **JUNIOR LONG DISTANCE SMALL BOAT TRIAL – BOSTON 23 & 24 February 2013**

### **INTRODUCTION**

The purpose of this Trial is to gain an invitation to the Spring Assessment Trials. It is expected that there will be fewer rowers entered than in November now that coaches have had the opportunity to examine the ergo tests completed so far. Coaches who feel that they need advice on assessing their rowers' standard should discuss this with Richard Boulton (Lead Coach, Juniors).

### **ELIGIBILITY FOR JM18 and JW18 ENTRY**

The trial at Boston is only open to those rowers who are currently:

- ◆ REGISTERED COMPETITORS WITH BRITISH ROWING, SCOTTISH ROWING OR WELSH ROWING  
and
- ◆ REGISTERED WITH THE GB ROWING TEAM AS GB SELECTION CANDIDATES FOR 2013.

**In addition certain criteria should be applied by coaches when considering an entry. These were set out in the document circulated to coaches in November.**

Rowers on their 5000m Ergo Test should have achieved  $\leq 17:45.0$  (JM18 events) or  $\leq 20:00.0$  (JW18 events) in either the December or January 5000m ergo Test (max. rate 26).

N.B. For the J16 events (see details below) rowers should have achieved  $\leq 18:20.0$  (JM16 events) or  $\leq 20:35.0$  (JW16 events) to be submitted on the entry form (max rate 26).

Coaches whose rowers do not meet the above criteria must seek the agreement of the Lead Coach, Juniors before making an entry.

If attempting to pursue the JM sculling discipline we would not expect to receive entries from those rowers who came lower than 40th at the November Early Identification Trial.

If attempting to pursue the JW sculling discipline we would not expect to receive entries from those rowers who came lower than 50th at the November Early Identification Trial.

The Lead Coach, Juniors has the right to refuse an entry which they feel is not of the required standard.

**In addition the Lead Coach, Juniors reserves the right:**

- to reject any J18 entries not received on time or not properly completed;
- to reject entries from any candidate who did not reach the ergo cut for the EID Trial in November and/or who has not completed the 3 ergo assessments required so far (2k @ rate 24, 5k @ rate 26 (x2)) as laid out in the Strategy Document and has not submitted a medical note to explain the reason for not completing any or all of these assessments;
- to admit any candidate not fulfilling the above conditions but whose inclusion he feels would benefit the Junior Scheme;
- possibly to direct the leading candidates to row/scull together at the Boston Trial on Sunday 24<sup>th</sup> February.

## **J16 EVENTS AT LONG DISTANCE SMALL BOAT TRIAL – BOSTON**

**23 & 24 February 2013**

### **INTRODUCTION**

The purpose of the J16 Trial is to gain an invitation to the J16 Crew Sculling Camp at the National Water Sports Centre, Nottingham (Saturday 30<sup>th</sup> March – Monday 1<sup>st</sup> April). Coaches who feel that they need advice on assessing their rowers' standard should discuss this with Richard Boulton (Lead Coach, Juniors).

### **ELIGIBILITY FOR JM16 and JW16 ENTRY**

The trial at Boston is only open to those rowers who:

- ◆ are REGISTERED COMPETITORS WITH BRITISH ROWING, SCOTTISH ROWING OR WELSH ROWING

and

- ◆ whose 16<sup>th</sup> birthday is between 1<sup>st</sup> September 2012 and 31<sup>st</sup> December 2013

**In addition certain criteria should be applied by coaches when making an entry.**

For the J16 events, rowers should have achieved  $\leq 18:20.0$  (JM16 events) or  $\leq 20:35.0$  (JW16 events) for a 5k ergo test (max. rate 26).

Coaches whose rowers do not meet the above criteria must seek the agreement of the Lead Coach, Juniors before making an entry.

J16 rowers are expected to compete in their 1x on Saturday 23<sup>rd</sup> February. J16 rowers may also race in a 2x on Sunday 24<sup>th</sup> February; to do this they will need to find a 2x partner. Any J16 rower without a partner from their club for the Sunday should begin to make contact with others in a similar position. The Lead Coach, Juniors is willing to help where possible. Alternatively 2x combinations may be formed based on the Saturday 1x results.

The Lead Coach, Juniors has the right to refuse an entry which they feel is not of the required standard.

Coaches will need to pay the entry fee of £15.00 **per day** per rower for those rowers taking part in the J16 categories (Cheques made payable to British Rowing Limited).

**In addition the Lead Coach, Juniors reserves the right:**

- to reject any entries not received on time or not properly completed;
- to admit any candidate not fulfilling the above conditions but whose inclusion he feels would benefit the Junior Scheme in the future;

Please note this is **not** a compulsory trial for selection to the GB v France J16 Team and rowers seeking selection for this event do not have to attend.

TRIAL FORMAT			
<b>Saturday 23 February</b>			
<u>Division One</u>	1100	<u>Division Two</u>	1400
Events:	JW18 2x JW18 2- JW16 1x, JM16 1x	Events:	JM18 2x JM18 2-
<b>Sunday 24 February</b>			
<u>One Division only</u>	1100		
Events:	JM18 2x, JM18 2-, JW18 2-, JW18 2x, JM16 2x, JW16 2x		

**EVENTS**

Any rower/sculler without a partner from their club should begin to make contact with others in a similar position. The Lead Coach, Juniors is willing to help where possible. The Lead Coach, Juniors may also direct leading candidates into 2x and 2- combinations of his choice.

All J18 candidates are expected to race on both Saturday and Sunday, as stated in the Strategy Document. Only in exceptional circumstances and with the permission of the Lead Coach, Juniors will candidates be allowed to race on only one day.

**RATE WHILST RACING**

Although the LDTs are not rate-capped, it is strongly recommended that all boat types aim for a high quality and consistent performance. Taking into account the time of the year, these events should mirror the rates being done in training and crews should be aiming for rates of about 28-30. We will have coaches taking rates at points along the course.

**COXES**

If a coach feels that they have an exceptional cox please ensure that they are registered by e-mailing a completed copy of the athlete registration form to [john.layng@gbrowingteam.org.uk](mailto:john.layng@gbrowingteam.org.uk) before the trial. There is no registration fee for coxes.

A copy of the rower registration form is attached in order to register any un-registered coxes. On arrival they should report to the Lead Coach, Juniors. They will be given specific duties to help run the event. Attendance is not compulsory however and we suggest that you come only if others from your club are doing so.

In order for registered coxes to be considered for invitation to Spring Assessments or Final Trials their coaches will be required to supply a recording of their cox for initial assessment by the Lead Coach Juniors, as stated in the Strategy Document. This can be done using a Dictaphone or through a digital recorder. Please contact the Lead Coach, Juniors if you need more details. **The recording must be submitted at the Boston LD Trial, or prior to the trial if the coach is not attending.**

**ENTRIES**

These should be made on the entry form and sent by e-mail as an attachment only to [john.layng@gbrowingteam.org.uk](mailto:john.layng@gbrowingteam.org.uk)

Please note that **ONLY ONE ENTRY FORM PER CLUB** will be accepted; multiple forms will cause the entries to be rejected. **Entries should only be made for Saturday.** All entries received will receive a confirmatory e-mail.

**PLEASE NOTE:** Entries for Sunday will be made after each division on the Saturday and before 5.00pm at the latest.

**ENTRIES FOR SATURDAY TO ARRIVE BY MIDDAY ON TUESDAY 19 FEBRUARY.**

Late or incomplete entries will not be considered

### **PLEASE NOTE: IMPORTANT FOR THIS TRIAL**

Rowers, coxes and any coaches wishing to be considered for GB selection will need to provide a British passport (valid until at least February 2014) at this trial for inspection and copying. Rowers whose passports expire before February 2014 will need to show their current passport at this trial and an updated passport at Spring Assessments (if invited) or at the Small Boats Regatta in April. Rowers who are unable to produce evidence of a British passport as above will not be able to fulfil the criteria for participation at Spring Assessments.

### **PAYMENT & CONFIRMATION OF ENTRY**

Coaches will be required to confirm entries for Saturday when they check-in. Any rower who was not able to race at the EIDT due to a previously accepted reason and who has not paid their registration fee of £60.00 will need to do so before they can race.

Coaches will also need to pay the entry fee of £15.00 per day for each J16 rower taking part in the J16 categories (cheques made payable to British Rowing Limited).

One set of crew numbers and instructions per club will be supplied. Numbers will not be supplied on an ad hoc basis to individual rowers attempting to check-in independently of other members of the club.

#### **PLEASE NOTE:**

Entries for Sunday are to be made after racing in Saturday's divisions. **Entries for Sunday close at 5.00pm on Saturday 23<sup>rd</sup>**. Checking in and collection of numbers on Sunday morning will need to be undertaken by one coach per club.

### **INSURANCE**

It is the responsibility of coaches and candidates to ensure that they and their equipment are adequately insured; including provision for Third Party Cover.

### **SAFETY**

In the interests of safety; **all coaches** must be prepared to act as marshals as requested. Under no circumstances will they be permitted to accompany their candidates over the course.

If there is any doubt about river conditions in the days leading up to any of the events please telephone John Layng, Junior Team Manager, on 07785 728670.

### **Important Information Regarding Spring Assessments**

Coaches are reminded that all rowers invited to attend Spring Assessments will be required to produce correctly completed documentation when they arrive at the Assessment. The necessary documentation will be sent out along with the invitations.

In addition to this documentation candidates will also be required to produce a valid European Health Insurance Card (EHIC). These cards can be applied for at Post Offices or through the following website:

<http://www.ehicard.org>

Candidates invited to the Spring Assessments who cannot provide an EHIC cannot be considered for an invitation for any event outside the UK during this season.

# BOSTON LONG DISTANCE SMALL BOAT TRIAL

## Timetable

### Saturday 23 February

#### **Division 1**

Check in, payment and number collection	0745 – 09:15
Briefing	09:30
Latest boating time	10:30
Race Start	11:00

#### **Division 2**

Check in, payment and number collection	10:00 – 12:00
Briefing	12:30
Latest boating time	13:30
Race Start	14:00

All crews and coaches **MUST** attend their respective briefings

### **Entries close for Sunday's race at 17:00 on Saturday**

### Sunday 24 February

Check in and number collection	08:00 – 09:00
Briefing	09:30
Latest boating time	10:30
Race Start	11:00

## Race Numbers

Your number(s) should be collected from Boston RC Clubhouse when you confirm/change your entry and pay your entry fee(s). No rower or crew will be permitted to race if they have not paid, collected their number or boated on time. **Note:** All boats must be fitted with an 'Empacher slot' in which to fit their number.

## Parking

Parking will be at Boston Rowing Club. Please park carefully, under the direction of members of Boston RC. Please do not park in the residential road.

## Boating and Facilities

We are able to use the facilities of Boston Rowing Club. Please respect the facilities of the club. Limited refreshments can be purchased on site. Boating will be from the landing stage at Boston Rowing Club. Crews/scullers will boat in ascending order with the assistance of the Boston RC officials.

## Security

The GB Rowing Team has employed a security guard from 18:30 – 06:30 to oversee boats left at Boston RC overnight on the Friday and Saturday evenings. Please do not leave boats either in, or on the railings of, the children's playground. **DISCLAIMER: British Rowing does not however accept any responsibility for equipment left while at Boston which is entirely at the owner's risk.** The GB Rowing Team accepts no liability for the loss of or damage to personal property so coaches/rowers are reminded not to leave kit or valuables lying around unattended.

## Going to the Start

You should observe the normal rules of the river i.e. KEEP TO STARBOARD. See map for location of start and refer to map for finish line.

## Marshalling

Marshalling will be above the start. When you reach the marshalling area you should get into position taking care not to interfere with oncoming boats whilst you turn round. It will be necessary for all boats to be past the bend (which is located 2km after the start) before racing starts. Crews not above this point by the start time may not be allowed to proceed further. When moving up beyond this point there may be crews racing so keep a good look out and remain close into the bank. It is therefore essential that you obey the instruction of the marshals. Please be careful. Further details will be available at check in on the day and at the briefing.

## Racing

When racing commences you will be set off approximately 20 seconds apart. You should keep approximately to the middle of the river during the race unless you are being overtaken. You should then move away from the middle of the river giving sufficient room for the approaching crew/sculler to come by. When you have finished racing you should continue to paddle for a further 100m before stopping. You must not stop on the finish line or cause a hold up around the finish area. Do not lie down in the boat once you have crossed the finish line.

**Results** will be made available as soon as possible; division one results will not be published until after division two has started.

## Safety

To ensure the event runs or is not reduced in size; **all** coaches must be prepared to help with safety at various marshalling points. Further marshalling and safety instructions will be issued at the briefing.