

Junior Report July 27th NRC Meeting

Ade Roberts (Lead Coach – Juniors) – Leaving

Extract from email - Pete Sheppard (Chief Coach – U23s/Juniors)

Many of you are probably now aware that Ade Roberts will be leaving British Rowing at the end of August to take up a career change and work in a secondary school local to him supporting young people who have been excluded from school to return to education. Ade has worked for British Rowing now since 2009, initially coaching on the senior programme and at the London Olympics in 2012 before working with the Junior programme from 2013 and then leading the programme from 2016 onwards.

At all stages of his coaching career Ade has developed crews and individuals who row and scull technically well that have delivered performance at the right time, winning many medals on the way. His role leading the Junior programme has seen unprecedented success, where he has spent much of his time developing and supporting coaches, to develop their athletes to be better for GB. He leaves us, having set an extremely high standard in a delivery model for the Junior Programme which has a much wider impact than just selecting junior teams.

Ade, he is a quiet, conscientious, patient, thorough, pays attention to detail, selfless, caring and unassuming person, never seeking the limelight at any point and will always put the athlete first in his work and coaching. Ade will be missed massively in the world of Junior rowing (hopefully not lost forever), however I am sure he will be outstanding in his new choice of career still supporting and developing young people.

2020-21 Season

Please find below a link to '**Preliminary Advance Notice on the Strategy and Assessment & Trials Process for Junior Events for the 2021 Season**'. Clearly with the current and extraordinary world we are living in it is difficult to provide certainty on anything, but we have tried in the attached document to give some form of structure and guidance where we can for the 2020-21 season to assist you in your own school/club planning and to motivate the young rowers in your programmes. We will absolutely need your patience to be flexible and adaptable in this ever changing world next season and will rely on your support if things have to change at short notice. May I take this opportunity to thank you in advance for your continued support of the junior programme and the wider sport as a whole, we will have to all work through this together.

<https://www.britishrowing.org/wp-content/uploads/2020/07/GBRT-Advanced-Notice-2021-Season-Strategic-Priorities-and-Assessments-Trials-Process-for-Junior-Rowing-Events.pdf>

Final Advice To Clubs From Ade Roberts

Our advice is for rowers to take a **3 week break** from all forms of rowing related (incl. lockdown training related) activities.

This can be followed by **3 weeks of preparatory work** leading into 1st September.

This physical and mental break is an essential part of any season.

There will of course be a short-term performance drop but the longer term physical and mental benefits of a full 'reboot' more than make up for it.

Not taking a break can lead to rowers struggling to progress from January / February onwards in the following season.

Staying active in the break is definitely beneficial but is not essential if the need for a complete rest is important for an individual.

Holiday pastimes which are within Covid-19 guidelines e.g. playing another outdoor sport, climbing, etc... will all be beneficial.

Re-starting training after the break:

Goal setting (life and rowing) will be particularly important in the new Covid-19 scenarios for the autumn.

Basic trunk strength and conditioning will have been lost during the break and needs to be a priority during the re-entry to training.

(See below for links to several **Pilates and mobility** videos targeted at developing (DEV) rowers).

“Long before strong” – make inroads into flexibility before seeking load in the gym. Then strengthen through full range of movement.

Continue to **play other sports** for all round athleticism.

Pilates & Mobility:

Trunk Stability - https://www.youtube.com/watch?v=47rcVphYSkg&feature=emb_logo

Ankle Mobility –

https://www.youtube.com/watch?time_continue=11&v=RXrulN0PSmY&feature=emb_logo

Hip & Lower Back Mobility - https://www.youtube.com/watch?v=aY9GXID8T3g&feature=emb_logo

Neck & Upper Back Mobility -

https://www.youtube.com/watch?time_continue=4&v=uRNq7cieuos&feature=emb_logo

Single Leg Stability

- https://www.youtube.com/watch?time_continue=14&v=Zr6AChXWdD0&feature=emb_logo

Pre-season training – low training volume which allows the following to be progressed:

- boat technique (assuming most Juniors are afloat in small boats by then)
- strength training
- develop good paddling speed for short distances (via strong technique), then seek to extend the duration

Strength training – after an initial phase of conditioning and movement assessment, this can progress towards hypertrophy training for the few more advanced rowers who:

- have proven themselves to be moving well in conditioning circuits since the break
- are ready and able to tolerate load
- have not experienced a recent growth spurt, measure height and arm span before & after the break.

The 2020/21 training programme will commence in September.

End of Season Coaching Team Reflections

While there is little in terms of competitive action to reflect upon, here is some food for thought regarding topics you might wish to include in your end of season review:

Land Training

1. Many coaches appear to have managed the lockdown period really well and have indicated some interesting gains from having an enforced period of time training on land. What lessons from the lockdown can be used in the future?
2. **Talent-id**
Strong J18/U23 programmes often have some powerful rowers in their ranks.

As we enter next season, another topic which might be worth exploring is whether on-water performance at J14-J16 level affects decision making.

Are the larger, heavier, more powerful rowers fully supported in their J14-J17 years?

This is a time where they are still developing physically and are often found towards the back of the pack, only beginning to emerge from J18 onwards.

3. **Power:Weight**

As part of your wash up processes, I urge coaches all coaches who use power : weight ratio or weight adjusted ergo scores to assess their approach.

Topics to consider might include the psychology of body image in that age group and the diversity of childhood physical development.

How is messaging managed around what can be a sensitive subject?

N.B. We do not use Power : Weight ratios or weight adjusted ergo scores in the GB Rowing Team and have no plans to do so.