

# **Junior Report for NRC AGM 2016**

## **Junior Inter Regional Regatta**

After realising that the original planned date was during the school February half term holiday it was decided, after consultation with all clubs, to hold the Junior Inter Regional Regatta Trials on Saturday 27<sup>th</sup> February. Cambois Rowing Club kindly offered to host the trials as usual.

The trials were for the following:-

J14 1x, 2x and 4x+

WJ14 1x, 2x and 4x+

J15 1x, 2x, 4x+ and 4+

WJ15 1x, 2x, 4x+ and 4+

J16 1x, 2x, 4x-, 4+ and 8

WJ16 1x, 2x, 4x-, 4- and 8.

The entry for the trials was good with every event having at least 2 entries. Selection for the team was made in all but 5 events. The J14 1x and WJ16 2x slots were given to second placed crews as the winning crews in each case were part of another selected crew. Times for the second placed were not far behind the winners. The WJ14 2x and J16 1x events presented problems. The winners of the WJ14 2x were part of the WJ14 4x+ as were second place. The third placed crew were over 40 secs slower. In the J16 1x second place was over 30secs slower so it was decided to open these events to a fresh challenge at Ponteland Junior Head. The J16 1x was won by Ryan from QEHS and the WJ14 2x went to a crew from TURC.

The J15 2x had 2 entries but one was CLS who were away on a school ski trip so it was agreed they would race the winners at Ponteland. However, the opposing crew from Yarm were selected within another crew leaving CLS as a single entry so this was also up for a challenge at Ponteland Head. CLS crew were selected.

The 2 events affected by the date change were the J15 1x and WJ16 8+. The J15 1x, a race between Brewer (TURC) and Adamson (CLS) at Ponteland Head was won by Adamson. The WJ16 8+ was to be decided between QEHS and Yarm. Yarm withdrew so the place went to QEHS.

The Junior Inter Regional Regatta was held at the National Water Sports Centre in Nottingham on Saturday 23<sup>rd</sup> April. The Northern Region fielded a full team including 4 composite crews. There were representatives from all the clubs in the region apart from the really small clubs such as Berwick and Sunderland. Newly formed Gateshead formed a composite with Talkin Tarn in the J16 2x. 12 out of the 24 crews entered got through to the A final with the region finishing in 6<sup>th</sup> place overall. Special mention should go to Eve Larsen from Chester le Street, who won a gold medal in the WJ16 1x and Joseph Adamson, also from Chester le Street, who took silver in the J15 1x.

Bronze medals went to the J14 2x (Michael Bessent and Will Viney) from Tyne United and Nick Ryan from QEHS in the J16 1x.

## **Club Get Together on Sunday 24<sup>th</sup> February.**

GB Performance Coach (Juniors and U23) Ade Roberts attended the Junior session of the conference. He talked about the 2016 GB trials process including the training required. He also discussed the How Much, How Often document and the Strength and Conditioning guidelines for juniors.

## **Junior Skills Days**

An attempt was made to hold a Junior Skills day at Hexham in November 2016. Response was poor with only Sunderland, Hexham and QE entered. However, the weather and river level meant the event had to be cancelled. A successful event was held at Cambois in May 2016 and fully enjoyed by all who took part.

## **National Schools**

The National Schools Regatta was held this year at Dorney after the NWSC double booked the usual weekend. This caused problems for some clubs with the extra distance/costs involved. I have provided feedback to the committee regarding the future venue for the event. Not surprisingly those who went thought the venue better but most of those who responded to my request for comments were against the proposed move to Dorney. This was also echoed by the Yorkshire Region in their circulated feedback. Despite these concerns the event next year will again be held at Dorney.

## **British Junior Championships**

There was a change to the format for British Junior Championships for 2016, which caused much discussion amongst coaches in the region. There was no longer any event for J14/WJ14 1x or J14/WJ14 2x. Instead they took part in a test of various skills in either a single or double scull, which took place on the Friday. Points were awarded to decide winners. There was racing for J14/WJ14 4x+ on Saturday and Sunday but all entrants **must** have taken part in the skills event on the Friday. This had huge extra cost implications. Coaches in the region raised various concerns including those volunteer coaches who would need to take extra time off work to attend on the Friday. All the concerns raised were passed on to the Chair of Championships committee. There were problems with logistics on the day but on the whole it was declared a success, so I would assume it will go ahead again in 2017. Shauna Forster from CLS won a gold medal as part of the composite quad races on the Friday.

The regional results from the normal racing on Saturday and Sunday were disappointing with only 1 gold and 4 bronze medals compared to 3 gold, 1 silver and 4 bronze in 2015. Congratulations to Katy McDonald from Durham University who won Gold in WJ18 1x, Joseph Adamson (CLS) Bronze in J15 1x, Charlie Charlton (Tyne) Bronze in WJ15 1x, Eve Larsen and Bobbi Foster (CLS) Bronze in WJ16 2-,

Milly Dickinson and Amy Bowman (QEHS) Bronze in WJ18 2-. Full results for crews from the region are on the attached spreadsheet.

### **International honours.**

In the International junior events this year several girls from the region have gained honours. In the GB/France match for J16s Eve Larsen and Bobbi Foster (CLS) represented GB in the WJ16 2-. At the Junior World Championships Lauren Irwin (CLS) and Hope Cessford (DARC) represented GB in the WJ18 2- coming 3<sup>rd</sup> in the B final.

At the Home Countries International Regatta representing England Lucy Ryan (QEHS) gained 2 gold medals in the WJ18 4+ and WJ18 8. Milly Dickinson (QEHS) and Amy Bowman (QEHS) came 3<sup>rd</sup> in the WJ18 2-.

### **Coaches meeting.**

There was a meeting of Junior coaches from the region on the 26<sup>th</sup> July at Tyne Rowing Club. Attached are the notes from that meeting.

### **Yarm School**

Yarm school had their request to join Yorkshire Region granted and therefore will not be eligible to put crews forward for JIRR 2017 Northern Team.