

Junior Report for NRC meeting on Mon.25th January 2016.

After we realised that the original planned date was during the half term holiday it has been decided to hold the Junior Inter Regional Regatta Trials on Saturday 27th February. They will take place at Cambois Rowing Club.

The trials will be 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 date of the Regatta is Saturday 23rd April 2016.

Club Get Together on Sunday 24th January.

GB Performance Coach (Juniors and U23) Ade Roberts is to attend the Junior session of the conference. He will talk about the current GB trials process including the training required. He will also discuss 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. Response was poor with only Sunderland, Hexham and QE entered. However the weather and river level meant the event was cancelled. Future events are to be held at Tees on the 28th Feb. and Durham on 14th March.