

Junior Report for meeting of NRC on Monday 4th February 2019.

JIRR Trials

The trials are set to take place on Saturday 9th Feb kindly hosted by Cambois Rowing Club. Racing will be over 1000m. Entries look healthy in most categories and the majority of clubs are represented. Only 1 entry in J15 4+, WJ16 4-, J16 8 and WJ16 8.

The event this year has been moved to Peterborough with the course only 1000m and 4 lanes. This has meant that some good J16 athletes from CLS have decided not to take part in JIRR selection as they are targeting other events.

GB Junior Selection

GB Potential Day Cambois Rowing Club

On the 26 January Cambois Rowing Club hosted a training/assessment day for the regions potential GB rowers. Eight crews attended: Cambois/Glasgow Schools Double; Chester le Street/Durham School Pair and Single Sculls from Chester le Street, Queen Elizabeth, St Leonards. The athletes were assessed and filmed by Ade Roberts (GB Junior Team Manager) and given detailed individual feedback. The event concluded with a 2km time trial. Thanks go to Eric Shiel for coordinating this day and Ade Roberts for giving up his time and taking on board the comments from coaches to spread these days outside Caversham.

BR Junior Rowing Committee

Notes from meeting 19.1.19

The meeting was held at Shrewsbury School Boathouse.

- HWR is sticking with J16 time trial after 18.30 on Friday evening.
- In the past HWR have not allowed J15s to row up to J18 but in 2019 there will be a change to allow 50% of a J18 crew to be J15.
- HRR have introduced a new rule about 'Unsportsmanlike behaviour'.
- HRR looking to include an extra girls' event, discussions ongoing.
- GB Junior selection under way, some good potential but last year will be hard to match.
- Changes to calendar due to non-availability of NWSC.
 - J16 GB/France Trial now at London Dock.
 - April Small Boats Trial now over 2 days at Dorney.
 - J16 Camp moved to later date.
- GB/France now has JW4+ event.
- JIRR has moved to Peterborough for 2019. From 2020 will be run by BR back in Nottingham. In future BR will be providing insurance cover for trials and entry will be done via BROE. (Not enough time to implement BROE entry for our trials this year). Once again the inclusion of Scotland as a region was discussed and suggestion made to join with Northern Region. My strong opposition with reasons was noted.

- Discussion about doubling up at JIRR. Recommended that only doubling up into the 8.
- Discussion about J13 rowing in J14 events at JIRR. 2 regions allowed them to trial, 1 of them selected them if they won. BR promoting Skills events at BRJC so should J14(or J13) be racing side by side at JIRR?
- Rules need to change to year group racing rather than age group following problems (probably more evident in schools) with rowers born in August being in Year group below. Decision to be left to BR. Events can allow this but need to request permission from Chair of NCC.

Nottingham Junior Regatta

Paperwork has been submitted for this to go ahead this year. Still some objections from other Regattas held on the same day. This will be for crews/athletes who did not reach the semi-final stage at NSR.

National Schools Regatta

- Intro of 2nd event for Champ Boys Quads
- J16/WJ16 pairs to become doubles
- Every race including J14 will be 2000m.
- Format to change in 2020. Friday the same. Only one event to be entered-racing over 2 days.

Junior Coaching Conference

Dan Cooper (GBRT) to organise, he is asking for ideas from coaches for content. Initial plan is for selection of workshops, attendees choose.

Northern Region Club Conference

The Regional Conference included 2 sessions led by Durham University staff specifically aimed at juniors. One was in Strength and Conditioning and the other in Mobility. Juniors who attended both sessions found them really interesting and helpful.

Juniors were told they could leave before last session. QEH juniors attended both the Rigging workshop and the Women in Coaching session and their content was certainly relevant to older juniors.