

## Junior Report for meeting of NRC on Monday 3<sup>rd</sup> February 2020.

### **JIRR Trials**

The trials are set to take place on Saturday 8<sup>th</sup> Feb kindly hosted again by Cambois Rowing Club. Racing will be over 1000m. Entries are on BROE2 this year and closed on Sunday 2<sup>nd</sup>. As we are an affiliated event a small charge of £1 per seat has been charged. I intend to use this to cover the cost of First Aid Cover at the trials. BR will not charge their usual fee.

The event this year is once more to be held in Peterborough with the course 1000m and 4 lanes. Hopefully this will not cause any dropouts this year.

### **GB Junior Selection**

December 2019 GB Spanish Camp. Two local athletes were invited on this camp: Caitlin Warren, Chester le Street and Jemima Furness, Cambois.

On the 26 January a training/development day for the regions potential GB rowers was planned. Unfortunately, this clashed with the NRC Conference so was cancelled. GB coach Ade Roberts is hoping to visit individuals in their home clubs.

Further, I have been contacted by Dan Cooper a GB coach who has a role to help develop clubs and coaches that work with athletes who are one or two years away from the Early ID Trial. He would be happy to support a development day for aspiring GB rowers in the region.

GB Information and Assessment results are for GB registered coaches and their athlete(s) only and must not be shared more widely on social media. I have become aware that this important rule is not always adhered to by local athletes.

The next two assessments are: 5km ergo assessment by 15 February and water assessment 22 & 23 February at Boston Rowing Club.

### **BR Junior Rowing Committee**

#### **Notes from meeting 18.1.20**

- 'Over age' juniors can apply to row with their school year group. Each year they would need to re-apply for approval.
- Discussion regarding some clubs encouraging athletes to join their club. This has been going on for some time and is widespread. Offers of scholarships are used as an incentive from independent schools. There are BR guidelines on 'poaching' of athletes but these are ignored in many cases and it was suggested that there should be a fresh look at the existing code of conduct.
- Schools can renew memberships in batches and cards will be sent to the school, starts end of January 2020.

- Club Hub now allows schools to download member details.
- School coaches with Safeguarding/Child protection qualifications no longer need to repeat with BR.
- Teaching materials for coaching indoor rowing will be online at the end of February.
- Recreational Rowing Group is keen to investigate Touring for Juniors.
- Young Peoples Panel to be re-launched.
- Olympic events being introduced in coastal rowing. Junior events to be considered.
- Rules and format for HIR have changed - see website.

## **Nottingham Junior Regatta**

This was to be for crews/athletes who did not reach the semi-final stage at NSR. With problems booking the National Water Sports Centre it will not go ahead this year.

## **National Schools Regatta**

- 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.

## **Northern Region Club Conference**

The Regional Conference included sessions led by Durham University and GB staff specifically aimed at juniors. One was in Strength and Conditioning, one in Injury prevention. Juniors who attended both sessions found them interesting and helpful.

Some juniors attended the session on Crew Selection which they found very instructive.

## **Northern Region Indoor Rowing Championships**

The Regional indoor Championships will be held on 5<sup>th</sup> March at Maiden Castle. There is also the possibility of individuals in years 9 and 10 being selected to represent England North at the National School Games Finals at the end of August (selection policy is on the BR website).

## **Northern Region Women's Training Days**

The next two Women's Training Days are:

Sunday 15 March at Tyne ARC – Strength & Conditioning

Sunday 7 June venue TBC – Skill Development.