



SCOTTISH ROWING JUNIOR 16 LAND CAMP
SPORTSCOTLAND NATIONAL SPORTS TRAINING CENTRE, INVERCLYDE, LARGS
FRIDAY 7 – SUNDAY 9 DECEMBER 2018
EVENT CIRCULAR

This circular gives details about the arrangements for the Scottish Rowing Junior 16 Land Camp. Please read this document carefully and if you have any queries contact Lee Boucher, Scottish Rowing Head of Performance Pathway (07818 077612).

SECTION ONE
SUMMARY OF ARRANGEMENTS

LAND CAMP

The Scottish Rowing Junior 16 Land Camp is a residential camp delivered by the Scottish Rowing performance team with support from the **sportscotland** institute of sport and the GB Rowing Team. This year there will be a key note presentation from double Olympic champion coach Robin Williams, who will be one of the guest coaches.

The camp is targeted at the leading Scottish J15 and J16 rowers (those born between 1st September 2002 and 31st August 2004) who are looking to take their rowing to the next level and have longer term performance aspirations which include rowing for Scotland and / or Great Britain.

Scottish Rowing is keen to ensure a quality experience for all participants and therefore there will be a maximum of 30 athlete spaces available. In the event of over-subscription (which was the case in 2017), Scottish Rowing will consider any relevant performance data and will consult with coaches to allocate spaces.

A minimum of two spaces will also be reserved for coxes and they will receive coaching to play a key role in supporting the delivery of the practical training sessions during the camp.

NEW for 2018 - the camp will commence with registration on the Friday evening from 8pm. This will allow the camp programme to commence promptly on the Saturday morning and will reduce the impact of travel fatigue for all participants.

ACCOMMODATION & MEALS

Accommodation will be provided on site at the **sportscotland** national sports training centre, Inverclyde, Largs.

Address: Burnside Road, Largs, Ayrshire, KA30 8RW

Website: <https://nationalcentreinverclyde.org.uk/>

Contact Tel: 01475 674 666

Check-In: Friday 7th December, registration at 8pm

Check-Out: Sunday 9th December (after breakfast) – camp will finish at 3:30pm

Meals: Breakfast, Lunch and Dinner will all be provided in the Dining Room.

First Meal Provided: Breakfast Saturday 8th December

Last Meal Provided: Lunch Sunday 9th December

- Athlete and coach accommodation will be provided on site in twin ensuite rooms.
- Coaches will have the option to request single occupancy rooms subject to availability and a £25 surcharge.
- All participants are required to note any dietary requirements and / or allergies when registering.
- Athletes are encouraged to bring their own drinks and snacks for between sessions.

COACHING TEAM

The camp lead and welfare officer will be Lee Boucher, Scottish Rowing's Head of Performance Pathway, supported by Mike Martin, Scottish Rowing's Junior Co-Ordinator.

A number of guest coaches from British Rowing, the **sportscotland** institute of sport and the University of Edinburgh will deliver sessions during the camp.

A keynote presentation on the Saturday morning will be delivered by Robin Williams, one of Great Britain's most successful coaches. As coach to Helen Glover and Heather Stanning, he helped the women's pair to back-to-back Olympic titles at London 2012 and Rio 2016 as well as multiple world titles and a world best time. Robin also coached Cambridge University Boat Club for 11 years winning the Boat Race 7 times.

Junior coaches with athletes participating are encouraged to attend and help support the delivery of the camp. A nominal charge to cover the cost of any meals will be made for those coaches attending on a non-residential basis.

Junior coaches wishing to attend should follow the instructions below to register online from Monday 12th November.

IMPORTANT - Any junior coaches attending the camp on a residential basis must have completed the [online coach registration process](#) as outlined in the Scottish Rowing Performance Programme Circular (issued September 2018).

Coaches requiring support with any aspect of this process should contact Lee Boucher or the Scottish Rowing office (01698 250 206) at the earliest opportunity.

JUNIOR COACH WORKSHOP

Robin Williams will lead a Junior Coach 'Technical Excellence' Workshop on the Saturday afternoon from 2-5pm.

Junior coaches attending the camp will be automatically reserved a space on the workshop and subject to availability limited places may be made available to other Scottish coaches.

More information will be made available on the Scottish Rowing website over the coming weeks.

EQUIPMENT

All technical equipment including ergometers will be supplied by Scottish Rowing. Coaches are kindly asked to assist with setting up and removing equipment at the start and end of the camp.

All athletes should consider bringing with them:

- Suitable indoor training and other clothing for the weekend
- A water bottle
- Drinks and snacks (for between sessions)
- A notepad and pen
- All medications including inhalers, etc

The use of mobile phones (except in emergencies) will be discouraged during the camp and athletes will be asked to keep these out of sight in their bags or their bedrooms.

COST

The Scottish Rowing Junior 16 Land Camp is being subsidised by Scottish Rowing for all participants.

- The athlete contribution will be £150 per person
- The coach contribution will be £125 per person (£150 for single occupancy)

This includes two nights' accommodation, all meals and the full camp programme.

Once camp places have been allocated the Scottish Rowing office will supply an invoice by email and payment will be due in advance of the camp.

GOOD CONDUCT

All participants in the Junior 16 Land Camp are required to maintain a high standard of conduct. This includes listening to instruction from coaches delivering the camp and ensuring that they are punctual for all sessions.

Behaviour that is deemed to be inappropriate may result in exclusion from future Scottish Rowing activities.

REGISTRATION

Online registration for the Scottish Rowing Junior 16 Land Camp will open via a link on the Scottish Rowing website on Monday 12th November and will remain open for one week.

Athletes and coaches wishing to register should complete the online registration **by no later than 5pm on Monday 19th November.**

The camp is open to Scottish J15 and J16 rowers (those born between 1st September 2002 and 31st August 2004) and all athletes should be fit and able to undertake land-based training including on the ergometer. All participants must hold a current Scottish Rowing racing licence.

Scottish Rowing has an upper limit of 30 athlete places available on the camp and completing the online registration form does not guarantee a place. In the case of over-subscription, places will be allocated on merit taking into account any relevant performance data (race results, ergometer scores).

Following the registration deadline, Scottish Rowing will contact those rowers who have been successful in achieving a place on the camp by Friday 23rd November.

Lee Boucher
Head of Performance Pathway
Scottish Rowing

9 November 2018