

SCOTTISH ROWING JUNIOR 16 LAND CAMP
SPORTSCOTLAND NATIONAL SPORTS TRAINING CENTRE, INVERCLYDE, LARGS
FRIDAY 3 – SUNDAY 5 DECEMBER 2021
CAMP PROGRAMME (DRAFT – V1)

Friday 3rd December

2000 - 2030	Camp Registration including accommodation check-in	Meeting Room 1
2030 - 2100	Anthropometric Measurements Height, Arm Span	Studio 1
2100 - 2130	Camp Welcome and Overview Lee Boucher – Scottish Rowing	Meeting Room 1

Saturday 4th December

0730 - 0800	Breakfast	Dining Room
0830 - 0900	Morning wake-up	Studio 1
0900 - 1100	Keynote 1 Colin Williamson – Edinburgh University Boat Club	Meeting Room 1
1100 – 1230	Ergo Session 1 TBC	Studio 1
1230 – 1330	Lunch	Dining Room
1330 – 1530	Physical Preparation for Rowing 1 Jonny Stevenson – Resilience PPE	Meeting Room 1 then Fitness Suite
1530 – 1700	Teambuilding Games / Game Fit	Sports Hall
1700 – 1715	Saturday summary and key learning points Lee Boucher – Scottish Rowing	Meeting Room 1
1800 - 1900	Dinner	Dining Room
2000 - 2045	My Athlete Journey Scottish Rowing Performance Programme Athlete	Meeting Room 1

Sunday 5th December

0730 - 0800	Breakfast	Dining Room
0800 - 0830	Accommodation check-out	Reception
0830 - 1030	Physical Preparation for Rowing 2 Jonny Stevenson – Resilience PPE	Meeting Room 1 then Fitness Suite
1030 – 1230	Keynote 2 Robin Williams – Olympic gold medal winning coach	Meeting Room 1 then Studio 1
1230 – 1330	Lunch	Dining Room
1330 – 1415	Workshop TBC	Meeting Room 1
1415 – 1515	Ergo Session 2 TBC	Studio 1
1515 - 1530	Sunday summary and key learning points Lee Boucher – Scottish Rowing	Meeting Room 1
1530	Depart	