



## SCOTTISH ROWING JUNIOR 16 LAND CAMP SPORTSCOTLAND NATIONAL SPORTS TRAINING CENTRE, INVERCLYDE, LARGS FRIDAY 3 – SUNDAY 5 DECEMBER 2021 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 our performance partners.

The camp is targeted at the leading Scottish J15 and J16 rowers (those born between 1<sup>st</sup> September 2005 and 31<sup>st</sup> August 2007) 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 has been the case in previous years), 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.

**Please note** that 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 3<sup>rd</sup> December, registration at 8pm

**Check-Out:** Sunday 5<sup>th</sup> 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 4<sup>th</sup> December

Last Meal Provided: Lunch Sunday 5<sup>th</sup> 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 will be Lee Boucher, Scottish Rowing's Head of Performance Pathway.

There will be several guest coaches delivering sessions including Olympic rowing coach Robin Williams, Colin Williamson from the University of Edinburgh and external practitioners.

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.

Erin Wyness, Scottish Rowing's Club Support Manager will be in attendance as the camp welfare officer.

## ROBIN WILLIAMS

With over 40 years' experience as a rower and coach Robin offers a wealth of experience and advice: as a GB rower he won numerous races from club to world championship level including Henley Royal Regatta.

As a coach he has coached across a broad spectrum including 11 years with Cambridge University (leading them to 7 Boat Race victories) and 12 years with the GB Rowing Team which included world gold medals with the GB lightweights and most famously winning the Olympic titles in the women's pair at both London 2012 and Rio 2016.

He has also enjoyed a period as Technical Advisor to the Spanish team before coming back to coach the Team GB men's four at the Tokyo 2020 Olympics. He has written about technique and has spoken at international coaching conferences in many countries.

Robin has been supporting Scottish Rowing athlete and coach development initiatives for several years now and we are delighted that he is able to support this year's Junior 16 Land Camp.

## EQUIPMENT

All technical equipment including ergometers will be supplied by Scottish Rowing. Athletes and coaches will be 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

Athletes may be asked to provide instant feedback during the camp using their mobile phones however at all other times they should remain in their bags to avoid unnecessary distractions.

## COST

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

- The athlete contribution will be £175 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.

\* We invite applicants to get in touch with Lee Boucher if you have difficulties meeting this contribution.

## 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

Athletes and coaches wishing to register for the Scottish Rowing Junior 16 Land Camp should complete the online registration **by no later than 5pm on Monday 22<sup>nd</sup> November**.

[Athlete Registration](#) (click link)

[Coach Registration](#) (click link)

The camp is open to Scottish J15 and J16 rowers (those born between 1<sup>st</sup> September 2005 and 31<sup>st</sup> August 2007) 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 membership.

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 26<sup>th</sup> November.

Lee Boucher  
Head of Performance Pathway  
Scottish Rowing

8 November 2021