



SCOTTISH
ROWING

BEACH SPRINT ACADEMY

AND

JUNIOR ACADEMY BEACH SPRINTS

in partnership with



University of
St Andrews



RECRUITMENT PACK

INTRODUCTION

Scottish Rowing has been an early adopter of the Beach Sprint discipline since it's inception. Twenty-four athletes have represented Great Britain at the World Beach Sprint Finals since the inaugural event in 2019, earning nine World Medals, and at both the 2018 and 2022 Commonwealth Beach Sprint Championships, Scotland topped the medal table.

The introduction of the discipline to the LA 2028 Olympic Programme and beyond has seen excitement and engagement in the sport continue to grow.

Scottish Rowing are pleased to be announce the launch of both a senior and junior academy programme to support the next generation of Beach Sprint athletes using our annual camp-based model. The Academy will provide athletes within and outwith Coastal clubs with further opportunities to train, develop and compete at National & International Beach Sprint events.

On the Academy camps, athletes will get to work with top coaches in the discipline as well as experts from the **sportscotland** institute of sport as they develop the technical skills needed for success, drive their physicality & athleticism, and develop a keen understanding of the nuances of this coastal discipline. The camps will provide educational workshops to help build the holistic athlete to meet the demands of national & international competition. The Academy programmes will also offer supplementary training programme support to allow athletes to continue their development in the home environment. Academy athletes will also benefit from support at selected national regattas as well as some important kit for coastal training!

HOW DOES IT WORK?

Who?

Ambitious rowers who want to pursue Beach Sprints to a national or international level and are looking for regular and structured Beach Sprint training. Athletes should be competent scullers, capable of competing nationally at their age level.

Junior Academy Beach Sprints → J16-J18's

Beach Sprint Academy → 18-25yrs

What?

Three Residential Development Camps

Training resources and programme support

Regatta support

Educational workshops

When?

Camps running from December 2025 to April 2026.

Support at selected Domestic Regattas April to September 2026

Training Opportunities throughout the Spring/Summer

Where?

Nationwide for land-based activity, with the water activity predominantly taking place at the University of St Andrews.

Why?

Excitement is high for rowers to hop into coastal boats and race at the beach, but we know that not all of our pathway athletes have access to the coastline, equipment and expertise to compete and succeed at the national & international level. But now, they can!



PROGRAMME OBJECTIVES

This year's key objectives are:

- Supporting athletes to develop the athleticism, physicality and technical skills required for success in both Classic and Beach Sprint performances.
- Providing an environment and educational support for athletes to learn and develop the performance behaviours associated with sporting success.
- Providing further access and experience in coastal environments to develop consistency and performance at Beach Sprint competition.
- Supporting coaches to develop their own understanding of the Coastal discipline and how to incorporate Beach Sprint training into their own programmes.
- Gaining insight and experience of High-Performance Training environments and what is required for World Class Beach Sprint performance.
- Bringing together all of the above elements to strengthen performances of the Scotland & GB Rowing Team's in years to come.

Each year we will update the key objectives using feedback from the previous cohort to ensure that each Academy continues to meet the needs of the Beach Sprint Pathway.



Giving athletes the opportunity to develop their Coastal Sculling skills and work their way through the Beach Sprint Pathway. Following in the footsteps of many Scots before who have represented Great Britain & Scotland at the highest levels.



BENEFITS OF THE ACADEMIES

- Working with World Class Beach Sprint Coaches at the camps.
- Meet & train with other talented scullers/beach sprinters from across Scotland.
- Access to World Class facilities and equipment.
- Work with expert practitioners from **sportscotland** institute of sport.
- Support from the Beach Sprint Pathway Team at selected domestic and national events.
- Opportunities to work alongside Senior International Athletes at the GB Olympic Beach Sprint Training Venue at the University of St Andrews.
- Opportunities to take part in regular training sessions at the University of St Andrews
- Training kit bundle for all registered athletes



WHO ARE THE ACADEMIES FOR?

	Junior Academy Beach Sprints	Beach Sprint Academy
Age	J16 - J18	19 - 25yrs
Competency	Competitive Scullers	National Level Scullers
How Many?	4-8 Athletes	4-8 Athletes
Ambition	Athletes looking to compete at national events with aspirations to compete at HIRBS and/or trial for GB U19 Beach.	Athletes aiming for success in the Scotland Rowing Team at HIRBS and to trial for the GB Beach Sprint Team in the future.



SCOTTISH BEACH SPRINT SUCCESS SO FAR

2 SCOTTISH ATHLETES ON THE GB ROWING TEAM
OLYMPIC BEACH SPRINT PROGRAMME

7 ATHLETES SELECTED FOR GB ROWING TEAM AT
2025 WORLD BEACH SPRINT FINALS

24 SCOTTISH ATHLETES HAVE REPRESENTED GB AT
WORLD BEACH SPRINT FINALS SINCE 2019

SCOTTISH CLUBS & VENUES HOST:
ONE OLYMPIC BEACH SPRINT TRAINING VENUE
TWO PERFORMANCE DEVELOPMENT ACADEMIES
ONE COASTAL SCULLING ACADEMY

SCOTLAND TOPPED THE MEDAL TABLE AT THE
2018 & 2022 COMMONWEALTH BEACH SPRINT
CHAMPIONSHIPS

“ WITH THE HIR BEACH SPRINT REGATTA RETURNING TO ”
SCOTLAND IN 2026, THE ACADEMY IS A FANTASTIC
OPPORTUNITY FOR THE NEXT GENERATION OF BEACH
SPRINTERS TO MAKE THEIR MARK

Tom Young, Scottish Rowing Head of Performance

KEY DATES

	Junior Academy Beach Sprints	Beach Sprint Academy
Camp 1	<i>Fri 5th - Sun 7th Dec 2025</i> <i>Inverclyde National Sports Centre, Largs (Residential)</i> Land Training Camp, combined with the Junior Academy with additional technical and educational support in an ambitious training environment.	<i>Mon 5th - Fri 10th Jan 2026</i> <i>Location TBC (Residential)</i> Land Training Camp specifically for the Beach Sprint Academy
Camp 2	<i>Sun 15th - Tue 17th Feb 2026</i> <i>Dundee & St Andrews (Residential)</i> Hybrid Training Camp consisting of land training, coastal sculling, benchmarking assessments & education.	<i>Fri 13th - Sun 15th Feb 2026</i> <i>Dundee & St Andrews (Residential)</i> Hybrid Training Camp consisting of land training, coastal sculling, benchmarking assessments & education alongside Performance Programme athletes.
Camp 3	<i>Tue 7th - Thu 9th Apr 2026</i> <i>University of St Andrews (Residential)</i> Race Preparation camp for Saints Regatta and the start of the domestic racing season.	

With support available at selected Domestic Events from the following:

Saints Regatta Sat 11th - Sun 12th April, St Andrews

English Beach Sprint Championships Sat 23rd - Sun 24th May, South Shields

Jersey Beach Sprint Championships Sat 7th - Sun 9th August, St Helier, Jersey

Scottish Beach Sprint Championships Sat 22nd - Sun 23rd August, Venue TBC

British Beach Sprint Championships Sat 5th - Sun 6th September, Bournemouth

Supported events will be confirmed at a later date

WHO IS INVOLVED?

The Academies will be led by Scottish Rowing Performance coaches **Tom Young** (Head of Performance) and **Iain Docwra** (Beach Sprints Pathway Coach). They will be joined by **Lewis McCue**, Director of Rowing at University of St Andrews, to support the programmes.



Image: Ron Wallace



Image: C J Taylor

INVESTMENT

Scottish Rowing heavily subsidises all Academy activity and support as part of our commitment to developing rowing in Scotland.

Athletes selected for either Academy will be required to pay a registration fee of **£100**. This contribution will cover the cost of the kit bundle and training resources outlined below.

An additional athlete contribution for each camp/event will also be required to help cover the costs of facility hire, accommodation (if residential) and any meals provided. Prices for each camp will vary, but will continue to be subsidised by Scottish Rowing.

Academy Kit Bundle:

- Neoprene Long Johns
- Spinlock Belt
- Skipping Rope

Training Resources:

- Supplementary Training Programme (add/substitute into your current programme)
- Prehab programmes & training guides for running, sprinting and wrist care.

**Kit Bundle
worth over
£150**



HOW CAN COACHES BENEFIT FROM THE ACADEMY PROGRAMMES?

Training Programme Support

Coaches will be provided with guidance and support for incorporating Beach Sprint training into their everyday training programmes by the Beach Sprint Pathway Team.

Camp Attendance

Coaches are welcomed and encouraged to attend the camps to help their own understanding and skill development, taking opportunities to work with world leading coaches and practitioners in the discipline and gaining hands on experience at camps and regattas.

Beach Sprint Academy Coaches Recruitment

Scottish Rowing are seeking to appoint enthusiastic and ambitious coaches who want to develop and progress in the Beach Sprint discipline as part of a voluntary development programme.

See the Coaches Recruitment Pack on the Beach Sprint Academy webpage.



Image: C J Taylor

Coaches will support the running of the Beach Sprint Academy Camps, learning in the field how to safely and effectively run training sessions and camps, how to support and boat handle at regattas, gain insight into the important aspects of a great Beach Sprint training programme and receive support from Scottish Rowing in attaining the relevant qualifications for the role (Coaching, powerboat, VHF radio etc.) – there will also be opportunities to work alongside the Scottish Rowing Performance Programme and even the GB Beach Sprint Olympic Programme.

APPLICATION PROCESS

Athletes looking to apply should do so via the links below:

[Junior Academy Beach Sprints
Apply Here](#)

[Beach Sprint Academy
Apply Here](#)

Registration closes **Sunday 9th November 2025**

Selections will be announced on **Monday 17th November 2025**



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