



Eastern Region

Regional Training Days

British Rowing, as part of the Coaching in Clubs Programme, is developing the potential of athletes (J17 – U23) within each Region. The idea is to bring together Athletes and Coaches to develop skills as a Region.

What are Regional Training Days?

Regional Training Days are for athletes aged 16-23 (J17 – 22) who are able to meet the minimum performance criteria for attendance (Subject to a maximum of 24 athletes – 12 female and 12 male – per full time Regional Development Coach). In order to continue attending the training camps athletes must be able to demonstrate ongoing improvements. All athletes attending Training Days must be supported by their club coach.

How will we do it?

Over a minimum of six Training Days throughout the year, coaches and athletes will get the opportunity to share their ideas and experiences while taking part in training and development activities. This will be supported by a training programme written by British Rowing to ensure everyone is training to the same level. These days will culminate in the opportunity to race as your club in a composite crew at National events.

Clubs of selected athletes must:

- Commit to the aims and objectives of the programme for a minimum of one year. This includes support for athletes selected as part of a composite crew.
- Be willing to offer the use of the club's facilities for future Training Days.

Club coaches supporting selected athletes attending Regional Training Days must:

- Be a current British Rowing member.
- Commit to the aims and objectives of the programme for a minimum of one year. This includes support for athletes selected as part of a composite crew.
- Attend Regional Training Days with their athletes.
- Commit to a personal CPD programme.
- Commit to supporting the development and the delivery of sustainable high quality coaching in their club.

Selected club athletes invited to attend Regional Training Days must:

- Be British Rowing members.
- Commit to attend the Training Days for a minimum of one year.
- Commit to the training programme.
- Commit to making agreed contributions to the costs of training including trial, Training Days and competitions.
- Compete as part of a composite crew as required by the Regional Development Coach.
- Attend the Eastern Region Open Day.

The Eastern Region Open Day will take place on
Sunday 16th October 2011
at
Broxbourne Rowing Club
For further details or to book a place please contact
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Regional Development Coach
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