



**MOSSBOURNE**  
**ROWING**  
**ACADEMY**

# Senior Squads – Year 11-13(J16-J18)

## Season Strategy

### Overview

This document will introduce a junior 16/17/18 rower who has ambition to be competitive at national and the GBRT trialing system events throughout the season. It explains the standards that are expected for selection and the steps by which the teams will be formed. National/International events are the main priority and focus for Mossbourne Rowers. These events include:

Schools Head of the River  
Junior Sculling Head  
Junior Sculling Regatta  
National Schools Regatta  
Henley Royal Regatta  
Coupe De La Jeunesse  
Junior World Championships  
British Rowing Junior Championships

### Group Focus

J17/18 Boys - Sweep  
J16 Boys - Sweep  
J17/18 Girls - Sculling  
J16 Girls - Sculling

### Season Targets Boys

The target for the season is to have an Princess Elizabeth 8+ qualify for Henley Royal Regatta in July. This 8+ will most likely consist of J16 and J17/18 rowers. For the majority of the season (Schools Head, Sculling Head, National Schools) I expect the J17/18 and J16 squads to race in their respective age groups. For these events the J16s will race in an 8+/4+ and I expect them to be competitive (Top 3) in these events throughout the year.

The J17/18s will race in a 4+ and I hope they will challenge for a place in the A final of non Ch4+ at NSR and top 6 at Schools Head.

Those rowers who show the ability and speed in small boats to compete at the British Junior Trials should also be aspiring to earn a seat at the Coupe De La Jeunesse or World Rowing Championships.

J16 Rowers who show ability and speed in small boats will be invited to race at the J16 British Trials in February and racing at the GB v France trials in July. While the focus of the season will be on the 8+/4+, we will also be working on building skills in single sculls and there will be opportunities to race in singles and crew sculling boats throughout the year.

Both Squads should be aiming to race as fast as possible in their selected crews throughout the season at head races. Some head races/regattas may be used to trial possible line up and rotate rowers through the crews. Some events crews will race in matched crews.

### **Season Targets Girls**

The target for the season is to have a Diamond Jubilee 4x qualify for Henley Royal Regatta in July. This 4x will most likely consist of J16 and J17/18 rowers. For the majority of the season (Schools Head, Sculling Head, National Schools) I expect the J17/18 and J16 squads to race in their respective age groups depending on numbers and availability. To qualify for Henley Royal Regatta we need to be aiming for top 10 finishes at Schools Head, Sculling Head and National Schools Regatta in their respective age groups.

Those rowers who show the ability and speed in small boats to compete at the British Junior Trials should also be aspiring to earn a seat at the Coupe De La Jeunesse or World Rowing Championships.

J16 Rowers who show ability and speed in small boats will be invited to race at the J16 British Trials in February and racing at the GB v France trials in July. While the focus of the season will be on the 8+/4+, we will also be working on building skills in single sculls and there will be opportunities to race in singles and crew sculling boats throughout the year.

Both Squads should be aiming to race as fast as possible in their selected crews throughout the season at head races. Some head races/regattas may be used to trial possible line up and rotate rowers through the crews. Some events crews will race in matched crews.

### **Eligibility**

All rowers seeking selection to any Mossbourne Boats must be affiliated members of the club by November and be available for regular training and testing over the season including ergo tests, seat racing and strength testing. Regattas and Head Races may be used as opportunities for individuals to perform to try out combinations.

### **Ergometer Testing**

Ergo testing will be used throughout the season to monitor each rowers improvement throughout the season. All land tests must be completed at the allocated time under supervision of a coach.

<b>Date</b>	<b>Distance</b>	<b>Rate</b>
November	2000m	24
December	5000m	26
December	30'r20	20
December	250m	40-44

February	5000m	26
April	2000m	Free Rate
June	2000m	Free Rate

### Ergo Drag Factors

- JM: 130-135
- JW: 125-130

### Gold Medal Ergo Standards J17/18

	Men	Women
2000m	<6:20	<7:10
5000m	<16:45	<18:45
30 r20	<1:45.9	<1:57.5

### Gold Medal Ergo Standards J16

	Men	Women
2000m	<6:40	<7:30
5000m	<17:35	<19:45
30 r20	<1:49.9	<2:02.5

### Internal Trials and Assessments

Each rower will be monitored by their coach throughout the year during training. Performances during training time trials, ergo tests, GB Trials and Head Races will play a role in selection.

We hope to have adequate information on each rower to select crews for major events (Schools Head, Junior Sculling Head, National Schools Regatta and Henley Royal Regatta) however there will be crew testing trials (Matrix/Seat Racing) throughout the year well before these big events to help our selection decisions.

### Head Racing Season Selection

Event	Crew Selection Method
Schools Head of the River	Testing at the Docks Lake January
Junior Sculling Head	Testing at the Docks Lake January

## Regatta Racing Selection

<b>Event</b>	<b>Crew Selection Method</b>
National Schools Regatta	Testing on Easter Camp
Henley Women's Regatta	Depending on NSR Results any further testing will be done during May Half Term.
Henley Royal Regatta	Depending on NSR Results any further testing will be done during May Half Term.

## Psychological/ Personality/Attitude

A Successful Mossbourne Rower will show the following attitude:

- Single minded motivation to win
- Commitment to teamwork
- Mental toughness under pressure

They Should:

- Rise to the occasion of a big race
- Learn from their mistakes and accept criticism
- Handle stress positively
- Focus on positive factors that bring success and eliminate distractions

To reach their full potential they must be confident that they:

- Know their personal Strengths and how to use them effectively.
- Know their weaknesses and be keen to improve and focus on them during training

During training they should:

- Warm up properly, be robust
- Consistent preparation and training will aid consistent performance
- Train the way you want to race because you will race the way you train
- Control the controllables, before and during racing

Lifestyle qualities of a successful Mossbourne Junior rower:

- Self discipline to balance a high volume of training with academic work and social pressure
- Take responsibility for their own health and recovery
- An ability to set and maintain high standards
- An ability to balance multiple personal and squad goals
- A ruthless determination and confidence that they can succeed!

## Boat Speed GOLD medal Targets

Below are gold medal times we believe to be the maximum speed a gold medal crew could achieve in perfect/favorable conditions. Coaches will use these times to compare crews against each other during training pieces and at races by giving each crew a PGM (Percentage of Gold Medal Time) for any distance.

	<b>Junior Men</b>	<b>Junior Women</b>	<b>J16 Men</b>	<b>J16 Women</b>
<b>1x</b>	6:50	7:31	7:10	7:51
<b>2x</b>	6:18	6:59	6:38	7:19
<b>2-</b>	6:28	7:13	6:48	7:33
<b>4x</b>	5:47	6:24	6:07	6:44
<b>4-</b>	5:54	6:37	6:14	6:57
<b>4+</b>	6:10	6:52	6:30	7:12
<b>8+</b>	5:34	6:13	5:54	6:33