



The Rower Development Guide Explained

Peter Sheppard - Chief Coach U23's & Juniors

James Andrews - Head of Performance Talent

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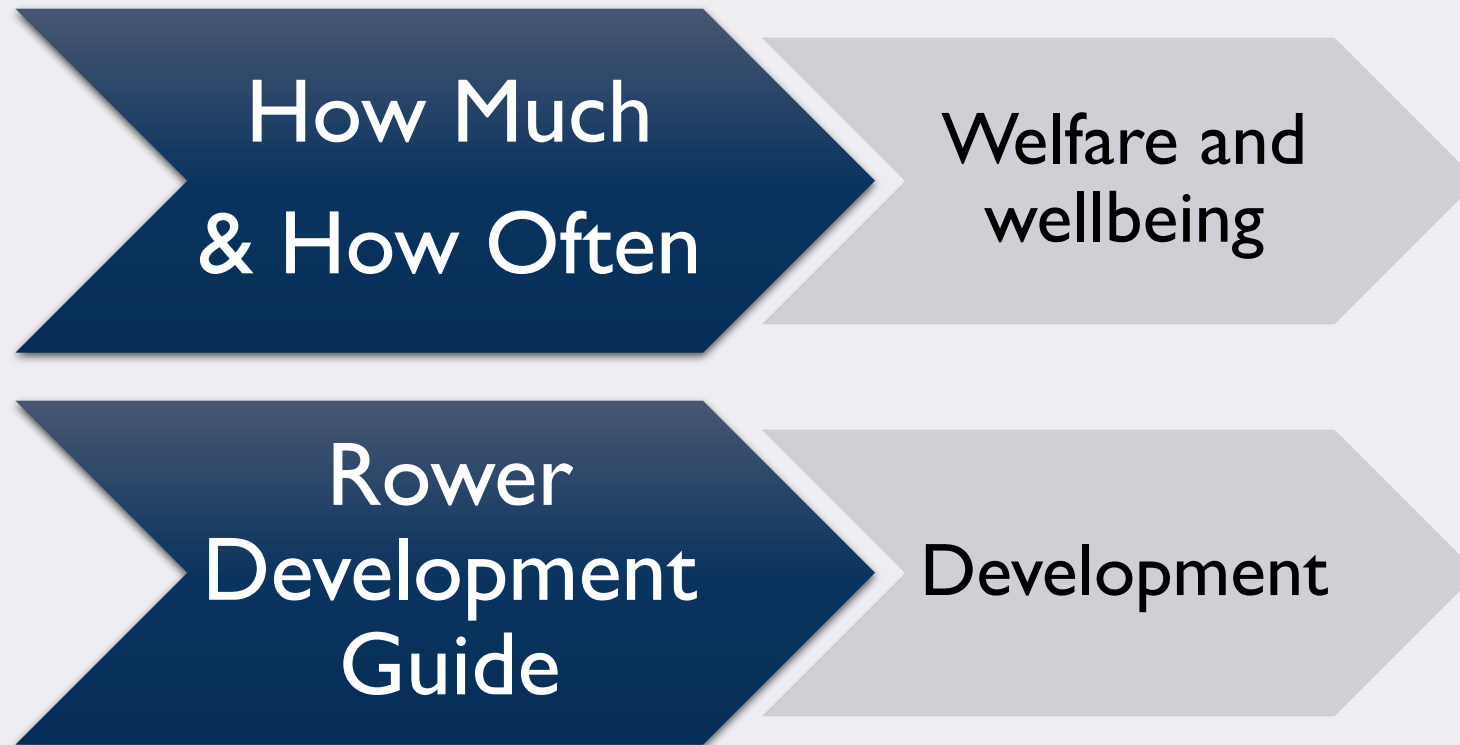
The Rower Development Guide Explained

Objectives

1. Ensuring that appropriate athletic skills and physical literacy for rowing and life are developed early in a rower's career and continuously thereafter.
2. Encouraging the long term process of development rather than achieving short-term outcomes of just winning.
3. To ensure that athletes train at the appropriate level depending on their ability. Developmental and training age as well as chronological age should also be carefully considered.
4. Looking at the environment for a developing rower and the role coaches, family and sometimes support staff can play in the lives of a developing rower.

The Rower Development Guide Explained

Context



The Rower Development Guide Explained

Levels & Pillars



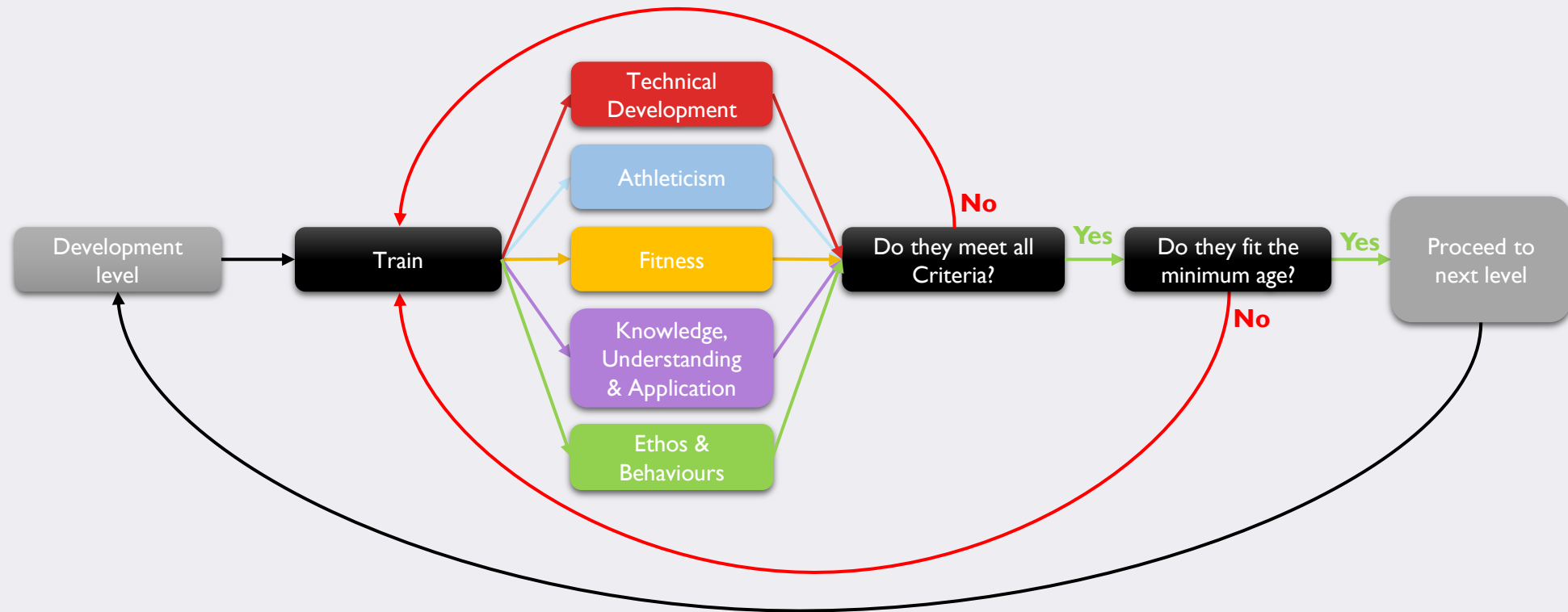
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Training Guidance

Rower Pathway				Advice for Rowing Specific Activity (On Land or Water)				Notes
Development Level ^{N1}	Requirements ^{N2}			Number of sessions per week ^{N3}		Session Length ^{N5}	Hours of Training per week	
				Average	Maximum ^{N4}			
Level 4	Competitive club rowers and those breaking into High Performance.	Rowers should complete and be competent in all pillars in levels 3, 2 & 1.	Rowers aged 17 and over.	6	8	Water <90' Land <80'	6 - 12	
Level 3	Rowers competing in national events.	Rowers should complete and be competent in all pillars in levels 2 & 1	Rowers aged 15 and over.	4	6	Water <75' Land <60'	4 - 8	Under J16 and those new to strength training should be core/trunk & conditioning (body weight).
Level 2	Developing rowers or those focusing on local events.	Rowers should complete and be competent in all pillars in levels 1.	Rowers aged 13 and over.	3	4	45' - 60'	2 - 4	Water activity for J14 and under should be sculling only. General athleticism should also be encouraged for all age groups.
Level 1	All Rowers of any age.	-	Rowers aged 11 and over.	-	2 (Skill Development Only)	30' - 40'	1 - 2	

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Progression



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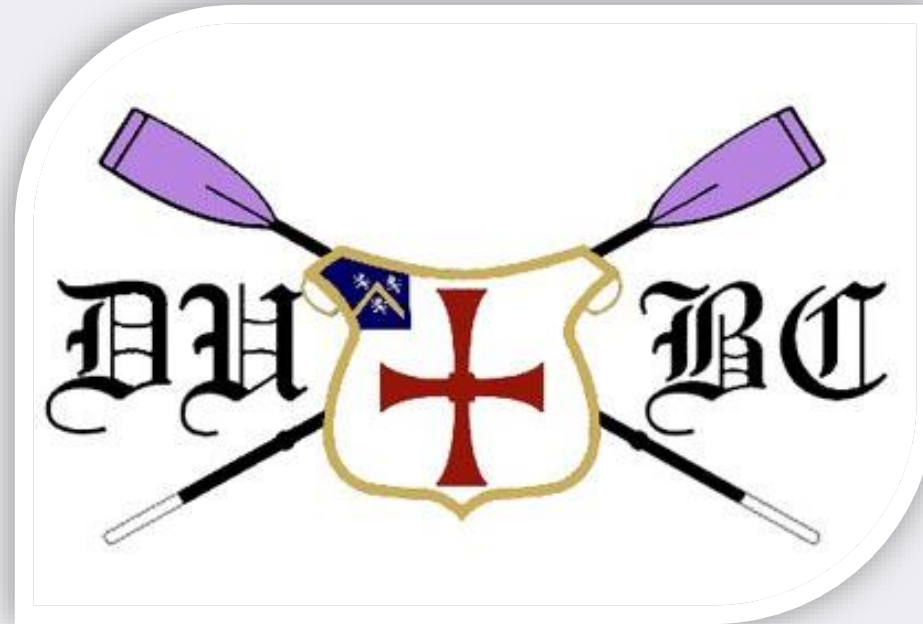
Rower Profile

Rower Profile					
Name:	Recommended Development Level:		Ability:		
James Andrews	1		AbleBodied		
Rower Development Chart	Rower Type:	Water	Sliding	Inland	
		Indoor			
	Suggested focuses:		Athleticism		
	Badges				



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Club Example: Durham UBC - Freshers (2017-18)



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- **The first 6 weeks**
 - 2 Water, 1 Erg, 1 Tank, 2 Cross Training
- **Christmas to Tideway Heads**
 - 4 Water, 2 Erg, 2 S&C, 1 Cross Training
- **Build up to BUCS**
 - 5 Water, 1 Erg, 2 S&C

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Club Example: Durham UBC - Freshers (2017-18)



- Increased % moved up and into the senior programme.
- Reduced injuries
- One fresher had a 92% GMT in the M1x rankings at DUBC
- All freshers can steer, stroke, scull and sweep on both sides
- BUCS Regatta
 - Silver (M4x, M8+, M1x, W4x)
 - Bronze (M1x)
 - 4th (M4+, W8+)

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Set-up Tips

- The guide is a macro enabled excel document. To ensure the guide works you may need to click enable content and editing on your first load in.
- After you've set up the guide make sure you save it with a unique name to that user.
- If you want a simple one page overview of the rowers in your squad you can ask them to print off the Rower Profile page to show their development.
- The British Rowing logo on all pages will take you back to the menu tab.
- There are lots of useful links included in the document make sure to check them out.
- The guide contains large amounts of information make sure to focus on the areas that are relevant to the development of you or your rowers.
- You can download the guide from www.rowhow.org

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Questions?





Thank you

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