



## The Rower Development Guide Explained Q&A's

### **When will RDG be included in the level 2 Club Coach material?**

*There are plans to include the RDG in all coach education. This will be being updated in due time.*

### **If a junior finds it difficult to progress to the next level in one of the pillars and knows they are behind their peers could this be detrimental to them continuing in the sport? Does everything have to be about assessment against pass criteria?**

*The Rower Development Guide is to be used to promote personal development. Everyone will progress at different rates and some will be stronger in some areas than others. It shouldn't be used to rank your rowers.*

### **I myself am a J14 and I don't do any other sports. Will this or can this impede my progress?**

*Not at all, but you should work with your coaches to ensure you get a rounded athletic development in your rowing programme.*

### **Like the fresher's pathway at Durham that you showed us, do you have a similar example for a 12/13yo LTR year? And what level would you expect them to be at after their first year?**

*We don't have similar examples for a junior programme at such a young age. For those in the J13 age category though, we would expect them to still be training at Level 1.*

*With regards to what we would see them doing. Maybe 1 water session per week focusing purely on skills and technical development and 1 land-based session again focusing on movement patterns, flexibility, and core development. You may want to include a small technical focused ergo in that land session, but it should not be focused on fitness. The important thing for that age is they are having fun and are not pressured into competition too early. They shouldn't do too much and could be learning other sports and activities. You've got to remember at this stage in their life they will likely have started or been going through puberty. So will have lots going on physically and emotionally, so building a good base for future development when they are older is the key at this point in their life.*

*Depending on when they started, hopefully by the end of their first-year athletes will be working through a lot of what is in the pillars at level 1.*

**If you are encouraging a junior to continue with another sport alongside the maximum amount of sessions in the Rower Development Guide - when does it get too much for a junior? Are there recommendations to a maximal amount of sessions? When is too much reached, and how would you manage this with athlete and parent expectations?**

*Everyone will be different as to the amount of training they will be able to take. The important thing is we are allowing any rower to have appropriate recovery time. Recovery is just as important as the training sessions themselves. If you don't allow the athlete to recover fully, they won't be able to work effectively in the next session. There are some great resources for this on the [getset.co.uk](http://getset.co.uk) website aimed at juniors but will be just as relevant for older athletes. These are linked in the notes section of the Rower Development Guide.*

*You should also take a look at "How Much How Often" as that will offer advice about other wellbeing considerations coaches should be thinking about.*

**If the guide is being updated regularly and we have already filled in a version, will it automatically retain input information when you upgrade/pull-down updated version, or do you have to rekey all of the data.**

*Unfortunately, not at the moment. Data can't be transferred across to any new versions. We are looking to change the platform the guide is on in the future where the content would be updated in the background and this would happen.*

**Given the skills and technical emphasis of the J14 Omnium I am a great fan... do you think it is still relevant at J15**

*Yes, most definitely. Developing skills and technical abilities are really important for all levels.*

**How do I find out more about the Athleticism pillars for levels 1 and 2?**

*In the guide, you can find out more about those and all pillars for all levels by going to the relevant section.*

**Can you give contact details for Durham Uni BC or other clubs that have experience using the RDG in the field? I am finding the level of admin hard to cope with.**

*Unfortunately, we can't share contact details of programmes due to GDPR legislation. However, please do contact [james.andrews@britishrowing.org](mailto:james.andrews@britishrowing.org) if you have any specific questions.*



**I think this is a fabulous tool, will I get marked down if I use it in my Level 3 Senior Club Coach yearly plan? I have had to be very adaptive with my athletes during lockdown.**

*No, you shouldn't be marked down. If you have any concerns, contact Perse Wynn.  
[persephone.wynn@britishrowing.org](mailto:persephone.wynn@britishrowing.org)*

**Will there be an online training and nutrition diary built into this to support the athlete on their journey?**

*This isn't currently planned for our next version but thank you for the suggestion we will keep it in mind for future updates.*

**Is it possible for someone who is not a member of British Rowing to download the rower development guide?**

*No. To download the Rower Development Guide you will need to have access to [www.rowhow.org](http://www.rowhow.org). British Rowing's online learning portal. For this, you will need to have a British Rowing membership.*

**Would you recommend minimum time at each stage? in a University program, you have the athlete for 3 or 4 years. They want to enjoy, and be as successful as possible, in that time frame.**

*As long as the athlete meets all the criteria, the age requirement and they wish to progress to the next level of training guidance there is no time limit for moving up.*

**Does the excel spreadsheet with macros work on Apple Mac devices I.e. numbers spreadsheet?**

*It is unlikely that the macros will work in other programmes other than excel. There could also be formatting issues if you open up the spreadsheet in other programmes. We are looking into how we could host the guide using other formats that are more open and accessible to more users.*



**Answered in the Webinar:**

**Do we need separate spreadsheets for each athlete or do they all get stored in the one document?**

Video link: <https://youtu.be/PZuwnlkessU?t=3350>

**Other than water sessions, and Ergos, what would you count as a rowing specific session?**

Video Link: <https://youtu.be/PZuwnlkessU?t=2943>

**Is it possible to complete the athlete profiling as a coach for your athletes in your squad to see where are the development areas as a whole squad?**

Video link: <https://youtu.be/PZuwnlkessU?t=3350>