



Borlase Rowing Mission

Mission statement.

The mission of Sir William Borlase's Boat Club is to develop personal character, an ethic of cooperation, and physical fitness within the ultimate team sport of rowing. Borlase Boat Club is open to school students from year 9-13 with no previous experience of rowing required. Success in rowing demands personal responsibility and goal setting. Borlase rowers literally learn the necessity of teammates pulling together to transcend their individual strengths and weaknesses.

Senior (Learn to Win)

Year 12/13 rowers are expected to be able to achieve the following by the end of the year.

Boat Management

- Understand why you change gate height, spans and blade gearing.
- Be able to and know when to replace worn parts (foot stretchers, back stays, blade buttons etc)
- Be able to organise and direct younger year groups when asked.
- Be able to load a trailer correctly without supervision.

Water Skills

- Train with a rate meter and adjust the stroke rate in a piece when asked to
- Turn a boat in less than 30 seconds
- Understand seat racing, trials and how boats are selected
- Be competent in racing in a single scull
- Steer a coxless boat
- Be able to row any position and discipline when asked and be competent.

Race Management

- Be competent in executing a race plan without a cox
- Be able to adjust a race plan if needed during a race
- Be aware of regatta timetable and warm up procedures
- Medalling in targeted National Schools Championship events every year.
- Enjoy racing and be hungry for success
- An understanding of the requirements of GB Trials and a desire to perform internationally if of the standard.

Land Training

- Progress your ergo training throughout the year

- Competent in complex weight lifting techniques (Power clean, Hang clean, Heavy squat) and progress the amount lifted throughout the year.
- Learn about the plan for the year as a whole and the primary objectives for each period of time.
- Be competent at core stability and hit target scores for core stability exercises
- Be competent in conditioning, stretching and injury management techniques
- Know what scores to aim for at set rates/training zones (UT2, UT1, AT, AP etc)
- Be able to write and execute a weekly timetable and diet plan to meet both academic and sporting commitments.

15-20 Boys, 15-20 Girls

Coaching Targets

Seniors

- Every member of the squad should be committed to rowing above everything except academic performance.
- Athletes should be managing their own performance and progression, asking for guidance where appropriate.
- National crews and trialists should be preparing well in advance of the date to ensure the best possible performance.
- A clear and detailed structure of the year needs to be created in advance and delivered to the athletes where appropriate.
- All athletes need to be made aware of what they specifically need to do in order to achieve a place in a particular boat.
- Athletes need to understand that Rowing is and should remain to be the top sport at the school, this is achieved by dedication to training.
- Squad mentality should be present at all times. The squad should be pleased at the success of any member.
- Remember that this is a school club and every athlete needs to be valued and individual achievements recognised.

The Year at a Glance

Year 11 and Seniors

- First half term to integrate Year 11 with the Senior squads to improve technique and learn to use paddling effectively as training. To teach Year 11 complex lifts safely. Seniors to be brought back into good training habits using small boats.
- Second half term to teach Year 11 about UT2 training and about holding splits to not over train. Seniors to be used to help the Year 11s make the most out of land training and everyone to keep building a larger fitness base. Trialists to prepare for Early ID's.
- Third half term to look towards achieving highly at Schools' Head at all levels of the squad, longer harder sessions. Trialists to prepare for February assessments.
- Fourth half term to wind down after Schools' Head in preparation for the Summer season. Trialists doing Spring Assessments should be the priority after Schools' Head.
- Fifth half term to look towards achieving highly at National Schools Regatta using speed work and race specific pieces.
- Last half term to focus HWR/HRR for Seniors, and GB France trials for Year 11. Final Trials to be the sole focus for after HRR. Brit Champs to be a possibility for the remainder.