



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.

Year 10 (Learn to Train)

Year 10 rowers are expected to be able to achieve the following by the end of the year.

Boat Management

- Be able to adjust their own blades under supervision
- Set a footplate in any boat they go in and know if it is the correct position for them
- Able to adjust their own span under supervision
- Able to adjust their height under supervision
- Understand how to clean a boat and bag it up after a session
- An ability to fix the equipment that is checked by marshalls

Water Skills

- Perform a roll up
- Row confidently in a single/double
- Row sweep both sides
- Turn a boat in less than 45 seconds
- Stand up and turn 360 degrees in the boat
- Perform Rigger dips
- Be able switch positions/boats on river
- Be able to carry out parts of a session without direct supervision
- Pause at any point of the stroke with the blades off the water.

Race Management

- Prepare a race plan and adjust it after a race if needed
- Understand pacing and analyse 500m splits of a race

Land Training

- Progress your ergo training throughout the year
- Learn basic weightlifting technique and safety (Squat, Deadlift, Bench Press, Dumbbells etc)
- Show an understanding of different training zones (UT2, UT1, AT, AP etc)
- An understanding of pacing on the ergo, and how to use rate to increase speed
- Should be able to complete circuit training to a high standard
- Introduction to more complex/resisted core sessions, tissue conditioning, stretching and injury management.
- Enjoy pushing yourself hard, staying fit, healthy and exploring what your body is capable of doing.
- Learning how to recover and eat correctly to make the most of training.
- Learning to manage rowing around other commitments especially study.

Target Squad size 15-20 Boys, 15-20 Girls

Year 10

- Again coaches need to develop the athletes to retain numbers where possible, however attendance needs to be more heavily emphasized and correlated to results. Coaches should attempt to help manage other commitments.
- Fair and clear selection methods for races, bearing in mind relative levels of improvement and if squad numbers mean that not everyone to be able to race, insure that it is not the same athletes that are not selected each time.
- Athletes need to be encouraged to attend at least 80% of training sessions.
- Coaches should attempt to develop the squad mentality at training, and ideally also outside training.
- The athletes should understand that the fastest people now might not be the fastest in the future and they should be encouraged to mix across ability groups.
- Training should become more rowing specific and relevant with clear attempts at progression through the year.
- The main objective is to create competent and committed athletes that will respond well to the Senior training and environment.
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- Athletes need to feel that they are in the best possible program. This is achieved by clear session plans week on week and explanations of the objectives.

The Year at a Glance

Year 10

- First half term to teach them to sweep depending on direction from Senior Coaches and weights technique while consolidating conditioning.
- Second half term to teach them about using rate on the ergo to increase speed and how to recover correctly both in and between sessions.
- Third half term to teach them how to use weights to train and increasing training load and intensity.
- Fourth half term to teach them how to pace long pieces by developing a strong rhythm and connection to the boat.
- Fifth half term to teach them about race tactics for side by side racing and developing explosiveness in the boat.
- Last half term to use small boats to train in preparation for the senior squad and teach sweep if unlearnt at this point. Brit Champs to be a possibility depending on guidance from Senior Coaches.