



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 11 (Learn to Race)

Year 11 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
- Able to adjust their own span
- Able to adjust their gate height
- Be able to replace worn parts (foot stretchers, back stays, blade buttons etc)

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 to race in a single scull
- Steer a coxless boat
- Be competent at sweep on both sides
- Stand up in a single and turn 360 degrees without falling in
- Be able to complete the warm up full crew in all boats.
- Be able to execute entire session without direction if needed.

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
- Enjoy racing and be hungry for success.
- Be able to prepare themselves physically and psychologically on race day and analyse their own results/racing.

Land Training

- Progress ergo training throughout the year
- Learn more complex weight lifting techniques (Power clean, Hang clean, Heavy squat). Learning the difference between lifting for strength, power, endurance and size.
- 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)
- An understanding that overtraining is damaging.

Target Squad size 10-15 Boys, 10-15 Girls

Coaching Targets

Year 11

- The focus now becomes more onto trying to achieve on the National level.
- Athletes need to take an interest in their own performance and progression.
- The Senior squads cannot afford to have unmotivated athletes. The first objective is to motivate as many as possible and then to make the remainder understand that they could be letting down their crewmates.
- Selection should be clearly set out for each major race, well in time and extreme care should be taken when including Year 11 athletes in Senior crews except at Henley Royal Regatta.
- Athletes should not be wanting to miss sessions on a regular basis. E.g other clubs and activities should be managed around rowing rather than the other way around.
- In training, particularly initially, the Year 11's and Seniors should be mixed together to allow the Seniors to bring on the Year 11's.
- Clear individual goals, both technical and physical, should be set between coach and athlete regularly. No less than once per half term.
- 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 11

- 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.