

Developing Junior Rowers

Arranging and organising junior rowing camps



Club: Cardiff City Rowing Club

Contact: www.cardiffcityrc.com

Discipline: River Rowing

Background of coach

Hannah was first introduced to rowing after taking part in GB rowing's "Tall and Talented" talent identification program back in 2011.

Hannah competed in the junior women's double and quad in the 2012 Home International Regatta for Wales. She joined the Welsh squad in 2012 whilst studying Education and Criminology at Cardiff University.

Hannah became the Cardiff City junior coach this year with the club supporting her to gain her level two rowing qualification. Hannah brings in her personal experience as an international rower and her knowledge from education to benefit her rowers.

Aim of the camp

Preseason training in preparation for the regatta season.

Cardiff City Rowing Club held their junior camp in preparation for the regatta season during the first four days of the Easter holidays. Cardiff City coach Hannah Mansfield organised and lead the training camp throughout the three days.

All three days consisted of water based training as well as learnt theory holistically preparing athletes for specific races and also to ensure they are aware of the increased level of training which will occur after Easter.

Organising and creating the camp

Before the camp took place a number of organisational points needed to be covered. Basic points that needed to be covered included:

- No need to **book accommodation** as Cardiff City used their own club base. However a room in the local leisure centre was booked in order to complete theory sessions and as a wet weather alternative.
- **Dates** had to be selected that fitted around the majority of athletes taking into account the school exam period.
- Athletes were provided with a **kit list** for all days of the camp.

“The camp has given us more time to focus on racing. Hannah is also a really good coach, she gives us a lot of confidence to us telling us not to worry if we have done something wrong but to learn from our mistakes” - Garmon Ab Lon, 14 (major competitions will be inter regionals in a single and national champs a single or quad.

“We had loads of time to work on technique on the water - in week night training sessions we can't have as much time” - Elen-wen Smith, 17 (major competition will be National champs in Quad/Double.

Athlete specific points

In order to find a programme that pushed all crews to achieve their highest level of performance and gain the most they could from attending the camp. This points included:

- What **boats** were needed for each rower/crew?
- Were there any **pre-planned crews**. If so sessions needed to reflect this?
- What **aces** were the rowers due to compete at? As sessions needed to support performance surrounding this.