

**WELSHROWING**



**RHWYFOCYMRU**

**Welsh Rowing Athlete  
Support Programme**



## **Welsh Rowing Athlete Support Programme**

Welsh Rowing currently supports Welsh-qualified athletes\* via grants, equipment and coaching, dependent on the level of attainment and potential athletes show. We would like this process to be as transparent as possible, and enable athletes, coaches and parents to see very clearly what support athletes can apply for at what level. Although athletes are able to apply once they reach the criteria for any level, they should always be aware that resources may mean that not everyone at a certain athlete level will be awarded every aspect of the support package for that level, as well as support being dependent on the standard of trialists for that year.

The support for athletes will be split into three levels, with level 3 being the highest, and beyond this, athletes should be performing at a level where support from the Great Britain Rowing Team is becoming available.

The support scheme is complimentary to the support that athletes will be offered through their club, school or university, and we would expect all athletes within the scheme to maintain a membership of a British Rowing or Welsh Rowing affiliated club.

\*As defined by the Home International Eligibility Criteria

### **Summary of Support Levels**

#### **Level 1**

These are community athletes of all ages and abilities, and our support in this area will be centred around education and training. Athletes do not need to apply to be considered for Level 1 support, our support in this area is open to all.

Our athlete development webinars will be open to athletes at level 1, and we would encourage these athletes to avail themselves of the development opportunities provided.

#### **Level 2**

These are athletes who are progressing well within their current setting and beginning to show signs of talent/performance qualities. Their core boat skills and fitness are well developed, and the athlete begins to aim towards Welsh HIR team.

#### **Level 3**

These are athletes who are already GB vest holders or are likely to achieve GB vests within the next two seasons. Support at this level will focus on reducing the financial burden of training and competing and tailored packages of support services and equipment.

## Level 2 and 3 Support Level Criteria

### Level 2

At this level athletes should have achieved 2 out of 3 of the criteria for trials, land assessment and waterspeed:

	Senior athlete	U23 athlete	U21	J16/17/18 athlete	Para athlete	Cox	Beach Sprint Athlete
<b>Trials</b>	GB trialist	GB trialist	GB trialist	Athlete should meet GB junior trials cut-off time	Case by case decision based on: Erg time waterspeed, GMT for classification	Case by case decision based on: race history, audio recordings	GB trialist
<b>Land Assessment</b>	Achieved GB minimum ergo standard	Achieved GB minimum ergo standard for age group	2k free rate time Female- 7.20 Male- 6.20	2k free rate time Female- 7.40 Male- 6.40			50mRun, 500merg, 50mrun time submission
<b>Waterspeed</b>	80% GMT 1x or 2- or race history	80% GMT 1x or 2- or race history	80% GMT 1x or 2- or race history	80% GMT 1x or 2- or race history			Race history

All athletes at level 2 will be required to register for the Welsh team for the Home International Regatta. Any selection for GBRT will take precedence over a selection for Wales.

Results from the previous junior season will be taken into account for those athletes transitioning from Junior rowing to Senior rowing in the current season.

Junior athletes at this level may be able to apply for Sportsaid support in addition.

### **Level 2 Support Package**

Open invitation to Start training sessions in Cardiff

Ability to request access to physio screening/treatment and performance lifestyle support

Ability to request equipment loan

Ability to request financial support to lessen the costs of GBRT representation

Kit package – hat, t-shirt, hoodie, water bottle

Free usage of the gym and cardio gym at Sport Wales National Centre

### **Level 3**

At this level athletes should have achieved 2 out of 3 of the criteria for trials position, land assessment and waterspeed:

	<b>Senior athlete</b>	<b>U23 athlete</b>	<b>J16/17/18 athlete</b>	<b>Para athlete</b>	<b>Cox</b>	<b>Beach Sprint Athlete</b>
<b>Trials</b>	Invitation to closed GB trials	Invitation to closed GB trials	GB vest at World Rowing Junior Championships or Coupe	Case by case decision based on: Erg time waterspeed, GMT for classification	Case by case decision on: race history, audio recordings, GB trials	Selected for GB team
<b>Land assessment</b>	2k free rate less than 7.00 female, 6.00 male	2k free rate less than 7.10 female, 6.10 male	2k free rate less than 7.30 female, 6.30 male			50mRun, 500merg, 50mrun time submission
<b>Waterspeed</b>	87% of GMT or better	87% of GMT or better	87% of GMT or better			Race history

### **Level 3 Support Package**

Ability to request support services- physiotherapy, nutrition, performance lifestyle, physiology, psychology, strength and conditioning via online/in-person

Kit package- Level 2 package plus AIO, leggings, tech top

Free usage of the gym and cardio gym at Sport Wales National Centre

Ability to request financial support

Ability to request equipment loan

Open additional support request- for any other items that may help in reaching the GBRT

### **How to Apply**

Applications for Level 2 and 3 of the scheme will open in May each year, closing in February, with the scheme awarding support packages in June, November and February. Athletes may find that they move both up and down levels within the same programme year.

The application form can be found here: <https://forms.gle/cwSBpTm6BMJ81zPL6>

Any queries please contact [admin@welshrowing.com](mailto:admin@welshrowing.com)