



MOSSBOURNE
ROWING
ACADEMY

J15 Squads Season Strategy

Overview

This document will introduce a junior 15 rower who has ambition to be competitive at national and local events throughout the season. It explains the standards that are expected for selection and the steps by which the teams will be formed. Participation, fun and enjoying racing are the main priority and focus for Mossbourne J15 Rowers. These events include:

Schools Head of the River

Junior Sculling Head

Junior Sculling Regatta

National Schools Regatta

British Rowing Junior Championships

Local domestic Regattas and Heads

Group Focus

J15 Boys Sculling and Sweep

J15 Girls Sculling and Sweep

Season Targets

The targets for the season are to maintain the highest number of rowers possible. We will aim to get every rower as much racing as possible. We will try to get as many athletes as we can with event wins, pots and medals at local Regattas and Heads in mixed ability crews.

Full strength crews will be selected for National events.

Top 10 finishes at Schools Head and Sculling Head during the winter season will be the target for both boys and girls lead crews.

High B Final or A Final qualification will be the target for the National Schools Regatta for A crews and B crews in their respective events.

Lead boats will race in a mixture of sculling and sweep boats and depending on numbers

Eligibility

All rowers seeking selection to any Mossbourne Boats must be affiliated members of the club by November and be available for regular training and testing over the season including ergo tests, seat racing and strength testing. Regattas and Head Races may be used as opportunities for individuals to perform to try out combinations.

Ergometer Testing

Ergo testing will be used throughout the season to monitor each rowers improvement throughout the season. All land tests must be completed at the allocated time under supervision of a coach.

Ergo Drag Factors

- JM: 125-130
- JW: 120-125

Gold Medal Ergo Standards J15

	Men	Women
2000m	<6:48	<7:40
5000m	<18:00	>20:10
20r20	<1:53.0	<2:06.0

Internal Trials and Assessments

Each rower will be monitored by their coach throughout the year during training. Performances during training time trials, ergo tests and Head Races will play a role in selection.

We hope to have adequate information on each rower to select crews for major events (Schools Head, Junior Sculling Head, National Schools Regatta and Henley Royal Regatta) however there will be crew testing trials (Matrix/Seat Racing) throughout the year well before these big events to help our selection decisions.

Head Racing Season Selection

Event	Crew Selection Method
Schools Head of the River	Testing at the Docks Lake January
Junior Sculling Head	Testing at the Docks Lake January

Regatta Racing Selection

Event	Crew Selection Method
National Schools Regatta	Testing at the Docks Lake in May

Psychological/ Personality/Attitude

A Successful Mossbourne Rower will show the following attitude:

- € Single minded motivation to win
- € Commitment to teamwork
- € Mental toughness under pressure

They Should:

- € Rise to the occasion of a big race
- € Learn from their mistakes and accept criticism
- € Handle stress positively
- € Focus on positive factors that bring success and eliminate distractions

To reach their full potential they must be confident that they:

- € Know their personal Strengths and how to use them effectively.
- € Know their weaknesses and be keen to improve and focus on them during training

During training they should:

- € Warm up properly, be robust
- € Consistent preparation and training will aid consistent performance
- € Train the way you want to race because you will race the way you train
- € Control the controllables, before and during racing

Lifestyle qualities of a successful Junior rower:

- € Self discipline to balance a high volume of training with academic work and social pressure
- € Take responsibility for their own health and recovery
- € An ability to set and maintain high standards
- € An ability to balance multiple personal and squad goals
- € A ruthless determination and confidence that they can succeed!

Boat Speed GOLD medal Targets

Below are gold medal times we believe to be the maximum speed a gold medal crew could achieve in perfect/favorable conditions. Coaches will use these times to compare crews against each other during training pieces and at races by giving each crew a PGM (Percentage of Gold Medal Time) for any distance.

	J15 Men	J15 Women
1x	7:30	8:21
2x	6:58	7:39
2-	7:08	7:53
4x+	6:30	7:07
4+	6:50	7:32
8+	6:14	6:53
8x+	6:10	6:49