



To all coaches of junior rowers, below is a plan for junior squads to cover the remainder of 2016 and into 2017.

TRIALLING PROCESS AND INTENTION TO TRIAL:

As announced by Morten Espersen on the website, the junior coaches for 2017 are as follows; Fran Keane will be the lead coach for JM and JW sweep teams and be assisted by John Walsh.

Ray Morrison will be the lead coach for JM and JW sculling teams and be assisted by Dan Buckley.

Pat McInerney will continue to assist in the short term however you should direct all queries to Ray for sculling or Fran for sweep.

We will continue to seek further assistants in the next few months to help with camps, trials and coaching for 2017 regattas.

Please reply to this email with the following:

- NAMES of rowers and coaches;
- MONTH & YEAR of birth;
- discipline (scull or sweep), of juniors in your club who wish to be considered for

squads in 2017. Please include oarspeople who did AND did not enter the Irish Open in early October, but who do wish to re-enter the trials process.

To enter the trials process, a rower needs to

- (a) Email the undersigned to express an interest in entering the process;
- (b) record a supervised 2km erg score that demonstrates they are competitive for J18 level;
- (c) perform at a Head of The River and record a result that is competitive with those

already within the trials process.

The trials process as documented in the HP Performance Strategy has the following selection events as compulsory for juniors:

- November regional erg tests (UL Limerick, Dublin and Belfast);
- January Indoor championships, UL Limerick;
- February trials at a location to be confirmed. It is hoped to do sessions

at the NRC and at Lough Rynn. *Big boats may be nominated from ergs and camps to trial at Feb and March trial.*

- March trails at the NRC are by invitation;
- Easter Camp (4 days) - by invitation;
- Skibbereen regatta (nominated boats);
- Ghent regatta (nominated boats);
- Cork regatta - final trial - (nominated boats);

Athletes who miss any of the compulsory sessions due to illness must inform the lead coach and submit a doctor's certificate. They may be allowed to re-enter the system if they show they have regained fitness and show a good performance on the erg and on the water that is competitive with those already within the trials process.

Oarspeople selected for Coupe are expected to compete in their selected discipline at the Irish Championships.

Guideline erg targets are outlined in the HP Strategy 2017.

CAMPS:

It is our intention that camps be held in each province or region this year. Persons invited to these camps will potentially form the junior teams for 2017. Invites to camps will be based on performance at the Irish Open, and from results of the Indoor Championships in November. It is also possible that invites will be issued to J15's and J16's who return exceptional erg results at the Indoor Championship, and to rowers who demonstrate good progress during the season at Head of the River competitions, regional time trials and regattas. Hopefully, there will be a camp in each province or region in November, December and January. The camps will also be used as an opportunity to form regional crews that could continue training more frequently together.

Possible dates for camps: November 13th; (Bann and Skibbereen heads on Nov 12th)
Early December (before the school exams);
First weekend of January.

Junior 15's and 16's who would expect to be the core of the junior team in 2018 will be accommodated as part of the Level 2 and 3 courses. The Home International and Coupe de la Jeunesse are in Cork in 2018, and as many boats as possible will be targeted for the Coupe.

MONTHLY MONITORING:

Please return the attached monitoring sheets with 2km and 30minute erg test results. I do realise this notice may go out a bit late for October, but in cases where 2km and 30minute tests have not been done, please return the result of any session that would indicate an athlete's ability on the erg.

From November onwards, all rowers who intend to trial will be expected to submit results of a 2km test and a 30minute test (RATES: 20). This monitoring benefits all involved in the squad process - club coaches, rowers and the coaches who oversee the squads, need to see rowers' progress on a monthly basis. In the interest of fairness, the results will be published only to those who return results. The use of the attached sheets may be replaced by a web based document in the near future.

Finally, please do not hesitate to ask for assistance and support during the year.

A monthly Rowing Ireland training programme will be issued by Morten Espersen from the beginning of November onwards which will give guidelines for top end, and developing juniors.

Ray Morrison & Fran Keane