

High Performance Juniors and U23's

On Thursday 20th October, the Yorkshire Rowing Council welcomed Richard Boulton, Chief Coach for GB Juniors to the region where he spoke at the Shephard Hall in St Olave's School, York about the "Pathway" (although he disputed that there actually was one) from Junior to Under 23 to Senior GB athlete. In the second part of his talk, Richard went on to look at land training methodology and fitness which complemented brilliantly the talk given earlier in the year by Steve Gunn (Head of the GB Start program) on "How to make Boats go Faster" (which looked at technique).



The evening was attended by 90 people who came from 16 separate clubs including two from the North East (Durham and Tyne) and they all got a cup of tea and a biscuit for the meagre sum of £2. The entry price covered the cost of refreshments and any surplus was donated to St Peter's School Boat Club in recognition of the kind loan of the Shephard Hall by the school for the evening.

It is hoped that every year, the Yorkshire Rowing Council will be able to secure a "big hitter" from the GB rowing set up to come and speak to the region about their experiences at the highest levels of the sport.

Rob Cree.