

GB National Junior Sprint Canoe and Kayak Team, Crew Boat Nomination Process 2019**Overview**

The aim of the 2019 GB National Junior Sprint Team crew boat process is to find and develop the fastest boats possible in order to achieve 'A final' performances at all major 2019 international championships, specifically the Junior Sprint Canoe and Kayak European and World Championships. The purpose of this document is to outline the philosophy and process of nominating the GB National Junior Team crew boats ahead of their participation at the GB Team selection events.

All athletes nominated for a place in the GB National Junior crew boats will be confirmed on the 12th March 2019.

This will allow crews to practice at the March regatta as part of their preparations for the international crew boat selection that will take place at the April regatta.

Please read the following information in detail and if you have any further questions please contact Brendon Stead (brendon.stead@britishcanoeing.org.uk).

The crew boats to be identified:

Junior Men K4 500, K2 1000, C2 1000

Junior Women K4 500, K2 500, C2 500, C2 200

The trials will be run in three rounds:

Kayak & Canoe athletes: to be considered for nomination, athletes will need to be able to commit to attending **all three rounds and the subsequent training events** leading up to the April crew boat selection regatta. Successful athletes from round one will be invited back to round two and so on.

Round 1 is open to junior athletes in the following categories:

Kayak: Men's A/Boys A/B and Girls A/B.

Canoe: Boys A/B and Girls A/B

For further detail on the three rounds please see the Trial detail section outlined on page 2 and 3 of this document.

Confirmation of attendance

All athletes wishing to be considered within this crew boat process will need to register by 16:00pm on Friday 11th of January, by registering through the following link [HERE](#).

GB national junior team crew boat required ongoing commitment

In addition to the commitment outlined above all nominated athletes are strongly encouraged to commit to attending the following training events as part of their preparation for the major championships. This will also be a requirement of any crew boat selected at the April regatta for major international events:

For the attention of junior sprint canoe and kayak athletes, their parents and local club coaches

22nd/23rd June – Dorney and Thames area club base

22nd/28th July – Pre-Worlds Camp, location TBC

Additional training days may be required, if this is the case they will be added to the calendar with as much warning given to athletes and their parents/guardians as feasibly possible.

We also encourage athletes to attend the Home nation training camps over the February half term to support their preparation for selection.

Contingency dates: Should adverse weather require the cancelling of an event the next best available weekend will be selected. Notice of this will be given as far in advance as possible.

Mitigating circumstances

If an athlete has any mitigating circumstances for not being able to participate in any of the above events this should be sent at the earliest point via email to Brendon Stead - Lead GB Junior and English National Talent Coach (brendon.stead@britishcanoeing.org.uk) and a follow up call to discuss this matter will be arranged.

Trial detail

1. Sat 2nd February: Round 1 – K1/C1 trials Dorney Lake, Court Lane, Dorney, Windsor, Berkshire, SL4 6QP

Two K1/C1 trials will be used to assess the anaerobic and aerobic power required for the relevant crew boat events that are to be competed in.

Junior Men – K1/C1 300m & 700m

Junior Women – K1/C1 150m & 400m

The top 8-10 kayak & top 4 canoe athletes from the men's and women's results respectively will be invited to round 2.

2. Sat 9th – Sun 10th March: Round 2 testing, HPP, Nottingham – C2 1000m/C2 500m/K4 500m/K2 1000m/K2 500m Trials

Time trials and seat trialling over the whole race distance.

Round two will nominate athletes for the following boats who will then compete together at the March Regatta:

C2 1000m Men & C2 500m Women

K4 500m Men/Women, K2 1000m Men & K2 500m Women

The nominations of the crews and reserves will be based on crew qualities, compatibility and performance level.

The nomination will be based on seat trialling between the top 8-10 kayak and 3 canoe athletes following round 1 and an evaluation from the Lead GB junior coach and Lead U23 coach based on their judgement off which boats will have the best opportunity to fulfil the main goal for 2019 of reaching A finals at the Junior European and World Championships.

For the attention of junior sprint canoe and kayak athletes, their parents and local club coaches

3. Sat 13th – Sun 14th April: Round 3 testing, HPP Nottingham – C2 1000m/C2 500m/ K4 500m/K2 1000m/K2 500m Trials

Following performance of crew boats and individuals at the March regatta, and the resulting announcement of the K1/C1 Junior men and women GB junior national team. The crew boats will be reviewed.

The nominated boats who competed at the March regatta plus reserves will be invited to this stage.

Athletes with exceptional performances in the K1 events at the March national regatta, who have not yet been selected for crew boats, **may** be invited to this stage.

Final crew boat trials will take place at this camp, this may result in changes from the March crews. This will be in addition to training in preparation for the April regatta, which is where crew boats will be selected for the 2019 Junior European and World Championships.

Benchmarking sessions and time trials will be used to assess crew performance and compatibility.

The nominations of the crews and reserves will be based on crew qualities, compatibility and performance level.

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