

National Junior Crew Boat Update: A guide to the K4 & K2 assessment days 3rd/4th March

The purpose of this document is to provide junior athletes, their parents and club coaches with the answers to frequently asked questions about the long term ambition for junior crew boats, the purpose of the assessment days, minimum attendance standards, the assessment schedule, assessment process, and the selection announcement timing.

What is British Canoeing's ambition for junior crew boats?

British Canoeing's Sprint Programme race strategy ambition is to develop junior athletes to perform at major international championships and progress towards the senior Podium Potential Programme.

What is the purpose of the assessment days?

British Canoeing will be holding crew boat assessment days as part of the crew boat development process for 2018. The boats with the greatest potential to perform at an international level will be entered in the April regatta to compete for selection to the European Championships.

The priority of British Canoeing is to identify and develop the best British boat in the Olympic crew boat events (listed below). In order to develop them towards the European and World Championship events, with the ambition of achieving 'A' final/medal performances.

Men	Women
<ul style="list-style-type: none"> • K4 500m • K2 1000m • C2 1000m 	<ul style="list-style-type: none"> • K4 500m • K2 500m • C2 500m

Table 1: Olympic crew boat events

What are the standards required to attend the assessment days?

The assessment weekend will focus on the best athletes in the country, a recommended minimum standard of performance is required to trial for events, and these are as follows:

- Currently ranked within Boys A, Girls A, or higher;
and/or
- Have the documented potential (as recorded by a club or squad coach) to deliver the K1 300m standard for speed events. These must be shown to the National Junior Coach prior to the crew boat weekend;
and/or
- Have the documented potential (as recorded by a club or squad coach) to deliver the crew performance standard over 750m for endurance events. These must be shown to the National Junior Coach prior to the crew boat weekend;

Speed Endurance Test 300m TT				
	K4 500m	K2 500m	C2 500m	K1 500m
Men	00:50.0	-	-	01:03.0 – 1:05.0
Women	01:00.0	01:04.0	01:18.0	01:10.0 – 1:13.0
Aerobic Endurance Test 750m TT				
	K2 1000m	C2 1000m		
Men	02:32.0	02:52.0		

Table 2: Standards required within each boat class.

How do these times compare to medal winning times at international regattas?

Event	Junior Average Bronze Medal Winning Time MWT
Men's Events	
K4 500m	01:23.55
K2 1000	03:29.45
C2 1000	03:55.26
Women's Events	
K4 500m	01:41.88
K2 500m	01:49.45
C2 500m	02:08.09

Table 3: Medal Winning Time (MWT) Standards for crew boat events

Please note: these are the average times from the last 3 years of major competitions which have all been raced in a head wind.

What is the assessment schedule?

A draft schedule for the assessment weekend is shown in Table 4. K4 assessments will be run on the Saturday with K2 assessments on the Sunday.

Crew Boat assessment schedule 3rd/4th March 2018	
Saturday	Sunday
9:00 - Registrations 9:30 - Briefing 10:30 - K1 300m TT 12:00 - 16:00 K4 trials 16:30 – Day Debrief 17:00 - Depart	9:00 - Registrations 9:30 - Briefing 10:30 – 14:00 K2/C2 trials 15:00 – Day Debrief 15:30 - Depart

Table 4: Crew boat assessment schedule

What will the assessment process be?

- K1 300m TT to provide a ranking for the K4 and women's K2 trials. Crews comprising athletes meeting the performance criteria will be trialled.
- K4 trials will be run over 300m.
- Trials to be run with sufficient rest to ensure quality of delivery across all trials.
- Women's K2 will be based on the K1 ranking from Saturday for athletes not in established crews. Women's K2/C2 trials will be run over 300m.
- Men's K2/C2 trials do not require a K1 ranking from the 300m TT.
- Data from the January training day.

Data collected from these two events will be used to make as informed decisions as possible on the boats that British Canoeing will put forward for the crew boat selection regatta in April 2018, as per the selection policy.

How do I register my attendance at this event?

Please click on the following link [here](#) to register for this event. The registration closes at 15:30pm on Friday 23rd February 2018.

When will crew boat selections be announced?

These boats, including reserves, will be announced on the **6th March 2018**. Athletes selected into squad crew boats are asked to ensure that they are available to train as crews prior to the April selection regatta; and subsequently those crews successful in selection to international regatta's will also be expected to commit to attending crew boat competition training days.

Training days and regatta's that successful athletes are expected to attend are below:

National Junior Team crew boat development dates	
March	
Saturday 10th - Sunday 11 th	Dorney
Saturday 24 th	Dorney
April	
Saturday 7th - Sunday 9th	Dorney
14 – 15th National regatta	Selection for Piestany and Europeans
Sunday 29th	HPP (Following K1 trials)
May	
12 - 13 May	Regatta
Monday 28th-Tuesday 29th	Dorney
31 May-3 June	Piestany Regatta
June	
Saturday 16th-Sunday 17th	Dorney/Club based
28 June – 1 July	European Championships (Italy)
July	
7- 8 July	Regatta and selections for remaining world spaces
Saturday 14th-Sunday 15th	Dorney
Wednesday 18th - Tuesday 24th	Pre worlds camp TBC Residential
24 – 29 July	World Championships (Bulgaria)

Please note: that the venues for training weekends are to be confirmed, no accommodation is provided at the UK based training events, we endeavour to support athletes who travelling a significant distance a host family who live nearby.

What if I am selected and I can't make all of these dates?

Attendance at these events is really important. You need to discuss any attendance issues as soon as possible with Brendon Stead, National Junior Coach (brendon.stead@britishcanoeing.org.uk).

What if I am at school or have exams for some of these competition dates?

You need to discuss this as soon as possible with Brendon Stead, National Junior Coach; in some instances both schools and exam boards have been flexible in the past with junior athletes attending international regattas. British Canoeing can support you with these conversations if you are selected.

What if I don't meet the standards what does that mean for me, can I still attend?

Unfortunately the nature of the assessment weekend means that only athletes who meet the minimum standard are invited to attend. However, British Canoeing is working with clubs to put on crew boat training days through the regional programmes and you are encouraged to attend these to progress.

What if my crew isn't selected, can we still enter as a crew for the regatta? Will we find out in time?

The reason the selection is so early, is to allow people ample time and opportunity to enter a crew boat into the April regatta if they are not successful at the assessment weekend in being selected into a British Canoeing boat.

What is the selection criteria for international regattas and where can I find it?

You can find the selection criteria in the selection policy [here](#).

Just to highlight from this it will be the winning boat at the April regatta in the events listed in the selection policy that will go to Piastany and the Europeans.

I think I may be borderline on the standards and want to attend, who do I speak to?

Initially have a conversation with your club coach. They can then assess you against the standard and if appropriate register.