



Super Region Squads (SRS) Training Days and Camps

Talent Pathway Manager – Canoe Sprint Foreword:

Since the SRS programme has been running it has helped athletes successfully reach their potential at National and International competitions, then progressing through to the ENTS programme and reaching and increasing the number of A finals at International competitions.

As our senior team set their sights on the Tokyo Games at SRS we look to start creating the foundations for the younger athletes to look to grow and develop to encourage them to fulfil their dreams.

Throughout the 2018 season a number of SRS training days and camps have been set up, either regional or through bringing the 4 SRS squads together to help aid the development of the athletes whilst working alongside the clubs to ensure the athletes have a fun and positive experience in their paddling career.

I look forward to seeing all the athletes progressing through the British Canoeing Pathway where they will learn about themselves as an individual and how to fit in a team.

Mark Hoile – Talent Pathway Manager – Canoe Sprint



Introduction:

The SRS programme aims to support, develop and prepare athletes in a manner which assists them to gain the skills and characteristics required to progress onto the British Canoeing ENTS Programme and onto longer term senior international success as members of the GB Sprint Team.

Throughout the course of the year a number of training days and camps will be set out to equip athletes with the skills and training necessary to progress onto Junior teams to compete at the Olympic Hopes and major Championships.

The Regional days provide the opportunity for athletes/parents and coaches to engage with the Regional SRS coach to help support the athlete in their training in their individual environment.



Key dates:

- 25th/26th November 2017
- 16th December 2017
- 6th January 2018
- 10th-17th February 2018 (Training Camp in Portugal)
- 4th/5th April 2018
- 5th May 2018
- 9th June 2018 (South West Region Only)
- 16th June 2018
- 9th - 19th August (South West Region Only)
- 3rd-5th August (Olympic Hopes Camp)



Camp Outlines:

November – Introduction to SRS and looking forward to 2018

- Athletes
 - o What is the SRS all about
 - o The year ahead
 - o Understanding selection policy
 - o Using profiling report to influence your training
 - o Planning for next year
-

December – Robust athletes

- Athletes
 - o Technical development
 - o Effective warm up and cool down strategies
 - o Training Zones and Heart Rate
 - o S&C – Foundational strength and robustness
-

January – Developing skills

- Athletes
 - o Reflective practice – Learning from what you do
 - o Goal Review
 - o Using data to help training
 - o Making a plan for 2018
-

February – Portugal Training Camp

- Athletes
 - o Planning – Exams and race season – getting the most out of your time
 - o Nutrition – Fuelling and recovery on race day
 - o Working at Race pace training zone
 - o Crewboat skills



April – Bringing it all together

- Athletes
 - o WITTW model introduction
 - o Being the better you
 - o Race planning
 - o Energy management – training through extensive weeks
-

May – Improving delivery

- Athletes
 - o Review and reflecting on first Regatta
 - o Developing race skills and plan
-

June – Reinforce race skills

- Athletes
 - o Recap of Olympic hopes selection policy
 - o Reinforcing race day planning
 - o Being race ready
-

August – South West Region only

- Athletes
 - o Taking ownership
 - o Team development
 - o Training in different Groups
-

August – Olympic Hopes camp

- Athletes
- o What to expect
- o Team development
- o Crewboat running
- o Race day practice