

## U23 Crew Boat Process

The aim for the U23 crew boat process is to find the fastest crew boat early in order to maximise the time to develop the boats to achieve A final performances.

All U23 crew boats selections will be confirmed on 6th March 2019.

### 500m Crew boat process (K4 500m Men / K4 and K2 500m Women)

All test days at HPP (Holme Pierrepont)	Round 1 17 Nov 2018	Round 2 26 Jan 2019	Notes	Round 3 9 and 23 Feb 2019	Notes
<b>K1 Start performance</b>	75m standing start	75m standing start	GPS time	Seat trials. 500m time trials	GPS time + Campaign coach team + Head Coach evaluation
<b>K1 Race pace</b>	250m standing start	350m standing start	GPS time		
<b>Going forwards</b>	Top 8	Top 5-6			

#### Round 1 & 2 Testing - K1 Performance:

**75m x 2** with standing start

Rationale: The 75m standing start is a good way to assess the athlete's ability to accelerate the boat and generate high max speed. In line with our fast start strategy, the individual start capacity is important in keeping our advantages in this part of the race.

#### **Race pace speed**

250, 350m with standing start

Rationale: Assess the athlete's ability to hold high anaerobic speed after a maximum start effort. Following our short to long training philosophy, the distance will increase over the 2 rounds of testing in line with athletes developing greater fitness over the winter training. The final round of 350m, will in winter water temperature, simulate 85-90% of K4 race time.

#### **Logistics of the Testing days:**

2 sessions, 10.00 & 14.00 of 60-80min each. On a testing day there is an opportunity to work on crew boat skills

**10AM** – 75m x 2, Race Pace

On a testing day there is an opportunity to work on crew boat skills

**2 PM** – Crew boat training session 70-80min

#### **Round 3 Testing – seat trials & 500m Time Trial**

The final testing (round 3) and nomination of the crews will still be based on crew boat qualities. The nomination will be based on seat trailing between the top 5-6 athletes after round 2 and an evaluation from the Campaign coach & Head Coach on which boat will have the best opportunity to for fill the main goal for 2019.

#### **Open crew boat training days:**

Regular crew boat sessions will run in addition to the formal testing days, giving athletes the opportunity to refine crew boat skills and learn to paddle effectively with different paddlers. These days will not be part of the crew boat selection process.

Dates:

27th Oct – HPP – Kayak Men only

3<sup>rd</sup> Nov – HPP – Kayak Women only

8<sup>th</sup> Dec – HPP

12<sup>th</sup> January – HPP

The results from each testing round will be emailed to all participating athletes within 4 days of the test day. The Top 8 athletes from round 1 of testing will receive an invite to Round 2. Following Round 2 of testing this will be narrowed down to 5-6 athletes for the final round.

If an athlete has mitigating circumstances for not participating in a test round, this should be emailed to Sprint Team Manager and Lead PP Coach as soon as possible prior to testing.

The deadline for signing up is **Friday, 26 October**, if you would like to take part in the K4 crew boat process, please confirm your attendance through the following link:

## K2 1000m Men Process

Goal to establish a K2 1000m for the 2019 U23 Worlds team capable of A Final performances.

All test days in HPP	Round 1 4 <sup>th</sup> November	Round 2 5 <sup>th</sup> January	Round 3 2-3 <sup>rd</sup> March	Notes
Race endurance – test covering 90% of race distance	K1 900m	K1 900m	K2 900m seat Race	GPS time + Head Coach, Section coach and IP members evaluation
Race power test	K1 400m	K1 400m		
Going forward	Top 8 (aggregate position from both tests)	Top 6 (aggregate position from both tests)	2 x K2	

Crew boat selections will be confirmed 6<sup>th</sup> March 2019.

These test will be run in combination with the Senior K2 process and follows the same format

### Round 1&2 Testing - K1 Performance:

**K1 400m** - Testing start, acceleration and transition. Shows the ability to maintain high boat speed after start. Test requires increased power required for K2 paddling.

**K1 900m** - Testing aerobic power required over the K2 1000m race time showing ability to hold high pace for race distance.

There are 2 rounds of tests assessing K1 abilities. With the final round of testing evaluating K2 qualities.

In addition to the formal testing days regular crew boat session will be run giving athletes the opportunity to refine K2 skills and learn to paddle effectively with different paddlers.

These earlier testing rounds will help inform decisions around boat combination for winter training both in open training days and day to day WCP training.

There will be no guarantee of equal time in certain combinations at any point in the process.

### Round 3 Testing – seat trials, 900m TT

**K2 900m** seat race - Trialling combinations over 90% of race distance to give strong indication of K2 1000m ability

The final testing (round 3) and nomination of the crews will still be based on crew boat qualities. The nomination will be based on seat trailing between the top 6 athletes after round 2 and an evaluation from the Campaign coach and Head Coach on which boat will have the best opportunity to for fill the main goal for 2019 as per above

### Open crew boat training days:

Squad training days are arranged for the following weekends and are open to all Men's A and B paddlers:

Dates:

20<sup>th</sup> October

17<sup>th</sup> November

1<sup>st</sup> December

19<sup>th</sup> January

The results from each testing round will be emailed to all participating athletes within 4 days of the test day. The Top 8 athletes from round 1 of testing will receive an invite to Round 2. Following Round 2 of testing this will be narrowed down to 6 athletes for the final round of testing.

If an athlete has mitigating circumstances for not participating in a test round, this should be emailed to Sprint Team Manager and Head Coach as soon as possible.

The deadline for signing up is **Friday, 26 October**, if you would like to take part in the K2 crew boat process, please confirm your attendance through the following link:

[https://britishcanoeing.formstack.com/forms/u23\\_crew\\_boat\\_process](https://britishcanoeing.formstack.com/forms/u23_crew_boat_process) |

## U23 C2 500m Women Process

The aim for the U23 crew boat process is to find the fastest crew boat early in order to maximise the time to develop the boats to achieve A final performances.

All test days in HPP	Round 1 - 17 Nov	Round 2 – 12 Jan	Notes	Round 3 – 23 Feb	Notes
<b>C1 Start performance</b>	80m standing start	80m standing start	GPS time	Crews 500m time trials	GPS times + Campaign coach + Head Coach evaluation
<b>C1 Race pace</b>	250m standing start	350m standing start	GPS time		
<b>Going forwards</b>	Top 8	Top 6			

Crew boats selections will be confirmed on 6<sup>th</sup> March 2019.

### Round 1 & 2 Tests - C1 Performance:

#### **80m x 2** with standing start

The 80m standing start is a good way to assess the athlete's ability to accelerate the boat and generate high max speed. In line with our fast start strategy, the individual start capacity is important in keeping our advantages in this part of the race.

#### **Race pace speed**

250, 350m with standing start

Asses the athletes ability to hold high anaerobic speed after a maximum start effort

In line with our short to long training philosophy, the distance will increase over the 2 rounds of testing in line with athletes developing greater fitness over the winter training.

As a combination of tests there is still a high focus on speed qualities, and the fast start strategy. Tests will be focusing on race pace and race endurance too, in order to build on the fast start from 2018 with the ability to hold on to the World best towards the finish line.

### Round 3 – C2 trials, 500m Time Trial

The final testing (round 3) and nomination of the crews will still be based on crew boat qualities. The nomination will be based on trailing between the top 6 athletes after round 2 and an evaluation from the Campaign coach and Head coach on which boat will have the best opportunity to for fill the main goal for 2019. Crew boat skills will be considered if top combinations from C1 performance are struggling to deliver C2 performance. There is no restriction on same side crews. There will be no guarantee of equal time in certain combinations at any point in the process.

### Open crew boat training days:

In addition to the formal testing days, open crew boat sessions will be run giving athletes the opportunity to refine crew boat skills and learn to paddle effectively with different paddlers.

Dates:

8<sup>th</sup> December – HPP

2<sup>nd</sup> February – HPP

The results from each testing round will be emailed to all participating athletes within 4 days of the test day. The Top 8 athletes from round 1 of testing will receive an invite to Round 2. Following Round 2 of testing this will be narrowed down to 6 athletes for the final round of testing.

If an athlete has mitigating circumstance for not participating in a test round, this should be emailed to Sprint Team Manager and Lead PP Coach as soon as possible prior testing.

The deadline for signing up is **Friday, 26 October**, if you would like to take part in the U23 C2 crew boat process, please confirm your attendance through the following link:

### **Contact for any queries:**

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