

Junior Development Squad

Winter Series 2023/24
Guide

**AIMED AT JUNIOR
PADDLERS WHO ARE
LOOKING TO DEVELOP
THEIR FLATWATER
RACING SKILLS**

Joint delivered by the
Marathon Racing
Committee, Sprint Racing
Committee and the
England Talent
Programme.





INTRODUCTION

The Junior Development Squad (JDS) is a joint collaboration between the Marathon Racing Committee, Sprint Racing Committee and the England Talent Programme. Our aim is to establish, create and deliver an annual series of coaching events aimed at developing racing skills in young paddlers (up to and including U18), as well as supporting coach development for any coach in the community.

In 2023, the JDS Winter Series will pivot towards a slightly more structured approach with a clear development thread throughout each of the 4 days. This will hopefully ensure each event builds upon the learning from the last as well as providing clarity from the outset of the racing skills and attributes the JDS is seeking to develop in junior paddlers.

A fundamental intention of the JDS is to provide opportunities for crew boat development. Each event will incorporate a crew boat focus and will seek to support paddlers in developing the skills to become an effective crew boat paddler.

The JDS is also more than just the on water activities. We seek to create days which enable juniors to meet like minded individuals and develop friendships within the sport.



OVERVIEW

Principles

We have created the following principles to highlight how we will seek to deliver the JDS programme.

- Prioritising Enjoyment
- Providing Exposure
- Delivering Experiences

Fundamentally, each JDS event aims to deliver an *enjoyable* experience for juniors and coaches attending. Each event will seek to give an *experience* which is both relevant and appropriate for the level of paddler involved and aims to provide befitting *exposure* for paddlers through good quality coaching and well matched training groups that support development.

Eligibility Criteria

Paddlers must be aged 13 or above to eligible for the JDS

Kayak Eligibility

- U16 - Girls C or above and/or Div 5 marathon or above
- U18 - Girls C or above and/or Div 4 marathon or above
- U16 - Boys C or above and/or Div 4 marathon or above
- U18 - Boys C or above and/or Div 3 marathon or above

Canoe Eligibility

Girls & Boys - Any paddler who has competed at a Sprint National Regatta

2023/24 SCHEDULE



2023/24 Winter Series Schedule

Event 1 - 28/10/2023 - Falcon Boat Club

Event 2 - 02/12/2023 - Papercourt Lake

Event 3 - 27/01/2024 - Reading Canoe Club

Event 4 - 16/03/2024 - National Watersports Centre, Holme Pierrepont

Event Overview

Event 1 will be K1/C1 & K2/C2 specific, with a focus on forward paddling technique. Coming off the racing season we believe having a focus on technique and the fundamentals will give juniors and coaches a strong platform to build upon heading into winter training.

Event 2 will have a K2/C2 crewboat focus, with an emphasis on key marathon skills including portaging and turns. Within this there will be scope to develop pre existing crew or give opportunity to mix with others paddlers within your paddling standard.

Event 3 will be specific to K4/C4 with a focus on developing crew boats through the use of skills, drills, as well as providing exposure to racing in crews.

Event 4 will culminate the winter series and have a multi skills focus, giving exposure to a number of key skills and race specific activities that will allow for confidence when competing throughout the year.



Workbook

All juniors attending the JDS will receive a JDS workbook. The workbook has been designed to bring to life some of the key behaviours and attributes we think junior paddlers should be looking to develop, as well as a tool where juniors can make notes and reflections of their experiences and learnings to take back, share and discuss with their parents and club coaches.

Club Coach Development

A fundamental principle of the JDS has been to offer development opportunities for club coaches. This takes the form of club coaches supporting the days, enabling them to run. Engaging in specific coach development led by Scott Hynds (Flatwater Coach Developer for the England Talent Programme) and organic learning through conversation and sharing ideas alongside many like minded club coaches.

Programme for Coach Development 2023/24

Event 1: Physical Preparation for Paddlesport Award or Paddling technique, fault analysis & feedback remedies.

Event 2: Coaching diverse groups and meeting multiple needs. The session is to focus & discuss ways to coach groups with diverse needs in terms of time, physical differences, age (emotionally and physically), speed, body type and skill levels, seeking the best outcomes for coaches & athletes.

Event 3: Physical Preparation for Paddlesport Award or Paddling technique, fault analysis & feedback remedies.

Event 4: Coaching observations: What are you seeing? What bias do you bring? Mentoring coaches and delivering feedback - Ben Lewis S&C qualification TBC

Parent workshops

In 2023/24, the JDS will be running a number of parent workshops during events. The workshops will seek to support parents with the athlete development journey by providing information and advice. Topics we intend to cover:

- Long term athlete development
- Understanding & managing nutrition
- Managing race days. (Before, during and after)

