



BRITISHROWING

PARALYMPIC
PROGRAMME



GREAT BRITAIN
WORLD ROWING
CHAMPIONSHIPS
LINZ 2017



THE NATIONAL
LOTTERY



LOTTERY
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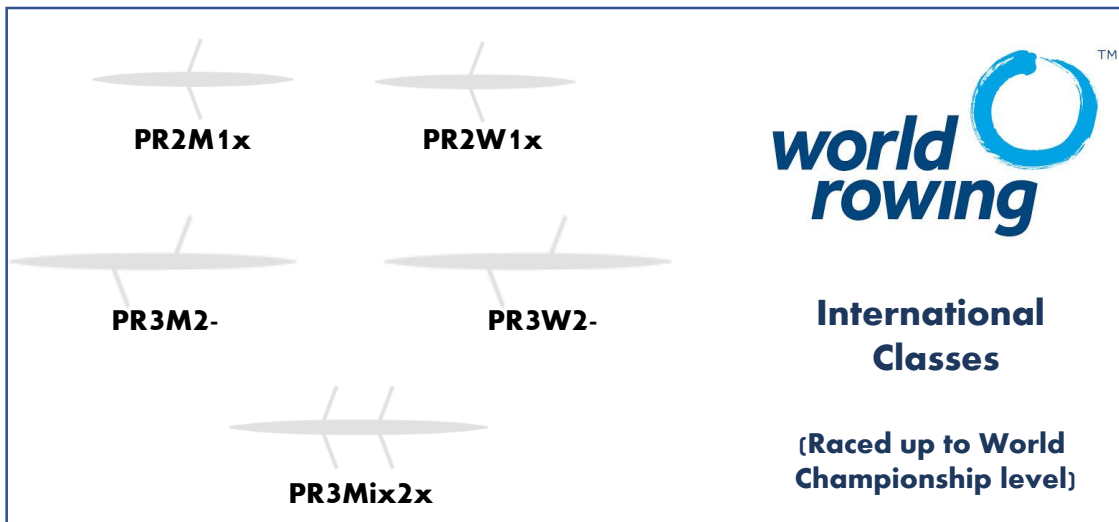
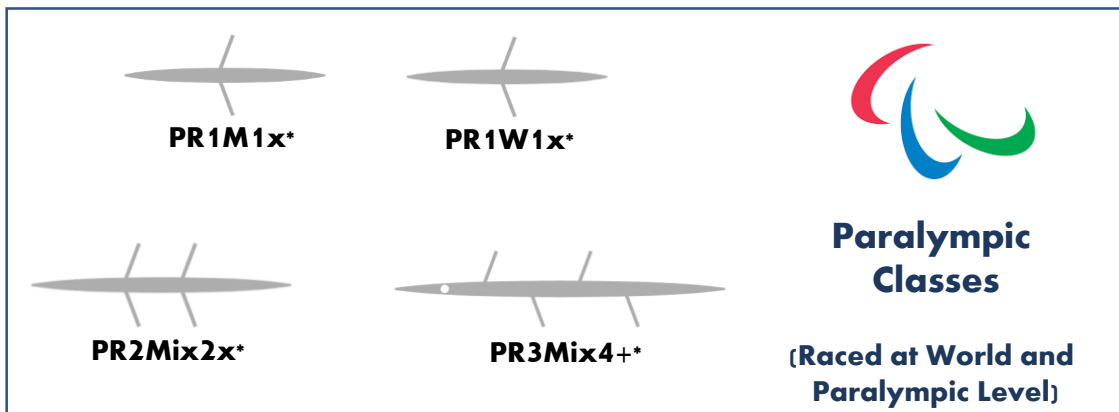
WHAT IS PARA ROWING?

Para-rowing is rowing or sculling open to both male and female rowers with a disability who meet Para-rowing Classification criteria.

It was introduced into the Paralympic programme in 2005 and at the Beijing 2008 Paralympic Games it was held for the first time.

Para-rowing is uniquely integrated with the World Rowing Federation, FISA, and para-rowers participate alongside able-bodied athletes at some of the World Rowing Cups and the World Rowing Championships each year.

There are currently 9 racing classes, however only 4 of these have the honour of being Paralympic Classes*, raced at the Paralympic Games.



THE RACING

Para Rowing is raced on a 6 lane, side by side, 2000m course.

Races last between 6 and 12 minutes depending on boat class and are a true test of physical, mental and technical prowess.



WHO CAN TAKE PART?

Rowers aspiring to race indoor or outdoor, domestically or internationally, will require a classification. British Rowing adopts the International Rowing Federation (FISA) Para Rowing system of classification which places rowers into classes according to how much their impairment impacts rowing.

Below is an explanation of the 3 Paralympic Rowing classifications, their functional descriptions and some examples of the impairments and disabilities that might make someone eligible. These lists are not exhaustive and anyone who is interested in classification or seeking more information should contact classification@britishrowing.org

Sport Class	Functional Description	Example Disability or Impairment
PR ₃	Rowers who have the use of their legs, trunk and arms, who can utilise the sliding seat. Rowers may have a physical or visual impairment.	Restricted ankle/wrist movement (e.g. Fused ankle, club foot) Three finger amputation on one hand Visual impairment Below knee amputation Erb's Palsy Cerebral Palsy
PR ₂	Rowers who predominantly use their trunk and arms to propel the boat. They are unable to use their legs to propel the sliding seat but may be able to brace through their lower limbs for support.	Significantly reduced knee flexion (e.g. fused knee, deformation of hip/knee area) Bilateral lower limb amputations Incomplete spinal cord lesion
PR ₁	Rowers who predominantly use their arms, shoulders and thoracic extension to propel the boat. They will use strapping around their trunk and legs to provide support and stability in the boat.	Incomplete spinal cord lesion Complete T ₁₂ spinal cord lesion Bilateral above knee amputee





PARALYMPIC PROGRAMME

A HISTORY OF SUCCESS

Since Rowing became a Paralympic Sport in Beijing 2008, GB have won half of the gold medals on offer including a haul of 3 gold medals at the Rio 2016 Paralympic Games finishing as top nation winning medals in all four Paralympic classes.

Beijing 2008 London 2012 Rio 2016



At a World Championship level, GB have won a gold medal in one of the four Paralympic Class boats at every World Championship since 2006 (when the Paralympic Classes were first established). Overall GB is the most successful Para Rowing nation at a World Championship level.



GBR	15	6	1
AUS	9	2	5
UKR	5	6	3



"BETTER PEOPLE, NOT JUST BETTER ROWERS"

MORE THAN MEDALS

Alongside training there are opportunities for you to further your education or to prepare for a future career. Rowers are strongly encouraged to pursue a form of development, in particular in the first two years of the Paralympiad where there is more flexibility to accommodate competing time demands.

Rowers in the Paralympic Programme have successfully studied for Undergraduate and Masters level degrees as well as vocational courses while training and have gone on to follow varied career paths such as teaching, coaching, consulting, plumbing and farming.

Past and current rowers have also sought election to committees that will see them influence the future direction of sport. Examples include the British Paralympic Association's Athlete's Commission and UKAD Athlete's Commission.

Rowers are also encouraged to take the opportunity to share their stories through volunteer appearances, mentoring programmes and media opportunities.

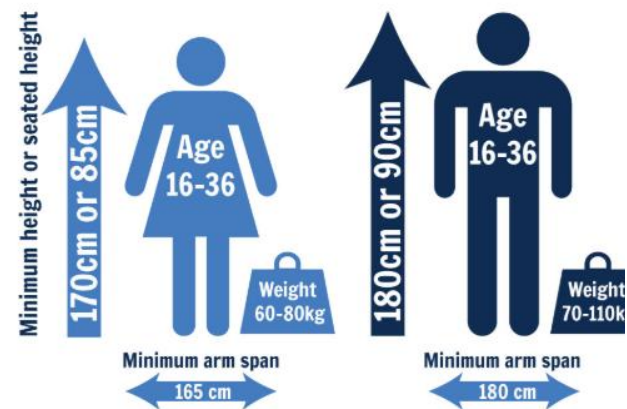


COULD ROWING BE RIGHT FOR YOU?

NEVER ROWED BEFORE? ROWING AT A CLUB OR ROWED IN THE PAST? THINK YOU HAVE WHAT IT TAKES?

If you want to find out if you have what it takes to become a World Leading Para Rower, contact us via para@britishrowing.org or fill out this [form](#)

Following this one of our coaches will be in touch to answer your questions and to talk you through the next steps for classification and any appropriate physical talent testing. If Para Rowing isn't for you, we can help you find your nearest rowing club.



ATTRIBUTES OF A PARA ROWER

In addition to the physical qualities to compete, a potential Para Rower will have:

- A love of outdoor activity
- A willingness to learn
- Motivation, Drive and Direction
- An ability to work with others
- A very strong work ethic



GB PARA-ROWING NOT FOR EVERYONE

GETTING STARTED: THE JOURNEY TO BECOMING A PARA ROWER

TALENT
IDENTIFICATION



PERFORMANCE
POTENTIAL
(TALENT)



CONFIRMATION
PHASE



PERFORMANCE
DEVELOPMENT
(ACADEMY)



PERFORMANCE
DELIVERY
(PODIUM)



TRAINING COMMITMENTS

Rowing is an endurance sport and as such the training required is a significant commitment. Rowers at each level of the pathway can expect to train as below:

Pathway Level	Sessions per week	Hours per week
Talent	6 - 9	Up to 10
Academy	9 - 12	Up to 15
Podium	12+	Up to 20

WHAT TO EXPECT

GB Rowing Team has had success with developing rowers from a wide variety of backgrounds.

Historically we have been able to deliver rowers to success in very short time frames (~1 year) by working with them intensively within the centralised programme.

While this may still be possible for an exceptional individual, following a doubling of the race distance post Rio 2016 and further progression in the medal standard it is much rarer. We are now resourcing a much better supported long term rower development pathway to aid what could be a 3 to 6 year journey.

UNDERSTANDING THE JOURNEY FROM TALENT TO PODIUM

	PURPOSE	GUIDING PRINCIPLES	TRAINING BASE	WHERE WE ADD VALUE
PODIUM	Campaign to deliver a medal	Part of a team of people behind a common goal to achieve the best we can within a given timeframe	Centralised at Caversham	Fully supported centralised programme Full Time Performance Coaching Performance Support Supported Training & Racing
ACADEMY	Prepare myself to thrive and deliver in a campaign	Making the most of the range of opportunities that enable me to progress	Progressing from club or university based to staged centralisation at Caversham	Increasing Contact & Support from GBRT Programme Full Time Performance Development Coach Supported Training & Racing International Classification
CONFIRMATION	Understand my potential, explore my options and inform my choices	Confirming my eligibility, Understanding standards, and scale so that I can make informed choices	Club or University based	Increasing Contact & Support from Performance Talent Coach Clean Sport Education Supported Training National/International Classification
TALENT	Discover my enjoyment for the sport and start to unearth my potential	Enjoying a range of experiences that bring the sport to life and help me see my future potential	Club or University based	Talent testing to show potential Contact with Performance Talent Coach (including support for establishing home club base) Clean Sport Education Categorisation/National Classification



TIMELINES

The time spent at each level of the pathway will be highly dependent on your individual trajectory.

You should anticipate spending between 6 months and 1 year in the Talent/Confirmation phase, between 1 and 3 years in the Academy Programme and at least 2 years in the Podium Programme prior to racing at a Paralympic level.

ROWER JOURNEYS – CASE STUDIES



OLIVER STANHOPE (Cerebral Palsy) *Schoolboy Rower turned Para Rower*

Ollie learnt to row at school, honing his craft as part of an able bodied programme for 4 years. On leaving school he successfully transitioned to the Paralympic Programme from his university programme as a key member in the PR₃ Mix₄₊.

“I had great coaching at school. Now I have a great coach and support team taking me to new levels”



BEN PRITCHARD (Spinal Cord Injury) *Newly Injured Textbook Pathway*

Ben was a highly rated triathlon prospect when he suffered a crash. Identified in his time at a rehab centre, he worked through the pathway from talent ID, to club rower, to academy prospect. 3½ years into his rowing journey he stepped up to the podium programme as a PR₁ sculler.

“For a while I felt I was being held back, now I realise I was being given time to develop and be truly ready”



LAUREN ROWLES (Transverse Myelitis) *Wheelchair Racer Fast Track Transition*

Following an appearance at the Commonwealth Games as a wheelchair racer, Lauren was identified as having the potential to make an immediate impact on the PR₂ Mix_{2x}. Lauren underwent a transition to rowing that saw her competing at the Paralympics within 18 months.

“Balancing A-Levels with learning to row was tough but now I’m challenging myself in a sport I love”



GRACE CLOUGH (Erb’s Palsy) *Able Bodied Sport Transition*

Grace was playing mainstream basketball when she attended a ParalympicsGB multisport talent day. Grace took her initial strokes in a regional club before quickly transitioning to Caversham in a targeted initiative following a retirement in the PR₃ Mix₄₊. Grace won Paralympic gold 3 years later.

“I took a leap of faith in moving to the area so new to the sport but it’s taken me on an incredible journey”



THE HOME OF PARA ROWING

The Redgrave-Pinsent Rowing Lake and Sherriff's Boathouse in Caversham, Reading is the home of Olympic and Paralympic rowing in the UK. It was a £13million pound project opened in 2006 and provides all of the infrastructure to produce medal winning rowers and crews. This is a venue to be proud of and respect, the names on the honours board in the athlete crew room remind us of our successful past and the opportunity you have to join them. There is no better place to achieve your dreams.



Once you reach Caversham you will be part of a busy, integrated training environment that caters for up to 80 aspiring Olympians and Paralympians along with all of the coaching and support staff.

Our environment at Caversham is enriched by the varied backgrounds and personalities of its rowers and staff. When you first relocate it can be daunting but there is a great deal of support available.

SUPPORTING YOU ON YOUR JOURNEY

THE TEAM BEHIND THE TEAM



The Paralympic Programme is very well supported by a core team of experienced Coaches, Practitioners and Support Staff. These individuals form a tight knit team around each athlete to support them in their training, lifestyle and wellbeing.

The programme's multidisciplinary team is made up of:

Leadership, Coaching, Physiology/S&C, Performance Lifestyle/Psychology, Physiotherapy/Medical/Nutrition

This core group are part of a much wider team of GBRT Staff. They are backed by a wider Sport Science/Sport Medicine team, a Performance Resources team and a Performance Support team.

A WORD ON COACHING

PERFORMANCE TALENT COACH



Rob is the first point of contact for potential rowers on entering the programme and will monitor their placement and confirmation period in a new club.

CLUB COACH



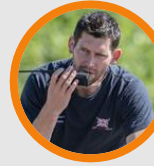
A strong rower/club coach relationship is essential for developing the skills and enjoyment of the sport in the initial stages of a rower's development in a club. The coaches we work with go on to support rowers throughout their journeys as a mentor/critical friend even after they graduate to the Podium Programme.

PERFORMANCE DEVELOPMENT COACH



James coaches academy rowers and supports their coaches via visits and remote coaching. He helps rowers progress to the Podium Programme and leads the coaching of international class boats

HIGH PERFORMANCE COACHES



Tom and Nick deliver the centralised programme to help rowers fulfil their potential and succeed on the World Stage

None of what we do as a Paralympic Programme would be possible without the support of our funders and partners.

The GB Rowing Team is National Lottery funded through UK Sport while Sport England invests both National Lottery and Exchequer funding to support the development of grassroots rowing and talent pathways.

British Rowing is also supported by 4 official partners whose support directly impacts on GB Rowing Team's delivery

CONTACT US FOR MORE INFORMATION

para@britishrowing.org

