



U23 K4 Crew Boat Training Day - 5th March - HPP Nottingham

The Sprint Academy Coaching team will be running a planned training day for eligible U23 athletes to provide technical and crew boat development opportunities in support of their preparations ahead of the 2022 competitive season.

The day is being held at HPP Nottingham, and will give athletes the opportunity to train together whilst developing their technique, individual and crew boat skills, and understanding of preparing to race.

We would also welcome coaches working with athletes at this level to attend in order to help develop and share their knowledge and experience of working with crew boats.

There will be a maximum of 24 places for the day, priority of available space will be given to athletes in the following order.

1. Have qualified and become part of the World Class Programme, or;
2. Have achieved a Canoe Sprint World Class Programme matrix result, or;
3. Achieved a Junior or U23 World or European Championship Final
4. Qualified to the Junior or U23 European or World Championship team, or;
5. Achieved a National Championship Final.
6. Evidence of being on track to achieve inclusion on an U23 team in the current Olympic cycle and have demonstrable evidence of progression.

To express interest in being included within the March day please complete the application form [HERE](#) by Monday 21st February 2022.

Further information relating to the content and delivery of the day will follow, once places are confirmed.