

SPRINT PROGRAMME SQUAD DATES 2025/2026

PERFORMANCE SQUAD

Costs per Athlete is £240 per annum or **£20 PCM** for the following coaching support. S&C provision will be provided via online support.

Weekly coach support at CIWW on Mon/Tue/Thus/Fri + semi-regular Sundays

EVENT	DATE	VENUE	DAYS	SQUAD	THEME
Squad weekend	Nov 25	CIWW	2	Performance	Winter training principles
Squad weekend	Jan 26	CIWW	2	Performance	Technical workshops
Winter training camp in	14th-22nd February 2026.	Portugal	8 days	Performance	TBC
Squad weekend	March 26	CIWW	2	Performance	Race processes and delivery
Other dates TBC					

PERFORMANCE SQUAD COMPETITION SUPPORT

COMP	DATE	VENUE	DAYS	SQUAD
National Regatta	11th/12th April	Holme Pierrepont	2	Performance
National Regatta	30th/31st May	Holme Pierrepont	2	Performance

National Regatta	4th/5th July	Holme Pierrepont	2	Performance
National Regatta	5th/6th September	Holme Pierrepont	2	Performance

REGIONAL SQUAD

Costs per Athlete is **£240** per annum or **£20 PCM** for the following coaching support. S&C provision will be provided via online support.

Weekly coach support at CIWW on Thus/Fri + semi-regular Sundays

EVENT	DATE	VENUE	DAYS	SQUAD	THEME
Squad weekend	Nov 25	CIWW	2	Performance	Winter training principles
Squad weekend	Jan 26	CIWW	2	Performance	Technical workshops
Winter training camp in	14th-22nd February 2026.	Portugal	8 days	Performance	TBC
Squad weekend	March 26	CIWW	2	Performance	Race processes and delivery
Other dates TBC					

Regional Squad Competition support

COMP	DATE	VENUE	DAYS	SQUAD
National Regatta	11th/12th April	Holme Pierrepont	2	Regional
National Regatta	30th/31st May	Holme Pierrepont	2	Regional

National Regatta	4th/5th July	Holme Pierrepont	2	Regional
National Regatta	5th/6th September	Holme Pierrepont	2	Regional