



RYA Press Release

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Young sailors enjoy prestigious British talent camp



Sailors are joined by Joe Glanfield, twice Olympic 470 class silver medallist and Jason Gardner, Athens 2004 gold medallist sprinter (back, far right) at Loughborough University for 2009 Youth Sport Trust National Talent Orientation Camp

Boiled rice and leeks eaten with chopsticks for breakfast?

That was just one of the treats that welcomed 80 of Britain's top young elite athletes, including 16 sailors, at the third Youth Sport Trust National Talent Orientation Camp at Loughborough University last weekend (8-11 January).

The youngsters, all budding Olympian and Paralympians of the future from six sports - sailing, hockey, rowing, canoeing, cycling and wheelchair basketball – received a fascinating insight into what it takes to be the very best at the four-day camp.

Sailor Joe Glanfield, two-time 470 class silver medallist, and Athens 2004 gold medallist sprinter Jason Gardener were among the sporting stars on hand to pass on their knowledge, experience and expertise to help the young pretenders to their crowns get a better idea of getting to the top of their game.

The athletes, aged between 14 and 18, enjoyed a combination of high-quality training sessions with workshops, keynote speeches on education and lifestyle planning and advice on drugs-free sport while a British Army Unit put the youngsters through their paces in a series of command and team-building tasks.

With day two designated 'A Day in Beijing', the hopefuls were also exposed to many of the things Britain's record-breaking Olympians experienced in China last summer, including high-profile media interviews as well as the Chinese breakfast!

RYA Youth Squad 420 helm, Phil Sparks, admitted the camp was an awesome eye-opener.

The 16-year-old from Christchurch said: "The camp was a fantastic experience where I met loads of new people from different sports, improved my planning, time management and my understanding of what it takes to get to the very top. The wealth of Olympians there was awesome and it was a great four days."

29er class crew Alex Groves, 17 from Surbiton, added: "We looked at topics such as our own abilities, determination and also how to plan a campaign spanning several years. This was especially useful for me as I was able to look at the bigger picture and see how to plan for major events, not just in my sailing but also in education and personal life. The knowledge I have gained from these experiences is invaluable."

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