



CountyAthletesProgramme Athlete Profile Form

Name Camilla Hadland

Picture

Sport Rowing



How Long have you been doing your sport?

3 years

What influenced you to take up the sport?

I got into my sport via a school club named 'project oarsome' which was held after school. This encouraged me to take up rowing on a regular basis at my local boat club. I really enjoyed taking part and found that I was fairly good which enticed me to keep it up.

What have you achieved in your sport?

I have won 3 gold medals at the National Indoor Rowing Championships (2 in 2006 and 1 in 2007); A gold at the Junior Inter-Regional Regatta 2007; 5th at the National Schools regatta (racing an age group above); A gold at Peterborough National J14 Regatta (In which I won a £300 bursary); I was invited onto the National Orientation Camp for gifted and talented athletes in January where I trained alongside athletes like Kelly Holmes.

What are your future aspirations in your sport?

I would like to successfully trial for the Great Britain Junior rowing squad in November. After this, I would like to trial for the Under 23 squad. My main aspiration in my sport would be to race at the World Championships.

How often do you train?

I train every day apart from Fridays. This is a mixture of water training, ergo training, core-stability, circuit training and weights. I also have a passport to excellence which allows me to use the local leisure centre facilities for free.

Why do you enjoy participating in sport?

I love participating in sport for the thrill and adrenalin rush you get from competing. I also love meeting new people involved in sport and getting friends from all over the country.