

2025 U23 Camp & World Championships Review

Event: 2025 U23 Selection Camp and World Rowing Championships

Location: Oklahoma City, OK and Poznań, Poland (July 23–27, 2025)

Audience: Collegiate Coaches & Program Partners

Overview



The 2025 U23 National Team process introduced a more collaborative and unified structure, guided by Chief High Performance Officer Josy Verdonkschot and implemented by Pathways Head Coach Brett Gorman with support from U23 head coaches. While the 2024 camp in Hanover co-located the men's and women's squads, the 2025 camp marked the first year in which training and selection processes were fully aligned, creating a cohesive team culture and athlete experience.

A key objective of the 2025 cycle was to challenge top U23 athletes in boat classes (notably the 4- and 4x) that align more directly with senior team development goals. This strategic shift was designed to strengthen athlete preparation for future senior-level performance.

Key Structural Changes in 2025

- **Competitive Standard Time (CST):**
Introduced to ensure that all selected crews met internationally competitive speed benchmarks prior to Worlds.
 - **December HP Winter Camp:**
Held December 16–20, 2024, in Oklahoma City, this camp focused primarily on evaluating emerging talent.
 - **Scouting & Athlete Identification:**
U23 coaches and contractors visited top collegiate programs from October through February to evaluate talent and support development relationships.
 - **Selection Camp:**
Ran from **June 15–July 16, 2025**, in **Oklahoma City, OK**, culminating in crew selection and team travel to Poznań for the World Championships.
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World Championships Results – Poznań, Poland (July 23–27)

- **Men's Four (M4-):**
 Gold Medal – First-ever U.S. gold in this event at the U23 level.
 - **Women's Eight (W8+):**
 Silver Medal – Second consecutive silver medal for the U.S. in this event.
 - **Men's Eight (M8+):**
5th Place – 1.02% out of the medals in biggest M8+ field in U23 history (14 entries).
 - **Women's Four (W4-):**
5th Place – .5% out of the medals in a tight field.
 - **Men's Quadruple Sculls (M4x):**
10th Place – Missed A Final by less than 1% in a deep semifinal field.
 - **Women's Quadruple Sculls (W4x):**
Did Not Compete – Selected crew did not meet the CST and was withdrawn prior to Worlds.
The W4x inability to meet CST highlighted the need for improved sculling development and integration into camp, a central target for 2026.
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Takeaways for Stakeholders

- **Strategic Boat Focus:**
U.S. athletes were placed in more technically demanding, senior-relevant boats (4-, 4x) to support long-term development.
 - **International Race Development:**
All athletes gained critical race experience—whether medaling or not—adding to their skill sets and preparation for senior-level competition. Everyone was challenged.
 - **Growth Opportunities Identified:**
The withdrawal of the W4x due to unmet CST underscores the need for sharper alignment in training and focus in sculling events—an area of focus for 2026.
 - **Partnerships Remain Key:**
College programs and hp club partners are essential in developing the next generation of elite U.S. rowers. Continued collaboration is both valued and necessary.
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Questions or Interested in Future Involvement?

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