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RCA Junior Rowing Program – Spring Update

2007/08 Erg Monitoring Program – Next Submission Coming Up!

The fourth and final erg score (2k) submission deadline is coming up on Sunday, May 4th, 2008. Please make sure you have a valid RCA number in advance of this deadline, as it is required for you to submit your score online. In addition, please make sure you enter all of your information in correctly. Failure to do so may cause posted scores to be inaccurate. Please contact Sid Murdoch at rca@rowingcanada.org if you are unsure of your RCA number or need to register.

For more info and/or to submit your erg scores online, go to http://www.rowingcanada.org/national_team/athlete_information/erg_info06/

2008 National Junior Trials

This year's National Junior Trials (formerly known as Junior Speed Orders) are being held at the South Niagara Rowing Club in Welland, Ontario (June 2 – 3).

More information on this year's trials, including entry forms, Athlete Agreement Forms, and regatta schedule will become available in the next couple of weeks. You can look for this information on the Junior Page of the Rowing Canada website at http://www.rowingcanada.org/national_team/junior/

2008 World Junior Rowing Championships – Selection Process

Crews selected to represent Canada at the 2008 World Rowing Junior Championships must have the potential to finish in the top six. Junior National Team crews are open to athletes who are born in 1990 or later. All National Team crews are open to Canadian citizens who are registered with RCA, have a valid passport and have completed all RCA published selection requirements.

Selection for the 2008 FISA World Rowing Junior Championships will be primarily based on results in Singles and Pairs at the RCA National Junior Team Trials (June 2—3, 2008). Additional supporting considerations will be based on results from a combination of the following:

- a) Data from RCA's 2007-2008 Ergometer monitoring program
- b) Racing at the National Rowing Championships (NRC) in Welland, ON (November 1-4, 2007)
- c) Performance at the March training camp at Shawnigan Lake, BC

Athletes must be in attendance at the National Junior Trials to be considered for selection. Consideration will be given to those athletes with exceptional circumstances (Exceptional circumstances must be submitted in writing to the Team Manager and Junior Team Leaders for approval). Formation of crews will be guided by RCA Development Program coaches and Junior Team Leaders at the conclusion of the regatta.

2008 CanAmMex International Regatta and Training Camp

This year's CanAmMex Regatta and Training Camp will be held in the USA. Official hosting location and dates have not been announced by the US at this time, but this information will be posted as soon as an announcement is made.

IMPORTANT DATES

Final Erg Monitoring Program Submission Date
May 4th, 2008

National Junior Trials
June 2nd – 3rd (South Niagara Rowing Club – Welland, ON)

CanAmMex International Regatta and Training Camp
Dates and Location TBA (USA is this year's host country)

Pre-Worlds Training Camp
July 13th – 20th (Location TBD - Europe)

World Junior Rowing Championships
July 22nd – 27th (Linz, Austria)

National Rowing Championships
Dates and Location TBD

If you have any questions or concerns about any of the above information, please contact Jarret Poitras:

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