



ROWING
CANADA
AVIRON

RCA HP DEVELOPMENT UPDATE January 2012



The following topics will be covered in this update

- 2012 Development Events - Competition
 - Sr Non Olympic Programs
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 - Sr Non Olympic Programs
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Development Events - Competition

The following events have been identified by the RCA HP Development program for participation in the 2012 Calendar year. Events are listed based on age category.

Sr Non Olympic Programs

- 1) UK tour - Tentative Schedule and dates.
Marlow Regatta / Henley Womens Regatta - June 15-17 / 2012, UK
Training camp - June 18-26 / 2012, Location TBA, UK
Henley Royal Regatta - June 27 - July 1 / 2012, Henley on Thames, UK
- 2) Royal Canadian Henley Regatta - Athletes represent their clubs in club boats then combine to compete in the Championship 8+'s
August 7-12 / 2012, St Catharines, Ontario
- 3) 2012 World Rowing Senior and Junior Championships - Plovdiv Bulgaria
Pre camp - August 5-13 / 2012, Plovdiv Bulgaria
Event Date - August 14-19 / 2012, Plovdiv Bulgaria

U23 Development

- 1) 2012 World Rowing Under 23 Championships - Trakai Lithuania; <http://trakai2012.com/>
Pre Camp - July 1-10 / 2012, Trakai Lithuania
Event Date - July 11-15 / 2012, Trakai Lithuania
- 2) Royal Canadian Henley Regatta - Athletes represent their clubs in club boats then combine to compete in the Championship 8+'s
August 7-12 / 2012, St Catharines, Ontario
- 3) Identified NDC events

Junior Development

- 1) 2012 World Rowing Senior and Junior Championships - Plovdiv Bulgaria
Pre camp - August 5-13 / 2012, Plovdiv Bulgaria
Event Date - August 14-19 / 2012, Plovdiv Bulgaria
- 2) Can Am Mex - July 16 - 22 / 2012, Mexico City, Mexico

Further information: The following details are currently being finalized and will be communicated in the next development update, scheduled for February 2012

- Assessment fees - All the above programs will have an assessment fee linked to participation in the event.
- Program Coaches and training locations

*** Participation in all events listed above is based on funding, athlete performance levels and availability. It is not RCA's intent to send the same athletes to all events within a specific age category. Each event may consist of different crews and athletes.**

Invitation / Selection to development teams

For specific details on selection to each program please refer to RCA's 2012 Selection Document. The following will provide a brief over view for each program.

Sr Non Olympic Program:

Athletes will be invited to a selection camp beginning May 1, 2012*.

Athletes will be assessed and streamed to the appropriate programs and events.

Events may include but not limited to:

- UK tour - Hwts
- FISA World Rowing Sr Championships - Lwts
- Other Identified Development events

* Athletes may be invited into camp, prior to May 1, based on their most recent RADAR submission to the Athlete monitoring Program and other performance factors.

U23 Development

FISA World Rowing Under 23 Championships: Selection to the 2012 world Championships has been broken down into two phases. This will allow opportunities for athletes training both within and outside of Canada.

Phase 1 Selection (new for 2012): A small group of athletes will be invited to participate in an early phase of selection. The goal of this phase is to identify some targeted boats with Canadian based athletes and provide them with coaching and training support from January 2012 through to May 2012.

Phase 2 Selection: Phase 2 reflects the selection process that RCA has used in previous years. Athletes will be invited to a selection camp, beginning June 1, 2010*. Athletes will be selected to boats and will time trial against Gold medal standard to determine participation in the U23 World Rowing Championships.

****U.S based athletes, and Canadian based athletes not part of Phase 1 selection, fall under the Phase 2 selection process.**

* Athletes may be invited into camp prior to June 1 based on availability, RADAR submissions to the Athlete monitoring Program, and other performance factors.

Further U23 Opportunities:

Athletes will be selected from those training at RCA's National Development Centres. Athletes will be assessed and streamed to the appropriate programs and events.

Events may include but not limited to:

- US Elite Nationals - June 27-29, 2012 - Mercer Lake, West Windsor, N.J.
- Royal Canadian Henley - August 7-12, 2012 - St Catharines Ontario
- Other

Junior Development

2012 World Rowing Senior and Junior Championships:

Junior athletes will be invited to selection based on their performance up to and including the March RADAR submission and April National Development Trials. Consideration may be given based on athletes performance at National and Regional camps. National Development coaches shall establish potential crews and create Training opportunities through month of May and June. Athletes will relocate to an identified training location beginning July 1st for final selection and preparation for international competition.

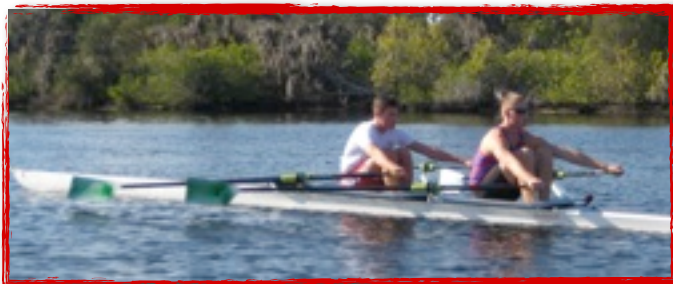
Can Am Mex:

Athletes will be selected to the Can Am Mex program based on their results in the RCA athlete monitoring program up to and including the March ergometer submission and April on water assessment based on RCA's Athlete monitoring program. Consideration may be given based on athletes performance at National and Regional camps, and results in the Senior mens and womens 1x's at the CSSRA championships.

2012 Development Events - Camps

National Camp

RCA's 2012 National Development Camp took place in Sarasota Florida from January 2-12 / 2012.



Twenty Development athletes and four coaches took place in this camp (see appendix A for Athlete list).



Athletes were invited to this camp based on their 2011 RADAR submission as well as performance at the 2011 National Rowing Championships.

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Regional Camps

Ontario LWT mens day camp:

Rowing Canada Aviron, in cooperation with the Ontario Row to the Podium program, is holding a one-day camp for Lightweight Men on Saturday, January 21, 2012. The camp will focus on Ontario based lightweight male athletes who are eligible for either the Under 23 or Senior program. Invitation to the camp is based on coach nominations, submission to RADAR testing, and physiological markers that have been identified to support High Performance Rowing. (see appendix B for a list of athletes invited to this event.)

March - Regional camp:

The NDC-O and NDC-BC will be partnering to run a training Camp from March 9-18th 2012. A list of athletes invited to this camp will be circulated in the next development update. Invitation will be based on athletes performance in the November 2011 RADAR submission, 2011 NRC results, and physiological markers that have been identified to support High Performance Rowing. This Camp is targeted primarily at Junior athletes, born in 1994 or later, however others may be invited. Contact your local National Development Centre for further details.

** Please contact your local NDC for further development opportunities in your area.*

Athlete Monitoring

RADAR submission

The Next RADAR submission is due based on the following time lines.

- Ergometer component due March 26 / 2012 - Week of testing can be completed between March 1 and March 26, 2012.
- On water assessment Due April 30th, 2012 - Must be completed at one of RCA's Scheduled National Development Trials.

* See HP development Callander for further details.

DATA base: the following updates have been made to the Data Base.

1. Testing on C2 Slides - The ability to enter testing data for ergometer pieces completed on Concept 2 Slides has been added. This can be done as follows:
 - Once logged in select "Sporting"
 - Select "Testing"
 - Select "Add Test"
 - From drop down menu select "Individual (Slides)"
 - Click on the testing check box for the tests you do not wish to enter data for. (Check marks should only show next to tests you wish to submit)
 - Enter data and submit
- * Testing completed on "Slides" are not eligible for RADAR submission
2. Check your Score - The ability to check you current RADAR score without submitting data. This feature has a number of practical applications including allowing athletes who are transitioning from one category to the next to see what their score would be in different categories. This can be done as follows:
 - Once logged in select "Sporting"
 - Select "Testing"
 - Select "Check RADAR Score"
 - Enter your data as you would a RADAR submission

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- Select the category you would like to be assessed against (from drop down)
 - Select “View Score”
3. Comparative graph - this is a simple graph that shows an athletes tests compared to the RCA targets. This can be done as follows:
- Select “Sporting”
 - Select “Testing”
 - Select “View” for the submission you would like to see
 - Select “Comparison Graph” at the bottom of the page
4. View scoring curve - Athletes have the ability to see where their test lands on each individual scoring curve. This can be accessed as follows:
- Select “Sporting”
 - Select “Testing”
 - Select “View” for the submission you would like to see
 - On the far right column of the display page there is a “view” button next to each test. Select the test you wish to view.

Please note: Scores entered prior to November 2011 may not display accurately as the scoring values had changed and displays are based on the new scoring values.

Other Testing submissions:

Athletes should be aware that they are able to submit testing data at anytime. If athletes are completing tests as part the programs they are training with, they should consider inputting this data under the “Individual Submission” section of the Data Base. This will allow RCA’s development coaches to monitor athletes progress and support possible invitations to seasonal programs. Tests can be entered as follows:

- Select “Sporting”
- Select “Testing”
- Select “Add Test”
- From drop down menu select “Individual submission”
- Click on the testing check box for the tests you DO NOT wish to enter data for. (Check marks should only show next to tests you wish to submit)
- Enter data and submit

HP Development Calendar

See appendix C for an updated HP Development Calendar.

Appendix A: 2012 National Development Camp - Athlete List

Women			
Name	Category	Province	Club
Rosie Deboef	Senior	BC	Victoria City RC
Jennifer Martins	Senior	Ontario	Dons / UWO
Katherine Goodfellow	Senior	Ontario	Ottawa RC
Alyssa Wenninger	Senior	BC	UVIC / Gorge RC
Emily Cameron	Senior	Ontario	?
Carling Zeeman	U23	Ontario	Laurentian University Rowing
Antje Vonseydlitz	U23	BC	UVIC
Christine Roper	U23	Ontario	UVIC
Erin Snelgrove	U23 LWT	Ontario	St Catharines Rowing Club / Queens
Katherine Enns	U32 LWT	BC	UBC
Men			
Name	Category	Province	Club
Ben de Wit	Senior	BC	UBC
Adam Rabalski	Senior	Ontario	UWO
James Abbass	Senior	New Brunswick	Fredericton Rowing Club
Tim Schrijver	U23	Ontario	Brock
Mark Dawidek	U23	Ontario	UWO
David Lariviere	U23	Ontario	UWO
Graham Schenck	U23 LWT	Ontario	St Catharines RC / UWO
Maxwell Lattimer	U23 LWT	BC	UWO / St Georges
Dylan Harris	U23 LWT	Ontario	Ottawa RC
Stefano Belfiore	Junior	BC	Vancouver College

Coaches: Michelle Darvill, Paul Hawksworth, Phil Marshall, John Wetzstein.

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Appendix B: 2012 LWT mens camp

The following is a list of athletes invited to attend this years event

Name	Club	Nominated By
Alan Payno	Queens	Stu Robinson
Andrew Todd	Ottawa RC	Horacio Tendilla
Brent Duncan	UWO	Volker Nolte
Caleb McCleary	UWO	Volker Nolte
Chris Zakos	Kingston	Stu Robinson
Derek Stedman	UWO	Volker Nolte
Dylan Harris	Ottawa RC	Horacio Tendilla
Graham Shenck	St Catharines /UWO	Mike Purcer / Volker Nolte
Ian Connell	Leander	Chantelle Hanley
James Myers	St Catharines	Mike Purcer
Jonathan Santos	U of T	Scott Taylor
Kieran Tierney	Don RC	Celena Boyle
Marc Addison	UWO	Volker Nolte
Mark Henry	Guelph	Dave Leger
Matt Christie	Ottawa RC	Horacio Tendilla
Maxwell Lattimer	UWO	Volker Nolte
Nick Pratt	UWO	Volker Nolte
Patrick McCrady	Kingston	Stu Robinson
Pete Langer	Leander	Chantelle Hanley
Sylas Coletta	St Catharines	Mike Purcer
Alan Payno	Queens	Stu Robinson

Supporting Coaches

- Peter Cookson, RCA High Performance Director
- Kenny Wu, Senior Lightweight Men's Sweep Coach for Rowing Canada Aviron
- Volker Nolte, Head Coach for University of Western Ontario
- Peter Somerwil, Head Coach, Brock University
- Mike Purcer, Coach, Lightweight Men, St. Catharines RC.
- Paul Beedling, Talent Development Coach, Niagara Region



2011 / 12 High Performance Development Calendar

LAST UPDATED: JANUARY 11/2012

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The following calendar outlines key dates in RCA's High Performance Development Program for 2011 / 2012. RCA will update this calendar on a monthly basis adding programs and events as required.

Date	Event	Lead	Location	Details
January 14, 2012	Ontario TDC Regional Camp Niagara/SW Centres	Row Ontario / NDC-O	TDC Southwest- London, ON	Contact Row Ontario for further details
January 21, 2012	Regional Camp – Ontario LWT men	RCA	London Ontario – RCA indoor training centre	Invitation based on nomination from coach and November RADAR submission
Feb 16- 27 / 2012	Regional Camp - East (U23 / SR)	Row Ontario / NDC - O	Georgia / USA	NDC-O targeted athletes (u23/Sr)
March 9-18 / 2012	Regional Camp – East (JR)	Row Ontario / NDC - O	Burnaby Lake – NDC-BC	Provincially Targeted Junior athletes NDC level and developing TDC
	Regional Camp - West (JR)	Rowing BC / NDC - BC		
March 26 th / 2012	RADAR submissions due (Erg component only)	RCA		Testing can be completed any time between March 1 -26 /2012
April 13 th 2012	Entries due for National Development trials - West	NDC – BC / Rowing BC	TBA	Registration Fee to Be announced
April 20 th 2012	Entries due for National Development Trials - East	NDC – O / Row Ontario	TBA	Registration Fee to Be announced
April 20-22 nd	National Development trials – West	NDC – BC / Rowing BC	Burnaby Lake - BC	All athletes welcome. Will be used as on water assessment for March RADAR submission
April 27-29 th 2012	National Development trials – East	NDC – O / Row Ontario	TBA	
May 1 st	National Development Centres open for Targeted athletes	NDC-BC / NDC-O		Athletes should contact NDC coaches for further information

May 3 rd - 5 th 2012	IST Camp – Sport Science and Testing Camp	NDC – O	TBA	-Athletes that Achieve NDC status in the March submission of RADAR -New Talent athletes who achieve RCA's TID standards after January 1 st 2012, and have achieved confirmation standards in March testing. -Athletes approaching NDC Status in the March RADAR submission, to be discussed between TDC and NDC coaches.
		NDC – BC	PISE - Victoria	
June 1 st 2012	Training Centres open for invited U23 athletes	RCA		Further details on invitation requirements will be circulated in the next calendar update.
June 15 – July 1 st 2012	Senior Development tour	RCA	TBA	Racing and Training opportunity for athletes not part of RCA's Olympic program
July 1 – 15 th 2012	FISA World Rowing U23 Championships	RCA	Trakai, Lithuania	Athletes depart Canada July 1 st 2012 for a Pre camp. Event begins on July 11 th / 2012
July 15-27 th 2012	CanAmMex	TBA	Mexico	
August 5 -19 th 2012	FISA World Rowing SR and Junior Championships	RCA	Plovdiv, Bulgaria	Athletes depart Canada August 5 th for pre camp. Event begins August 14 th / 2012
August Time trial	Time trial for August RADAR	NDC-O / NDC-BC	TBA	Date and location to be confirmed
September 3 rd 2012	RADAR submissions due	RCA		Testing to be completed between August 11 th and September 3, 2012.

NDC – O: National Development Centre Ontario / Welland
 NDC – BC: National Development Centre BC / Burnaby Lake
 TDC – Talent Development Centre
 PISE – Pacific Institute of Sport Excellence

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