



ROWING
CANADA
AVIRON



National Development Centre – Ontario Talent ID Training Camp Report October 29-31, 2010

The NDCO hosted its first Talent ID Training Camp, October 29-31 in St. Catharines/Welland. Athletes were nominated by the Talent Development Centre (TDC) coaches, and selected based on their results of the RCA TID testing protocol, and with input from the results of the weekly erg submissions. The goal of bringing this group of athletes together was to introduce them to what it would take to be a high performance athlete in rowing.

42 athletes were invited to attend the camp, and 35 confirmed their attendance. This included 6 LW, 10 HW, 3 LM and 16 HM. Two coxies were also invited to the camp based on coach nominations. Along with the NDCO staff and TDC coaches, there were an additional five coaches who were invited (based on their athletes being selected to the camp) to participate as a coach development opportunity. In total there were athletes from 8 university programs in attendance: Brock, Trent, Western, Queen's, McMaster, uOttawa, Carleton, and U of T.



Group picture of athletes and coaches at NDCO Talent ID Training Camp, Oct 29-31, 2010

All of the athletes had raced as part of their university novice programs on the Friday morning and afternoon, so we started the camp on Friday evening with a presentation by Melanie Kok, Olympic Bronze Medalist (Beijing, 2008). Melanie spoke about 'What it takes to be an Elite Athlete', and shared her journey to becoming an Olympian. She had some great advice to give this new group of rowers, and she answered a lot of really good questions about high performance sport, and what it's like to be at the Olympics!

Saturday morning we met at the Brock TDC, where the sport science team put together by the Canadian Sport Centre Ontario rotated the athletes through a variety of testing and workshops. The lightweight athletes all had skinfold testing done (to measure if lightweight categories were a reasonable goal for them). All of the athletes went through a movement screen, which focused on flexibility, core strength and shoulder stability. Then they went through some exercises they can use at home to improve on the areas each of them has to focus on.



Movement screen, followed by exercises to improve core, flexibility, and shoulder stabilization.

All athletes also went through a nutrition workshop – focused around strategies to increase lean body tissue. There was a strength and conditioning session where the athletes went through the important basics of key lifts included in the strength training program they will be following with the transition to the indoor season.



Session with nutritionist (left) and strength and conditioning session in the weight room.

We were supposed to watch the OUA varsity rowing finals on Saturday afternoon, however the finals were postponed until Sunday morning due to high winds and rough water conditions. So after the loading the boats on the trailer for the next day, the athletes had a bit of extra time to do some homework, take a nap, or go Hallowe'en costume shopping before meeting up again Saturday evening at Parkway Lanes for some bowling.

Sunday morning we met at the NDCO in Welland. After quickly rigging the boats, we went out for the first row, which was focused on sculling for the lightweights (for most of them their first time!) and effective length in the boat for the heavyweights.



Rigging boats and getting set up while on the dock.



Lightweights trying sculling (L) and heavyweights just about to push off the dock (R).

For the second row we went out in four eights (the six lightweight women and two lightweight men combined into an eight), and after a good warm up, raced 750m side by side for fun! After the row, U23 national team rower, Natalie Mastracci shared her experience of getting to and then competing on the U23 National Team.

The athletes had a lot of positive feedback about the camp – they said it was very motivating, they learned a lot, and looked forward to upcoming opportunities!

Special thanks to the team from CSCO who participated in the camp:

- Nutrition - Maggie Amos
- S&C - Jason MacLean and Michelle Fazarri
- AT - Alicia Crelinsten, Greg Gilby, Marcel Macdonald
- Skinfolds - Etlon Fernedes, and Devon Frayne
- Saro Farra

To the RCA staff (Paul Hawksworth, Michelle Darvill, Lindsey Boland) who attended, and to Melanie Kok and Natalie Mastracci who shared their national team experiences!

Sincerely,
 Phil Marshall, Lead Coach, NDCO
 Siobhan McLaughlin, Assistant Coach, NDCO