



Rower's Manual

Junior Program

Elite/Development/Youth

2019/20 Season

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Introduction

This document has been created for clarity in regards to the structures that are in place at Nepean Rowing Club that will enable all rowers to reach their individual goals.

This manual will outline the essential elements of our junior program, standards athletes are expected to meet and other essential pieces of information regarding training. Every rower partaking in our program is expected to read the entirety of this manual so that they know how the program will run and the standards they must achieve.

I hope this manual is informative and any questions regarding the contents of this manual should be directed to your club coach.

Goal Setting

It is important to write down your goals. This forces you to visualise your goals and creates an obligation on your own behalf to attain them.

Goals must be SMART:

Specific What, why and how

Measurable A goal must be measurable so you are able to see change over time

Attainable They must be challenging but not impossible

Realistic Attainable from the position you are currently at

Timely Goals must be set with a time frame in place

Taking these elements on board you are now asked to write down your goals. This is for your own records and it is encouraged for you to be as honest as you can to make this a worthwhile exercise.

To help with this process I will provide you with some examples:

Not SMART Goals	SMART Goals
I want to improve my technique	Short term: I want to improve my rock over and this will be achieved by a greater focus on the water and stretching daily.
I want to get faster	Medium Term: Beat my 5km PB time by 10 seconds by the November time trial
I want to represent Australia someday	To be selected into the 2017 Australian under 19 team.

Short Term (May 2019-> August 2019) 4 months

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Medium Term (September 2019-> December 2019) 8 months

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Long term (January 2020-> April 2020) 12 months

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Longer Term 12+ months (2020+)

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Ergometer Standards

Under 16, Under 17, Under 19 are listed below. Each table (one table with target distance and the other the longer distance test in the early season stages) dictates the minimum ergometer score that should be attained to be competitive in each category. Keeping in mind ergometer scores are not the only important factor in rowing these times should be used as an indication of your fitness only. Selection in state/national squads will use erg scores, this is detailed in a later section. These are the minimum standards and winning crews may be quicker than those times listed. Remember rowing is heavily influenced by power to weight ratio so lighter rowers may have slower ergometer scores in comparison to larger rowers.

Ergometer tests will take place periodically throughout the year. Target ergometer tests will be undertaken in December and March and it is the responsibility of rowers to keep track of where their time places them in accordance to the below tables.

Club Standard

Competitive in grade events and compete in larger boats in age events, may compete at State Championships in crew boats.

Higher Club Standard

Competitive at club regatta's in your age category in small boats and will compete in larger boats at State Championships.

State Standard

These athletes are aiming to be competitive in small boats at club regatta's and State Championships and will be contesting selection in larger boats at National Championships.

National Standard

These are the times required to be considered competitive in small boats at Nationals.

International Standard

Representing Australian standards- men

Under 19 heavyweight: 2000m – lower expectation 6:20 – Aspirational 6:08

Under 21 lightweight: 2000m – lower expectation 6:35 – Aspirational 6:25

Under 19 heavyweight: 5000m – lower expectation 16:56 – Aspirational 16:24

Under 21 lightweight: 5000m – lower expectation 17:47 – Aspirational 17:20

Representing Australian standards- women

Under 19 heavyweight: 2000m – lower expectation 7:15 – Aspirational 7:05

Under 21 lightweight: 2000m – lower expectation 7:35 – Aspirational 7:25

Under 19 heavyweight: 5000m – lower expectation 19:06 – Aspirational 18:40

Under 21 lightweight: 5000m – lower expectation 19:57 – Aspirational 19:31

Men's Ergometer Standards

AGE	DISTANCE	Club Standard	Higher Club Standard	State Standard	National Standard
15	1000m	3:45	3:35	3:25	-
16	2000m	7:20	7:10	7:00	6:50
17	2000m	7:00	6:50	6:40	6:30
18	2000m	7:00	6:50	6:40	6:30

AGE	DISTANCE	Club Standard	Higher Club Standard	State Standard	National Standard
15	2000m	7:50	7:30	7:10	-
16	5000m	19:25	19:00	18:35	18:10
17	5000m	18:35	18:10	17:45	17:20
18	5000m	18:35	18:10	17:45	17:20

Women's Ergometer Standards

AGE	DISTANCE	Club Standard	Higher Club Standard	State Standard	National Standard
15	1000m	4:10	4:00	3:50	-
16	2000m	8:10	8:00	7:50	7:40
17	2000m	7:50	7:40	7:30	7:20
18	2000m	7:50	7:40	7:30	7:20

AGE	DISTANCE	Club Standard	Higher Club Standard	State Standard	National Standard
15	1000m	8:40	8:20	8:00	-
16	2000m	21:30	21:05	20:40	20:15
17	2000m	20:40	20:15	19:50	19:25
18	2000m	20:40	20:15	19:50	19:25

State/National Qualifying Times

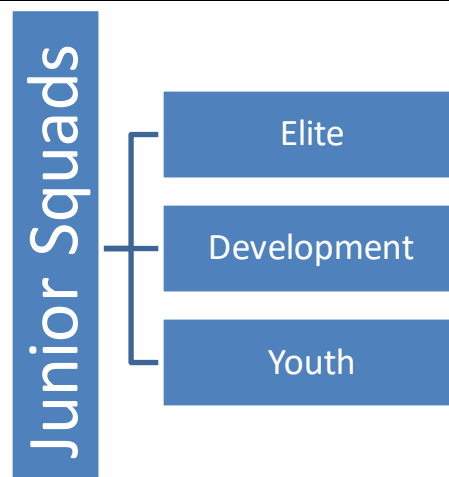
These times indicate competitive times for each category.

Athletes are required to meet these standards in order for selectors to enter them into the corresponding regatta. This is done in order to ensure athletes do not waste their time and coaches are able to focus on the rowers who will be competitive at these regattas. Coaches however may enter athletes into events if they see it as a fundamental stepping stone for future rowing endeavours. Further information regarding selection into State/national squad can be found in a later section.

Boat Class	State Championships	National Championships
MU16 1x	3:50	-
MU16 2x	3:30	-
MU16 4x+	3:20	-
MU17 1x	7:55	7:40
MU17 2x	7:25	7:10
MU17 4x+	7:00	6:45
MU19 1x	7:40	7:25
MU19 2-	-	7:10
MU19 2x	7:05	6:50
MU19 4x	6:30	6:15
WU16 1x	4:10	-
WU16 2x	3:50	-
WU16 4x+	3:45	-
WU17 1x	8:45	8:30
WU17 2x	8:00	7:45
WU17 4x+	7:40	7:30
WU19 1x	8:30	8:15
WU19 2-	-	8:00
WU19 2x	7:50	7:35
WU19 4x	7:20	7:05

Squad Structures

Youth Squad	Development Squad	Elite Squad
Purpose <ul style="list-style-type: none"> - To develop complete novice in the sport of rowing - Develop sculling and sweep technique 	Purpose <ul style="list-style-type: none"> - Develop advanced sculling and sweep technique 	Purpose <ul style="list-style-type: none"> - Develop expert sculling and sweep technique
Objectives <ul style="list-style-type: none"> - Compete successfully at club regattas in grade and age events - Select athletes to compete at State Championships 	Objectives <ul style="list-style-type: none"> - Compete successfully in small boats at club regattas in grade and age events - Select athletes to compete successfully in big boats at State Championships 	Objectives <ul style="list-style-type: none"> - Compete successful at State and seek selection to go to National Championships - To qualify for representative teams
Training Load (2-4per week) <ul style="list-style-type: none"> - 2 on water sessions - 2 x-training sessions 	Training Load (3-6 per week) <ul style="list-style-type: none"> - 2/4 on water sessions - 2 x-training sessions 	Training Load (6-10 per week) <ul style="list-style-type: none"> - 2/5 on water sessions - 2/5 x-training sessions
Expectations <ul style="list-style-type: none"> - Complete at least 3 sessions a week 	Expectations <ul style="list-style-type: none"> - Complete at least 5 sessions a week 	Expectations <ul style="list-style-type: none"> - Complete at least 8 sessions a week
Age categories <ul style="list-style-type: none"> - U16, U17, U19 	Age categories <ul style="list-style-type: none"> - U16, U17, U19 	Age categories <ul style="list-style-type: none"> - U16, U17, U19
Progression <ul style="list-style-type: none"> - To Development Squad 	Progression <ul style="list-style-type: none"> - To Elite Squad 	Progression <ul style="list-style-type: none"> - To Senior squad



Selection Process

The club has three elected selectors and these individuals work together to:

- Choose which boats rowers use

Rowers are allocated boats based on the level of their performance, commitment to training and frequency in which they race the boat. Boat allocation will take place throughout the season and is to the discretion of club selectors.

- Choose which races rowers compete in

Rowers are expected to notify a coach if they are unable to enter a particular regatta due to a prior commitment. If a coach is not notified and the rower is entered they are liable to pay all applicable seat fees. An email notifying rowers of the events they will be entered into will be sent out no later than the Thursday before the regatta.

- Select the squads that will compete at State and National Championships

NSW Championships Squad Selection

September-December

Erg Qualification

- State Standard erg time for your age you will compete in at 2017 State Championships must be met by the end of training in December to qualify into the preliminary squad.

Water Performance

- Times must be within 10 seconds of State qualifying times by the end of training in December.

January

Camp and Small Boats Regatta

- Final qualifying chance with athletes needing to meet qualifying water times. Their inclusion to the squad is then to the discretion of club coaches.

Australian Championships Squad Selection

September-December

Erg Qualification

- National Standard erg time for your age you will compete in at 2017 Australian Championships must be met by the end of training in December to qualify into the preliminary squad.

Water Performance

- Times must be within 10 seconds of National qualifying times by the end of training in December.

February

State Championships

- Final qualifying chance with athletes needing to meet qualifying times. Their inclusion to the squad is then to the discretion of club coaches.

Issues

Any issues with the selector's decisions should be at first instance raised with a club coach. If this does not resolve the issue it should be raised with club selectors as a whole.

Warmup/Cool-down

Before and after Training/Racing

Rowing is a very demanding sport and as such athletes should conduct a warmup before training. This is not mandatory however I have provided an example below if anyone wishes to use it.

Dynamic warmup- Total=6 minutes

Roll 2'

Each ankle rolls out x 3 and roll in x 3

Calf raise in x 3 and calf raise out x 3

Leg swing ea x6

Dorsiflex squat each leg squat x 1

Squat- pulse x 10 each side and 3 push and holds each side

Kneeling push each leg x 6

Leg lift ea hold 2secs x3

Splits x 3 lowers and push hips hold 3 secs

Ground legs spread push hips hold 5 secs x2

Quad ped- 6x ea. Side arm swings

Back ext. x10

Neck circle ea. X3

Arm swings forward and backwards ea. X5

Arm swing in front of body x6

T Pushup x 6

Squat jump x 3

On Water Warmup- this may change from time to time and is to the discretion of the coach

1. 15x arms, body rock, $\frac{1}{4}$ slide, $\frac{1}{2}$ slide, $\frac{3}{4}$ slide, full slide-> SQUARE BLADES
2. Pausing 5on/15normal: arms, rock, half slide x3
3. Normal rowing to bridge and wait for coach
4. Taps and rollups are to be done at the M4 bridge while waiting for your coach

After Training

Stretching

5-10 minutes of stretching should take place at the conclusion of every session. Please ask your coach for recommended stretches.