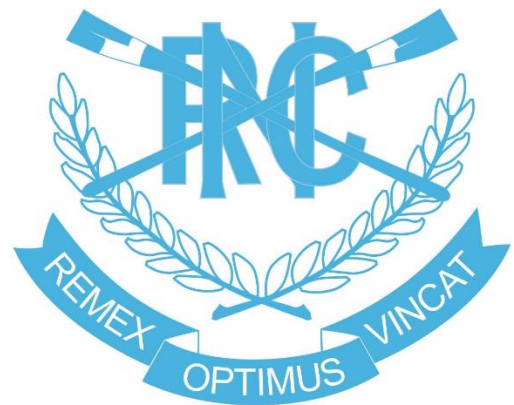


Rower's Manual

Nepean Rowing Program

High Performance/Development/Club/Social

2023/24 Season



**NEPEAN ROWING CLUB**

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## **Introduction**

This document has been created for clarity regarding the structures that are in place at Nepean Rowing Club.

This manual will outline the essential elements of all our programs, the 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 the Rowing Coordinator.

## Junior Squad Structures

Social Squad	Club Squad	Development Squad
<b>Purpose</b> To develop individuals to a competent level in rowing	<b>Purpose</b> Develop advanced sculling and sweep technique	<b>Purpose</b> Develop expert sculling and sweep technique
<b>Objectives</b> To learn the basic skills of rowing. Have fun and enjoy the sport.	<b>Objectives</b> Train hard and compete successfully in club events both in big and if selected, in small boats.	<b>Objectives</b> Compete successfully in state/national events both in small and big boats.
<b>Selection</b> Only age dependent	<b>Selection</b> Must meet age, training commitment and minimum erg standard. 15 rower cap.	<b>Selection</b> Must meet age, training commitment and be selected
<b>Equipment Use</b> Training tub singles	<b>Equipment Use</b> Club racing boats	<b>Equipment Use</b> Club racing boats
<b>Training Load</b> 1/2 x group session per week	<b>Training Load</b> 1-2 x club rowing sessions per week. Monday and Friday afternoons. May also do the club land sessions (Wednesday afternoon) Must do a minimum of 4 sessions per week at rowing or at home	<b>Training Load</b> Personalised Program 4 club rowing sessions per week along with selective HP sessions Minimum total sessions: 13-14: 6 15-16: 8
<b>Age categories</b> 9-16	<b>Age categories</b> 13-16	<b>Age categories</b> 13-16
<b>Progression</b> Stay in squad or move to the club squad	<b>Progression</b> Stay in squad or move to the development squad	<b>Progression</b> Senior High Performance

## Senior Squad Structures

Social Squad	Club Squad	High Performance Squad
<b>Purpose</b> To develop individuals to a competent level in rowing	<b>Purpose</b> Develop advanced sculling and sweep technique	<b>Purpose</b> Develop expert sculling and sweep technique
<b>Objectives</b> To learn the basic skills of rowing. Have fun and enjoy the sport.	<b>Objectives</b> Train hard and compete successfully in club events both in big and if selected, in small boats.	<b>Objectives</b> Compete successfully in state/national events both in small and big boats.
<b>Selection</b> N/A	<b>Selection</b> Must meet age, training commitment and minimum erg standard	<b>Selection</b> Must meet age, training commitment and be selected
<b>Equipment Use</b> Training tub singles	<b>Equipment Use</b> Club racing boats	<b>Equipment Use</b> Priority club racing boats
<b>Training Load</b> 1/2 x group session per week	<b>Training Load</b> 1-4 x club rowing sessions per week (Monday and Friday PM and Saturday/Sunday AM). Land, Wednesday afternoon. Must do a minimum of 4 sessions per week at rowing or at home	<b>Training Load</b> 4 club rowing sessions per week along with selective HP sessions Minimum total sessions: 10
<b>Age categories</b> 17+	<b>Age categories</b> 17+	<b>Age categories</b> 17+
<b>Progression</b> Stay in the squad or move to the club squad	<b>Progression</b> Stay in the squad or move high-performance squad	<b>Progression</b> N/A

## **Selection Process**

The Rowing Coordinator in consultation with the elected rowing officials:

- Selects what squad rowers go into
- Select what sessions rowers attend
- Choose which boats rowers use
- Choose which races rowers compete in
- Select the squads that will compete at State and National Championships

All decisions are final and are not able to be disputed.

## Ergometer Standards - Junior

Under 16, Under 17, Under 19 times are listed below. Each table dictates the minimum ergometer score that should be attained to be competitive in each category. There is a minimum time that must be met to compete in each age category. 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 heavier rowers.

Ergometer tests will take place monthly. It is the responsibility of rowers to keep track of where their time places them in accordance with the below tables.

### Minimum Standards

This is the minimum time you must do to be put into the Club squad.

### Club Standard

Competitive in grade events and compete in larger boats in age events.

### Higher Club Standard

Competitive at club regattas 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 regattas and State Championships and will be contesting selection in larger boats at National Championships. This is the time to be meet to part of the Nepean Development squad.

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

Representing Australian standards- women

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

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

### Men's Ergometer Standards

AGE	DISTANCE	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
13	1000m	4:20	4:10	3:55	3:25	-
14	1000m	4:10	3:55	3:45	3:25	-
15	1000m	3:50	3:45	3:35	3:25	-
16	2000m	7:40	7:20	7:10	7:00	6:50
17	2000m	7:20	7:00	6:50	6:40	6:30
18	2000m	7:20	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	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
13	1000m	4:30	4:25	4:20	3:50	
14	1000m	4:20	4:15	4:10	3:50	-
15	1000m	4:10	4:05	4:00	3:50	-
16	2000m	8:30	8:10	8:00	7:50	7:40
17	2000m	8:20	7:50	7:40	7:30	7:20
18	2000m	8:20	7:50	7:40	7:30	7:20

AGE	DISTANCE	Club Standard	Higher Club Standard	State Standard	National Standard
15	2000m	8:40	8:20	8:00	-
16	5000m	21:30	21:05	20:40	20:15
17	5000m	20:40	20:15	19:50	19:25
18	5000m	20:40	20:15	19:50	19:25



### State/National Qualifying Times- Development/High Performance

These times indicate competitive times for each category.

Athletes are required to meet these standards for them to be entered into the corresponding regatta. The rowing coordinator however may enter athletes into events if they see it as a fundamental stepping stone for future rowing endeavours.

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 4-	-	6:30
MU19 4+	6:50	6:45
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 4-	-	7:20
WU19 4+	7:40	7:30
WU19 4x	7:20	7:05

### **Ergometer Standards: Club**

Age is not factored in as this squad targets non-age-based racing. Each table dictates the minimum ergometer score that should be attained to be competitive in each category. Remember rowing is heavily influenced by power to weight ratio so lighter rowers may have slower ergometer scores in comparison to heavier rowers.

Ergometer tests will take place periodically throughout the year. It is the responsibility of rowers to keep track of where their time places them in accordance with the below tables.

#### Grading system

Below average	Competitive in larger boats at smaller club regattas
Average	Competitive in larger boats at larger club regattas
Good	Competitive in small boats at smaller club regattas and in larger boats at larger club regattas
Excellent	Competitive in small and big boats at larger club regattas

#### Standards

<u>Minimum Grade Standard</u>	Must be met to be able to enter the club squad
<u>Lower Grade Standard</u>	Competitive in C and D grade events
<u>Higher Grade Standard</u>	Competitive at in A and B grade events.
<u>National Club Standard</u>	These athletes are aiming to be competitive in small boats at larger club regattas and will be contesting selection in larger boats in the club class at the Australian Championships.

### Men's Ergometer Standards

Standard	Distance	Below average	Average	Good	Excellent
Minimum Grade Standard	1000m 2000m	3:50 7:20	N/A	N/A	N/A
Lower Grade Standard	1000m	3:40	3:30	3:20	3:15
Higher Grade Standard	2000m	7:00	6:50	6:40	6:30
National Club Standard	2000m	-	-	6:30	6:20

Standard	Distance	Below average	Average	Good	Excellent
Lower Grade Standard	2000m	7:40	7:20	7:00	6:50
Higher Grade Standard	5000m	18:35	18:10	17:45	17:20
National Club Standard	5000m	-	-	17:20	16:55

### Women's Ergometer Standards

Standard	Distance	Below average	Average	Good	Excellent
Minimum Grade Standard	1000m 2000m	4:20 8:00	N/A	N/A	N/A
Lower Grade Standard	1000m	4:05	3:55	3:45	3:40
Higher Grade Standard	2000m	7:50	7:40	7:30	7:20
National Club Standard	2000m	-	-	7:20	7:10

Standard	Distance	Below average	Average	Good	Excellent
Lower Grade Standard	2000m	8:30	8:10	7:50	7:40
Higher Grade Standard	5000m	20:40	20:15	19:50	19:25
National Club Standard	5000m	-	-	19:25	19:00

### State Times: Club

These times indicate competitive times for each category. Selectors will use this to select appropriate crews for corresponding events.

Boat Class	NSW Grade Championships
MD 1x	3:50
MD 2x	3:30
MD 4x	3:15
MD 4+	3:30
MD 8+	3:10
MC 1x	3:45
MC 2x	3:25
MC 4x	3:10
MC 4+	3:20
MC 8+	3:05
MB 1x	7:45
MB 2x	7:15
MB 4x	6:40
MB 4-	6:50
MB 8+	6:20
MA 1x	7:35
MA 2x	7:00
MA 4x	6:30
MA 4-	6:40
MA 8+	6:10
WD 1x	4:20
WD 2x	4:00
WD 4x	3:45
WD 4+	4:00
WD 8+	3:40
WC 1x	4:05
WC 2x	3:50
WC 4x	3:35
WC 4+	3:55
WC 8+	3:35
WB 1x	8:35
WB 2x	8:00
WB 4x	7:25
WB 4-	7:50
WB 8+	7:15
WA 1x	8:25
WA 2x	7:50
WA 4x	7:10
WA 4-	7:40
WA8+	7:05

**National Times: Club**

Boat Class	Australian Championships
M2x	6:55
M4-	6:30
M8+	6:00
W2x	7:40
W4-	7:30
W8+	7:00

## **Ergometer Standards: Club – Masters**

Master categories A-G erg times are listed below. Each table dictates the minimum ergometer score that should be attained to be competitive in each category. These are just a guideline of 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 heavier rowers.

Ergometer tests will take place periodically throughout the year. It is the responsibility of rowers to keep track of where their time places them in accordance with the below tables.

### **Minimum Standard**

Must be met to be able to compete.

### **Club Standard**

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

### **Higher Club Standard**

Competitive at club regattas 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 regattas and State Championships and competitive in larger boats at National Championships.

### **National Standard**

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

## **Men's Masters Ergometer Standards**

AGE	DISTANCE	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
A	1000m	3:45	3:35	3:25	3:15	3:05
B	1000m	3:45	3:36	3:26	3:16	3:06
C	1000m	3:50	3:39	3:29	3:19	3:09
D	1000m	3:55	3:44	3:34	3:24	3:14
E	1000m	4:00	3:49	3:39	3:29	3:19
F	1000m	4:05	3:55	3:45	3:35	3:25
G	1000m	4:10	4:03	3:53	3:43	3:33

### Women's Masters Ergometer Standards

AGE	DISTANCE	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
A	1000m	4:10	3:55	3:45	3:35	3:25
B	1000m	4:10	3:56	3:46	3:36	3:26
C	1000m	4:15	4:00	3:50	3:40	3:30
D	1000m	4:20	4:05	3:55	3:45	3:35
E	1000m	4:25	4:11	4:01	3:51	3:41
F	1000m	4:30	4:18	4:08	3:58	3:48
G	1000m	4:40	4:27	4:17	4:07	3:57



## **Ergometer Standards: Senior**

Under 21, Under 23 and open category target times are listed below. Each table dictates the minimum ergometer score that should be attained to be competitive in each category. Separate tables have been created for lightweight and open weight rowers. Remember rowing is heavily influenced by power to weight ratio so lighter rowers may have slower ergometer scores in comparison to heavier rowers.

Ergometer tests will take place periodically throughout the year. It is the responsibility of rowers to keep track of where their time places them in accordance with the below tables.

### **Minimum Standard**

Must be met to be able to compete.

### **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 regattas 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 regattas and State Championships and will be contesting selection in larger boats at National Championships. This is the times needed to be met to be part of the Nepean Development/High Performance squad.

### **National Standard**

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

### **International Standard**

These are the time required for selection into the Australian teams.

### Men's Lightweight Ergometer Standards

AGE	DISTANCE	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
19	2000m	7:00	6:45	6:40	6:35	6:30
20	2000m	7:00	6:45	6:40	6:35	6:30
21	2000m	6:45	6:35	6:30	6:25	6:20
22	2000m	6:45	6:35	6:30	6:25	6:20
23+	2000m	6:40	6:30	6:25	6:20	6:10

### Women's Lightweight Ergometer Standards

AGE	DISTANCE	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
19	2000m	7:55	7:40	7:35	7:30	7:25
20	2000m	7:55	7:40	7:35	7:30	7:25
21	2000m	7:45	7:30	7:25	7:20	7:15
22	2000m	7:45	7:30	7:25	7:20	7:15
23+	2000m	7:35	7:25	7:20	7:15	7:10

### Men's Heavyweight Ergometer Standards

AGE	DISTANCE	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
19	2000m	6:45	6:30	6:25	6:20	6:15
20	2000m	6:45	6:30	6:25	6:20	6:15
21	2000m	6:40	6:20	6:15	6:10	6:05
22	2000m	6:40	6:20	6:15	6:10	6:05
23+	2000m	6:35	6:15	6:10	6:00	5:50

### Women's Heavyweight Ergometer Standards

AGE	DISTANCE	Minimum Standard	Club Standard	Higher Club Standard	State Standard	National Standard
19	2000m	7:55	7:25	7:20	7:15	7:10
20	2000m	7:55	7:25	7:20	7:15	7:10
21	2000m	7:35	7:15	7:10	7:05	7:00
22	2000m	7:35	7:15	7:10	7:05	7:00
23+	2000m	7:30	7:05	7:00	6:55	6:40

### State/National Qualifying Times: Senior- High Performance

These times for the corresponding regatta indicate winning/placing times from past events.

Athletes are required to meet these times to be selected. Only athletes who will be competitive at these regattas will be entered. However, Coaches may enter athletes into events if they see it as a fundamental steppingstone for future rowing endeavours.

#### Men's times

Boat Class	NSW State Championships	Australian Championships
MU21 1x	7:20	7:10
MU 21 2-	7:00	6:50
MU21 2x	6:55	6:45
MU21 4x	6:20	6:10
MU214+	-	6:30
MU21 8+	5:55	-
MU23 1x	7:10	7:00
MU23 2-	6:55	6:45
MU23 2x	6:35	6:25
MU23 4x	6:15	6:05
MU23 4-/+	-	6:15
MU23 8+	-	5:40
MU21L 1x	7:40	7:30
MU21L 2x	7:10	-
MU23L 1x	-	7:20
MU23L 2-	-	7:00
MU23L 2x	-	6:50
MU23L 4-	-	6:25
MO 1x	-	-
MO 2-	-	-
MO 2x	-	-
MO 4x	-	-
MO 4-	-	-
MO 8+	-	-
MOL 1x	-	-
MOL 2-	-	-
MOL 2x	-	-
MOL 4x	-	-
MOL 4-	-	-
MOL 8+	-	-

## Women's times

Boat Class	NSW State Championships	Australian Championships
WU21 1x	8:20	8:10
WU 21 2-	7:55	7:45
WU21 2x	7:40	7:30
WU21 4x	7:20	7:10
WU214+	-	7:20
WU21 8+	7:00	-
WU23 1x	8:00	7:50
WU23 2-	7:35	7:25
WU23 2x	7:25	7:15
WU23 4x	6:50	6:40
WU23 4-	-	7:00
WU23 8+	-	6:30
WU21L 1x	8:30	8:20
WU21L 2x	8:00	-
WU23L 1x	-	8:00
WU23L 2x	-	7:25
WU23L 4x	-	6:45
WO 1x	8:10	7:50
WO 2-	7:45	7:35
WO 2x	-	-
WO 4x	-	-
WO 4-	-	-
WO 8+	-	-
WOL 1x	-	-
WOL 2x	-	-
WOL 4x	-	-

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