

Nepean Rowing Club: Talent Identification Program:

October 2019

Introduction

Nepean Rowing Club is looking to begin developing a high-performance squad. We currently have a small number of high performing juniors and are looking at building upon this to have a larger contingent of high-performance rowers at the club.

We are looking for individuals between 16-20 years old (though younger and older interested individuals should get in contact also) who are interested in trying a new sport and fast-tracking their path in it. We are looking for hard-working, committed individuals who want to try a new sport and give it their all.

Purpose

Currently, we do not have a designated pathway for individuals in this age category who are seeking high-level rowing. In having a designated program, we will be able to provide the necessary resources to enable participants to reach their potential.

Selection

To facilitate an athlete focused program, we will only be taking on a maximum of 8 individuals. Smaller program numbers will ensure that resources are appropriately utilized, and all participants get the most out of the program.

The selection process is:

1. Apply on the website for a spot in the program:
2. Upon receiving the application, athletes will be invited to an individual interview with myself

In early October an invitation will be extended to successful applicants to commence the four week learn to row program followed by a two week trial training period.

Unsuccessful applicants will also be contacted and will be provided with an alternative pathway into the sport.

Program

This will be a six-week program.

For the first four weeks this will involve two weekly sessions which will be conducted exclusively for the selected squad members. This will involve: one water-based session and one ergometer (rowing machine) session per week.

After this initial four weeks, participants will be able to join in on club sessions for two weeks.

The program will be FREE to participate in.

Post Program

At the conclusion of the program individuals will have a meeting with myself again and we will discuss your progress and your future in the sport.

The annual rowing membership fee and training program will be discussed both during and at the conclusion of the program. General information is available on the website.

Contact

If you have any queries at all about the above or about this program more broadly, please do not hesitate to get in contact with me.

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