



Rower's Manual

Senior Program

Masters/Club

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 senior program, standards athletes are expected to meet and other essential pieces of information regarding training. I hope this manual is informative and any questions regarding the contents of this manual should be addressed to your club coach.

Goal Setting

It is important to write down your goals. This enables 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: Masters

Master categories A-G erg times 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. 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 larger rowers.

Ergometer tests will take place periodically throughout the year. Target ergometer tests will be undertaken in December and February 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 and 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 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	Club Standard	Higher Club Standard	State Standard	National Standard
A	1000m	3:35	3:25	3:15	3:05
B	1000m	3:36	3:26	3:16	3:06
C	1000m	3:39	3:29	3:19	3:09
D	1000m	3:44	3:34	3:24	3:14
E	1000m	3:49	3:39	3:29	3:19
F	1000m	3:55	3:45	3:35	3:25
G	1000m	4:03	3:53	3:43	3:33

Women's Masters Ergometer Standards

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

Ergometer Standards: Club

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. Age is not factored in as this squad targets non-age based racing. 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. 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 February and it is the responsibility of rowers to keep track of where their time places them in accordance to 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>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 club class at National Championships.

Men's Ergometer Standards

Standard	Distance	Below average	Average	Good	Excellent
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
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/National Water Times: Masters

These times for the corresponding regatta indicate generated winning times through various methods. Coaches will use this table as a reference for prioritising crews and boats.

Men's times

Boat Class	NSW State Championships	Australian Championships	Boat Class	NSW State Championships	Australian Championships
MA 1x	3:40	3:35	MD 1x	3:49	3:44
MA 2x	3:25	3:20	MD 2x	3:33	3:28
MA 4x	3:10	3:05	MD 4x	3:18	3:13
MA 2-	3:30	3:25	MD 2-	3:39	3:34
MA 4-	3:15	3:10	MD 4-	3:23	3:18
MA 8+	3:00	2:55	MD 8+	3:08	3:03
MB 1x	3:41	3:36	ME 1x	3:54	3:49
MB 2x	3:26	3:21	ME 2x	3:38	3:43
MB 4x	3:11	3:06	ME 4x	3:22	3:27
MB 2-	3:31	3:26	ME 2-	3:44	3:49
MB 4-	3:16	3:11	ME 4-	3:28	3:33
MB 8+	3:01	2:56	ME 8+	3:12	2:17
MC 1x	3:44	3:39	MF 1x	4:00	3:55
MC 2x	3:29	3:24	MF 2x	3:44	3:49
MC 4x	3:14	3:09	MF 4x	3:28	3:33
MC 2-	3:34	3:29	MF 2-	3:50	3:55
MC 4-	3:19	3:14	MF 4-	3:33	3:38
MC 8+	3:04	2:59	MF 8+	3:17	3:22
			MG 1X	4:08	4:03

Women's times

Boat Class	NSW State Championships	Australian Championships	Boat Class	NSW State Championships	Australian Championships
WA 1x	4:00	3:55	WD 1x	4:10	4:15
WA 2x	3:50	3:45	WD 2x	4:00	4:05
WA 4x	3:30	3:35	WD 4x	3:39	3:44
WA 2-	3:55	3:50	WD 2-	4:05	4:10
WA 4-	3:45	3:40	WD 4-	3:54	3:59
WA 8+	3:30	3:25	WD 8+	3:38	3:43
WB 1x	4:01	4:06	WE 1x	4:16	4:21
WB 2x	3:51	3:56	WE 2x	4:05	4:10
WB 4x	3:31	3:36	WE 4x	3:44	3:49
WB 2-	3:56	4:01	WE 2-	4:11	4:16
WB 4-	3:46	3:51	WE 4-	3:59	4:04
WB 8+	3:31	3:36	WE 8+	3:43	3:48
WC 1x	4:05	4:10	WF 1x	4:23	4:28
WC 2x	3:55	4:00	WF 2x	4:11	4:16
WC 4x	3:34	3:39	WF 4x	3:50	3:55
WC 2-	4:00	4:05	WF 2-	4:18	4:23
WC 4-	3:49	3:54	WF 4-	4:06	4:11
WC 8+	3:34	3:39	WF 8+	3:49	3:54

State Times: Club

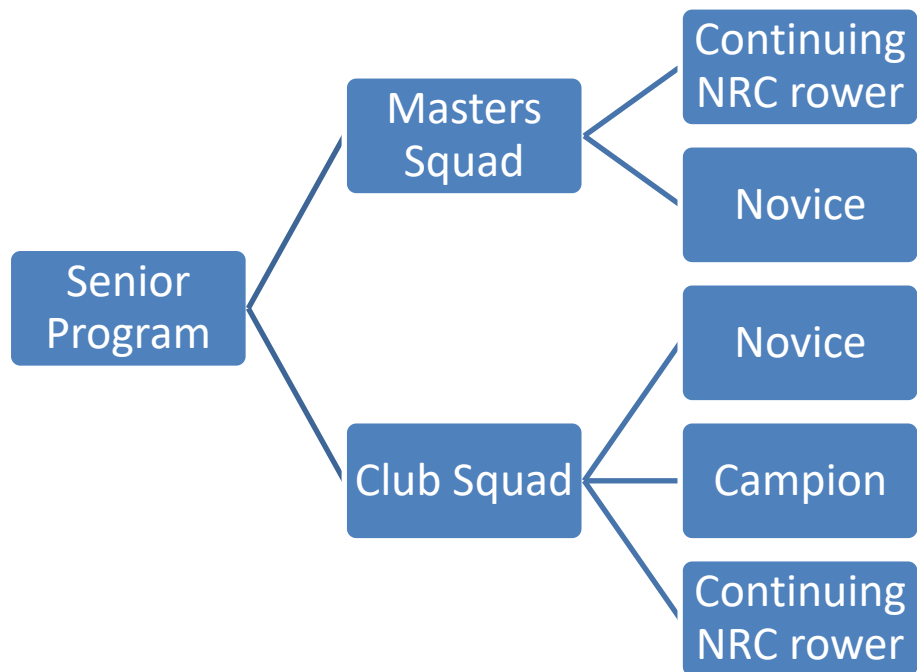
These times indicate competitive times for each category. Selectors will use this to select appropriate crews for corresponding events.

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

Program Structure



Squad Structures: Master Squad

Continuing NRC Rower

Senior

- Rowers involved in the senior squad upon turning 27 are eligible to compete in masters racing.
- New comers to Nepean may compete in master's events if they are at least 27 years old.

Squad Structures: Club Squad

Continuing NRC Rowers

- Rowers progressing from the junior development/elite squad may upon reaching the age of 18 move into the senior squad if they plan on continuing rowing
- Rowers currently in the senior program may wish to continue to stay in the club squad and perform in the appropriate events

Novice Seniors

- Nepean will hold an annual learn to row in early May/late April and upon graduation from this program rowers will begin in the novice seniors squad within the senior program

Campion

- The Campion College Rowing Crew is made up of Nepean members who study at Campion College Australia. They are a bi - crew of Nepean RC and are a club of the Campion College Student Association. They are part of the senior club based system.

Squad Breakdown

Master/Club Squad
Purpose <ul style="list-style-type: none">- To develop individuals in the sport of rowing- Develop sculling and sweep technique- Develop expert sculling and sweep technique
Objectives <ul style="list-style-type: none">- Compete successfully at club regattas in grade events- Compete in predominately in larger crew boats though smaller boats will be rowed by more competent individuals- Compete at State and National in club or master events
Training Load (1-8 per week) <ul style="list-style-type: none">- Dependant on goals/time in season
Expectations <ul style="list-style-type: none">- Dependant on goals/time in season
Age <ul style="list-style-type: none">- 19+

Training: Masters and Club

- All seniors are welcome to all club sessions
- Self-guided sessions are encouraged where rowers are unable to attend club sessions. Please consult your coach for an appropriate program for these sessions

Selection Process

The club has three elected selectors and these individuals work together with club coaches 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 and coaches.

- Choose which races rowers compete in

Rowers are will in consultation with coaches organise what regattas they are available for. Working with rowers, coaches/selectors will organise which crews will be entered to ensure appropriate individuals are placed together and in appropriate events.

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 warm-up : 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, ¼ slide, ½ slide, ¾ 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.