

Row NS  
High Performance Evaluation Camp

August 2010

# Reading your Scores

- To compare you're your results to Rowing Canada's Performance Targets visit:  
[http://www.rowingcanada.org/sites/rowingcanada/files/rcaerg\\_performancetargets.pdf](http://www.rowingcanada.org/sites/rowingcanada/files/rcaerg_performancetargets.pdf)
- Try comparing your scores to the nearest target as a percentage (eg. JrM CE for 10strokes is 743watts, I pulled 553w);
- $553/743 * 100 = 74.4\%$

# Compare your scores to the RCA Targets

- If my 10stroke % was 74.4%; my 60sec was 76.1%; my 2K was 77.2%; and my 6K was 85.3%...
- Where do my strengths lay?
- Where I am I weak?
- What is holding me back?
- What should I change?

# How Good Can I Be?

- Erg Targets show where your fitness needs to be if you want to race at specific levels.
- Have the courage to dream and set goals! *I will be Club Elite by the November 29 RADAR submission. I will make the U23 National Team by 2015*
- To reach your desired levels/goals you must train to them. Success only comes where it is invited!

# What do I have to do?

- McNeeley in Nolte's (2005) Rowing Faster offers these training volume guidelines:
- International – 800-1200hrs/yr (15-23+hr/wk)
- National – 600-800hrs/yr (12-15hrs/wk)
- Uni/Provincial – 500-600hrs/yr (9-11hrs/wk)
- Club/H.S. – 300-500hrs/wk (6-9hrs/wk)
- Intro to Sport – 200-300hrs/wk (4-6hrs/wk)

# Translation to Targets

- International = **NTC** – (15-23+hr/wk)
- National = **NDC** – (12-15hrs/wk)
- Uni/Provincial = **TDC** – (9-11hrs/wk)
- Club/H.S. = **CE** – (6-9hrs/wk)
- Intro to Sport - (4-6hrs/wk)

# How to Get There?

- Follow the 10% per year increase rule
- For Example:
- Year 1 – 500hrs
- Year 2 – 550hrs
- Year 3 – 605hrs
- Year 4 – 665hrs
- Year 5 – 732hrs

## Along the Way...

- Submit your results to the RCA Database via <https://www.cscnet.ca/login>
- Use the tutorial to help you do it ([www.rowingcanada.org](http://www.rowingcanada.org) -> Athlete Monitoring -> tutorial)
- Or [click](http://www.rowingcanada.org/athlete_monitoring_program/#video) [http://www.rowingcanada.org/athlete\\_monitoring\\_program/#video](http://www.rowingcanada.org/athlete_monitoring_program/#video) for the tutorial

# Why Should I Bother?

- Row NS coaches will monitor your performance via the Database. This will affect Provincial H.P. camps and Provincial Team selections.
- Rowing Canada Coaches will be able to see your successes!
- Outstanding performances has benefits!!!

# Benefits?

- Like invitations to RCA Development Camps
- Invites to National Team selection events, including: CanAmMex (Jr. National Development Team), the World Jr. Team, Pan Am's, Commonwealth Champ's, U-23 Worlds, and more)
- Possibly: Visits to your club from a RCA Development Coach
- Possibly: special access to Row NS equipment & CSC-Atl events Inter-Provincial Regattas and Camps

Normal is boring! Live a life less ordinary, be brave & go for it!

- *"[...] the only people for me are the mad ones, the ones who are mad to live, mad to talk, mad to be saved, desirous of everything at the same time, the ones who never yawn or say a commonplace thing, but burn, burn, burn like fabulous yellow roman candles exploding like spiders across the stars and in the middle you see the blue centerlight pop and everybody goes 'Awww!'"* Jack Kerouac (On the Road)

“...it’s just really cool to be different...”

- <http://www.youtube.com/watch?v=WyRsb2w6K08>