Saskatchewan Rowing Association – Athlete Development Pathways

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| **DEVELOPMENT STAGE** | **Development Indicators** | **Competition Focuses** | **Prescribed Training Volume** | **Erg Indicators** |
| **LTR/Jr. Development** | - Basic stroke development  - Sculling focus (1x, 2x, 4x)  - Bodyweight training focus  - All race distances (1km, 2km, 6km)  - Intro to regattas | - Local and regional events  - Western Sprints  - Alberta Open  - NWIRA  - Head of the SK  - Developing racing awareness and skill | 3-4 sessions per week (On water and off water) | Women’s 2km - < 8:30  Men’s 2km - < 7:30  Women’s 6km – N/A  Men’s 6km – N/A  *\*ALL erg standards reflected for Junior category* |
| **Club HP** | - Advanced stroke development  - Small boat focus (1x, 2x, 2-)  - Competitive training in small boats – leads to focused big boats  - Intro to weight training  - Focus performance over 2km | - Local and regional events  - Western Sprints  - Alberta Open  - NWIRA  - BC Championships  - Head of the SK  - Head of the Red  - Dino Sprints  - Advanced racing ability and skill  - Top 3 finish in events entered at regattas in any event entered | 6-7 sessions per week  Summer up to 10 sessions per week  Winter includes sessions that are weight training focused (2-3 sessions per week) | Women’s 2km - <7:50  Men’s 2km - <6:50  Women’s 6km- < 25:16  Men’s 6km - < 21:56  *\*ALL erg standards reflected for Junior category* |
| **Provincial HP** | - Advanced stroke refinement  - Small boat focus (1x or 2-)  - Competitive training in small boats  - Focused weight training  - Focus performance over 2km  - Big boat development focus for certain regattas | - Local and regional events  - Consistent top finish  - National level events  - Canadian Henley  - Canada Summer Games  - National Rowing Championships  - Canada Cup  - Top A Final finish in events entered at national regattas | 8-11 sessions per week  Winter training 6-7 sessions per week (mix of focused erg, weight, and cross training) | Women’s 2km - <7:38  Men’s 2km - <6:35  Women’s 6km - < 24:24  Men’s 6km - < 21:10  *\*ALL erg standards reflected for Junior category* |
| **National HP** | - Advanced stroke refinement  - Small boat focus for performance at trials (1x, 2-)  - Targeted split training in small boats (utilization of Speed Coach system)  - Specialized weight training  - Focus performance over 2km for int’l racing  - Robust ability to adapt and learn (adaptation for boats being selected to int’l competition) | - Local and regional events  - Consistent top finish  - National level events  - Top finisher in events entered  - International Events  - Junior Worlds  - U21 Trans-Tasman  - U23 Worlds  - Goal to place in A Final at international regattas | 11+ sessions per week  Winter training 9-10 sessions per week (focus on specialized weight training and erging) | Women’s - < 7:26  Men’s - <6:25  Women’s 6km - < 23:48  Men’s 6km - < 20:40  *\*ALL erg standards reflected for Junior category* |

**IMPORTANT NOTES**:

* Athletes are responsible for their development in the province in conjunction with the respective major centre coach (i.e. Regina or Saskatoon)
  + This is interpreted through the athlete’s commitment to training within the sport
* Athletes are encouraged to pursue the level of development they wish, however this should be clearly indicated to the coach so that work can be focused to ensure achievement at that level
* If athletes are not achieving the threshold for training at a particular level, they are encouraged to reassess their goals and adjust their focus accordingly
* At every level, athletes are encouraged to participate in activities outside of rowing, but must also ensure they can commit to the training prescribed at the level they have chosen to endeavour towards
* Each level will have specific elements to it that will require being completed (e.g. RADAR, preliminary trial regattas, national team seat racing)
* Athletes who are turning 14 or are under this age will ALWAYS fall under the Jr. Development category. The focus at this age is enjoyment in the sport, good boat maneuvering skill acquisition, multi-approach aerobic base building, flexibility, and functional bodyweight training. Athletes are encouraged to race, but will only attend regattas that are regional.
* All erg standards are minimum requirements for success at the levels indicated
* Athletes at all levels will compete with their clubs at local and regional club regattas in inclusion of developing themselves towards their goal level