

Manitoba Rowing Association

2013-2014 Training Goals

The MRA's training goals are excellence and retention. We will evaluate athletes' training and event selection based on these goals.

MRA Programming focuses on proper development of athletes at all stages. We have identified four areas through which we can measure improvement and prioritize excellence and retention for all stages. We plan on measuring improvement in four areas, using some of the tools we have developed in conjunction with our partnerships. As mentioned previously, we plan to sit down with each athlete to determine goals and realistic training commitment for the year. We have created markers for assessment to assist with measuring improvement in each of the four areas.

1. **Functional Movement Screen/Flexibility:** We will use Rowing Canada's Functional Movement screen to evaluate each athlete's strengths and weaknesses as they relate to functional movement, balance and imbalances. We will look to improve scores throughout the year and reach a base level on competency.
2. **Strength Assessment:** We will analyze strength related to body weight using three exercises to gauge improvement. The metrics for strength are Rowing Canada recommendations from Senior Physiologist Ed McNeely. The exercises are: Squat, Bent over row/Bench Pull, Dead Lift. All of these assessments will happen at the Sport for Life Centre by a certified Strength Trainer.
3. **Speed On Water:** On the water improvement will be measured using MRA Events throughout the year. We should see a steady improvement in ability throughout the periodized plan.

To give athletes better understanding of where they stand, bi-weekly time trials will also provide guidance. GMS% will be used as the barometer for improvement.

4. **Physiology/Ergometer:** Physiological improvements will be measured using Rowing Canada's RADAR Testing sequence. This tool will provide a platform for evaluating development in different training zones as they relate to physiological systems. With each distance we will assess improvement related to the GMS% . We expect to see improvement throughout the year. RADAR testing includes: Peak Power, 1 Minute, 2000 Meter/1000 Meter, 6k or 4K, and 1 Hour (TBD). Additional testing may be available on a case-by-case basis.

Athletes who follow this program are more likely to improve than others. We will evaluate each of the athletes within the provincial training group based on training accuracy. Athletes will meet individually with the coaching staff to chart out their yearly plan. The plan will take into account all of an athlete's activities, and the athlete and coach will come to a reasonable understanding about training volume for the year. At this point, the coach will develop a Yearly Training Plan (YTP) for the athlete. The YTP will lay out the year ahead with potential competitions, training camps, and other activities and will periodize training to achieve athlete improvement and peak performances.

The prescribed plan will be evaluated quarterly to ensure proper training load. However, the accuracy of the agreed upon training will be measured based upon the athlete's commitment to and execution of the training plan. Athletes will be expected to maintain a high level of accuracy. Support will be prioritized for athletes achieving high scores in the four metrics and high accuracy in training.

This year the weather has created a major obstacle for our summer preparations. Adequate preparation is essential to ensure that our athletes are developing appropriately and acquiring the skills necessary to lay a foundation for a successful year. If we do not prepare appropriately by adjusting our competition/training schedule, we risk injury, stagnation, and ultimately our competitive results.

Based on the current level of development within our athlete pool, Canada Summer Games is not a competitive priority for our athletes. It is an opportunity for our athletes to represent the province, continue development, and utilize the event as a learning opportunity for future competitive success.

Our goals stress individual improvement and long-term investment. In order to realize a real return on the investment, we must manage the event as it relates to our expectations and keep our end goals in mind. We have created a system that will prioritize this approach and these goals.

Canada Summer Games

The Canada Summer Games (CSG) team will be selected by June 22nd, 2013. The standard of competitiveness at CSG is quite high: approximately 90% of RCA Gold Medal Standard (GMS) for first place.

The selection protocol we have developed for the CSG is as follows:

1. Time Trial on June 22nd, 2013 to select the CSG team. This will only happen if we have more than 14 athletes of each gender eligible for CSG. In the event that we do not have 14 athletes in each gender, we will devote the time to training. The time trial will consist of 2 times 1000 meters on the Red River with a rate cap of 22 strokes per minute. This is in line with our periodized plan and reflects the priority at this point in the season. Full selection details are in the Selection Document.
2. In the event the time trial is not possible because of weather, flooding or other problems, we will use the same trial format on the ergometer to select the team.
3. Because our on water time is limited, we will not have time to run through selection for each boat class and combination for the CSG.

CSG mandates that we complete all our entries by June 24th, 2013. Our priorities are: constant development and supporting the team goal to better our historical performance. We do not want to detract from individual development and improvement, therefore boating assignments will not be released until after August 3rd. Until August 3rd, the goal is to maintain focus on winning the Lipton Cup - Association Championship for the Winnipeg Rowing Club. Given more time, a broader base of developed athletes, and better climate, we would perhaps choose a different process but this is the best process for our athletes moving forward through the summer.

Our focus for the CSG is working to best our historical results while prioritizing individual improvement and development. We have done considerable research on the results for the past three CSG

cycles with the intention of using these results as a benchmark for athlete performance. It is our goal to utilize the CSG as a step in our athletes' careers rather than the competitive pinnacle. In order to optimally develop each of our athletes we need to retain athletes beyond the CSG cycle so that they can invest the 10,000 training hours needed to gain a high level of training and skill.

This means that the boat lineups and tactical preparations are **not** a priority for the CSG. The way that we create the best possible team is to develop each individual to his/her personal best. Every athlete and every staff member must be committed to constant individual improvement to help the team strive toward besting our historical results.

Our goals are about constant individual improvement and supporting overall team improvement. The goal of individual improvement in training to support the team outcome is a lofty one but one we believe our athletes can understand and achieve.

We know that our process challenges our athletes to reconsider how we succeed. We are successful by improving, we are successful by continuing to develop, and we are successful by retaining athletes to optimize development and ultimately performance. Performance is an outcome of excellence, and we can define excellence through improvement. If we can improve our standing related to the historical GMS at previous CSGs, then we have succeeded in accomplishing our goals related to this event.