

Manitoba Rowing Association Program Participation

Priorities

1. Attract and develop TID Level athletes – inline with RCA standards and RADAR
2. Developing high level of skill
3. Retention for the purpose of overall system development

Athletes wishing to participate in Manitoba Rowing Association programming will be categorized based on Rowing Canada Aviron ergometer and/or anthropomorphic standards. Each category has different levels of training and financial support. The categorization of athletes will be an ongoing process, taking place quarterly with RADAR submissions. The following table outlines each category, the standard required to fit into the category, and the support and services available to the athlete.

RCA targets can be found on the RCA website:

http://www.rowingcanada.org/sites/rowingcanada/files/rca_erg_targets_v2.pdf

Athletes participating in MRA programming are required to sign a code of conduct and athlete agreement.

The athlete agreement and code of conduct are available electronically on <http://rowingmanitoba.ca> and must be read and agreed to as part of athlete participation in MRA programming. The athlete agreement includes:

- Athletes agree to purchase a heart rate monitor at their own expense
 - o Athletes are responsible for monitoring their own progress using the HR monitor and erg data in conjunction with the coaches prescribed training
- Athletes agree to complete a medical physical, preferably with a full blood battery
 - o This is to detect any pre-existing or unknown medical conditions or metabolic issues.
 - o Athletes are encouraged to check their existing health coverage for physiotherapy, massage, and nutritional support and obtain a doctor's prescription if necessary
- Athletes agree to complete a functional movement screen.
 - o This can be arranged through the coaching staff and will be completed at the Sport for Life Centre at 154 Pacific Avenue
- Athletes are required to submit RADAR test scores to RCA
- Athletes are responsible for checking the MRA website for up-to-date information

Parents/guardians of rowers under the age of 18 must agree to a parent code of conduct. Both parents/guardians of minors must also sign and agree to abide by the code of conduct as part of junior athlete participation in MRA programming.

Athletes wishing to participate in MRA programming have a fundraising obligation of \$500. Fundraising opportunities will be provided.

	Junior (U19) Development	Junior (U19) Pre-High Performance	Senior A/B Development	Senior A/B Pre-High Performance	Talent ID
RCA Standard	- Submit quarterly RCA RADAR testing	- Club Elite & TID anthropomorphic standards OR - TDC RADAR scores OR - Top 5 at NRC regatta	- Submit quarterly RCA RADAR testing	- TDC RADAR scores OR - Top 5 at NRC regatta	- RCA anthropomorphic & initial TID testing standards - Once standards are met, must transition to high performance within 9 months
Coaching Support	X	X	X	X	X
Equipment Support - Use of MRA boat fleet and elite shells	- At coach's discretion	X	- At coach's discretion	X	- At coach's discretion
Training camp eligibility	X	X	X	X	X
Training camp financial support (when budget allows)		X		X	X
Eligible for Canadian Sport Centre MB services support		X		X	X
Eligible for MB Athlete Assistance		X		X	
Targeted support services - e.g. strength and conditioning, nutrition, sports psychologist		X		X	
National Rowing Championship eligibility	X	X	X	X	X
Financial support to attend NRC and RCA Development regattas (when budget allows)		X		X	
Additional support services	X				X

* Junior athletes will be compared to RCA junior category regardless of weight class