

## MRA Training Group Criteria – 2017-2018

The goal of the MRA Training Group is to provide national team and Interprovincial Games eligible athletes a competitive environment for their athletic development.

Athletes who demonstrate the following may be included in the MRA Training Group:

- Has the desire to compete for Team Manitoba at Interprovincial Games, National Rowing Championships and/or Canada Cup Regattas.
- Holds the 7 Principles of True Sport: Keep it Fun, Respect Others, Give Back, Go For It, Play Fair, Stay Healthy, Include Everyone
- Shows commitment to the sport of Rowing
- Trains with a desire to improve and a willingness to work hard
- Brings a positive attitude to the training environment

Plans to attend the following Regattas:

- National Rowing Championships – November
- Canada Cup Regatta – November
- Speed Orders – June
- Royal Canadian Henley Regatta – August

(Athletes will race and be ranked by Rowing Canada Aviron Gold Medal Prognostic Times 2017 to determine their attendance at each of these regattas. Percentages will be based on the group results.) Some athletes may be pre-selected for these regattas due to previous summer on water results.

Along with the above, the following measurable standards should be met:

Water performance – 85% in small boat (2-, 1x), to ensure workouts can be done as a group.

Erg Standard – 2000m – Rowing Canada Aviron’s Athlete Development Pathway version 16.1, 2015 (p.42-50)) Athlete’s age “Needs Improvement” + 10 seconds. Document can be found [here](#).

Please note there is an added cost to the MRA training group.

Should you have any questions, please let me know

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