

## MRA Training Group Criteria – 2019-2020

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:

- Shows commitment to the sport of rowing
- Brings a positive attitude to the training environment
- Holds the 7 Principles of True Sport
- Trains with an intensity to improve and a willingness to work hard
- Sets a goal to strive to achieve within the next year
- Has the desire to compete for Canada or Manitoba

Plans to attend the following Regattas:

- National Rowing Championships – September 24-26, 2020
- Canada Cup Regatta – September 27, 2020
- Speed Orders or Junior Worlds Selection – June 2020 (TBD)
- Royal Canadian Henley Regatta – August 3-9, 2020

(Athletes will race and be ranked by Rowing Canada Aviron Gold Medal Prognostic Times 2018 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:

Erg Standard – 2000m – Rowing Canada Aviron’s “Becoming a HUB Athlete”, found on this page <https://rowingcanada.o6rg/resources/> The target will be your age, plus 20 seconds. Document can be found [here](#).

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

\*Please note there is an added cost of \$600/year for the MRA training group.

Should you have any questions, please let me know

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