



Manitoba Rowing Association
High Performance Training Group Criteria
Fall 2022- March 2023

The goal of the MRA Training Group is to provide a competitive environment for the athletic development, while also learning life skills. The group is intended for those athletes looking towards rowing at a high-performance level; including university and various national team opportunities.

*Please note there is an added cost for the MRA high-performance training group.

Athletes who wish to train with the group must demonstrate the following:

- Show commitment to the sport of rowing
- Bring respect and a positive attitude to the training environment
- Be coachable and willing to make changes
- Hold the 7 Principles of True Sport (truesportpur.ca)
- Work well with others in a team environment
- Train with an intensity to improve and a willingness to work hard
- Set a goal to strive to achieve within the next year
- Has the desire to compete in rowing

Plan to possibly attend the following Regattas:

- National Rowing Championships – Nov 10-13, 2022
- Speed Orders or Junior Worlds Selection – May 2023 (official date tbd)
- Royal Canadian Henley Regatta – August 8-13, 2023

Athletes will race and be ranked by Rowing Canada Aviron 2022 Gold Medal Prognostic Times 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.

For this six-month phase, we will run things a bit differently. We will run two groups, a HP group, and a competitive group.

The cost for the HP group is \$720 and includes two sessions at the Sport Manitoba Performance Center per week on your own schedule – ideally Tuesday and Thursday, but if that doesn't work, let's discuss. You should be at all morning workouts and will need to write out your goals for the next 10-12 months.



The cost for the Competitive group is \$300. You should come to three or more sessions per week.

For the group to function at the highest level, water performance standards must be met to ensure we can do workouts as a group and everyone can get the best out of themselves and the program.

We will run a selection weekend after April 1st, in the new training year.

**A change for next year is that it will be required for all the summer 2023 HP training group athletes to have their Learn To Row Coaching training completed. There are three courses (two online, one through Sport Manitoba) required before the LTR course is allowed to be taken. There is a cost to the courses, and MRA will reimburse you for 50% of the online courses.

Should you have any questions, please let me know.

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