



# ALBERTA ROWING ASSOCIATION

## The Alberta Rowing Coach February 2001

Volume 2 Issue 2, February 2001

ALBERTA  
ROWING  
ASSOCIATION

In this issue:

ARA Indoor Championship Results with a few "write in" scores added from others who pulled elsewhere.

A few observations from the [National Coaches Conference](#)

[Coming Events](#) a listing of dates and events as known when this issue of the newsletter was posted.

[Training Recommendations](#) for February 2001

The Canadian Training Intensities Chart that we use to regulate how hard athletes train has been taken out of this newsletter - it can be found in the archived copies of the ARA's newsletter.

Listing of [Coaching Theory Courses in Alberta](#): not all of them, but those in communities with rowing clubs.

## 2001 ARA Ergometer Championship Results, 3 February, 2001

Cheers to the good folks at Calgary Rowing Club for hosting this event. Special thanks to Carol Hermansen for pushing the process, to Corina Kerrison for organizing the entries and getting everyone registered, to Paul Spencer, Steve Norman, Thomas Schaefer, and others whose names I forget and didn't write down, for all their help setting up and taking down. Thanks to Carolyn Taylor for getting those really cool medals made up, and to Tim Smith and Blair Carey for hauling the ergometers to the event. Concept II were helpful by sending the race kit and e-mailing hook-up instructions - that stuff should all be back home for re-distribution by now... Thanks to Row West for providing a prize coupon for a fleece top - which was won by Julia Renouf of the Edmonton Rowing Club. Carol Hermansen donated several leather goods of her creation as draw prizes, and Ian Smedley had a presence for Regatta Sport. Thanks to all for their support.

We managed to get all the races off almost on time, with only one serious computer glitch. Someone must have pulled on one of the wires during switch over in the "banana" team in the relay race. There were no false starts - I guess nobody wants to look stupid in front of everyone, but there sure were some close calls. I think the biggest delay getting a race started was about 2-3 minutes. Oops. Sorry.

Clubs:

CRC Calgary Rowing Club

UCRC University of Calgary Rowing Club

ERC Edmonton Rowing Club

LLRC Lake Louise Rowing Club

If I've spelled your name incorrectly - please accept my apology - I hate when people get mine wrong.

	Name	Club	Category	2000 m time
Junior Men	Stewart Thompson	CRC	JrMB	06:59.3

	Steve Sharpe	CRC	JrMA	07:23.9
	Stephan Connolly	CRC	JrMB	08:02.7
	Matthew Berry	CRC	JrMB	08:06.3

	Name	Club	Category	2000m time
Junior A Women	Beah Coyle	CRC	JrWA	07:34.5
	Ashley Ermantrout	ERC	JrWA	07:49.2
	Julia Renouf	ERC	JrWA	07:59.2
	Andrea Patry	CRC	JrWA	8:01.1
	Colleen Lawrence	ERC	JrWA	08:17.1
	Kristin Zak	ERC	JrWA	08:17.4
	Jessica Lang	ERC	JrWA	08:18.8
	Karen Bailey	CRC	JrWA	08:28.9
	Nicole Sewall	UCRC	JrWA	08:43.0

	Name	Club	Category	2000 m time
Junior B Women	Joanna Merson	CRC	JrWB	08:17.8
	Jillian Logee	CRC	JrWB	08:38.1
	Ashley Grandberg	CRC	JrWB	08:44.2
	Megan Beatch	CRC	JrWB	08:49.6
	Cassie Lepage	CRC	JrWB	08:50.3
	Pamela Szata	CRC	JrWB	08:55.8
	Rachel Stout	CRC	JrWB	08:59.1
	Marissa Whitiker	CRC	JrWB	09:01.7
	Gillian McWilliams	CRC	JrWB	09:28.1
	Julia Woods	CRC	JrWB	09:42.9

	Name	Club	Category	2000 m time
Lightweight Men	Thomas Auer	LLRC	LwtM	06:49.5
	Mark Shaw	CRC	LwtM	07:07.6
	Ian Smedley	CRC	LwtM	07:33.2
	Bryan Chung	UCRC	LwtM	07:36.0

	Name	Club	Category	2000 m time
Lightweight Women	Jacqui McCallum	CRC	LwtW	07:45.1
	Avril Johnson	CRC	LwtW	08:05.5
	Tracy Niemela	ERC	LwtW	08:22.9

	Name	Club	Category	2000 m time
Masters Men	Steve Dull	CRC	MM	06:39.6
(uncorrected for age)	Sergio Zuliani	CRC	MM	06:54.0
	John Janzen	CRC	NM	06:58.6
	Bill Goodway	CRC	MM	06:58.7
	Hristo Minkovsky	ERC	MM	07:11.6
	Vince Janisko	CRC	MM	07:12.5
	Courtenay Ellingson	CRC	MM	07:27.3
	Will King	CRC	MM	07:51.9

	Name	Club	Category	2000 m time
Masters Women	Linda Huebscher	ERC	MW	07:54.8
	Caroline Price	CRC	MW	08:01.0

	Name	Club	Category	2000 m time
Novice Men	Steve Wilkes	UCRC	NM	07:26.5

Nick Larrere	UCRC	NM	07:38.2
Angus Cooke	UCRC	NM	07:49.8
Ian Cooke	UCRC	NM	08:00.4

	Name	Club	Category	2000 m time
Novice Women	Margot Wilderdijk	ERC	NW	07:49.5
	Allison Forsyth	UCRC	NW	07:52.6
	Camille Brillon	ERC	NW	07:58.9
	Jenny Retallack	ERC	NW	08:00.1
	Lauren Wong	UCRC	NW	08:15.0
	Gillian McLean	ERC	NW	08:29.3
	Krystil Koethler	UCRC	NW	08:32.0
	Kerry Smith	UCRC	NW	08:33.6
	Suzanne Beetch	UCRC	NW	09:49.7

	Name	Club	Category	2000 m time
Open Men	Paul Spencer	CRC	OM	06:06.1
	Bryan Donnelly	UCRC	OM	06:15.8
	Thomas Schaefer	ERC	OM	06:19.8
	Steve Norman	CRC	OM	06:23.6
	Malcolm Allan	ERC	OM	06:28.3
	Mike Simonsen	CRC	OM	06:29.9
	Jon Buc	ERC	OM	06:50.0
	Steve Beasley	CRC	OM	06:56.5
	Mike Cousins	CRC	OM	06:59.6
	Josh Flumerfelt	UCRC	OM	07:23.1

	Name	Club	Category	2000 m time
Open Women	Pauline van Roessel	ERC	OW	07:00.1
	Marilyn Taylor	CRC	OW	07:08.3
	Judy Leyden	UCRC	OW	07:34.9
	Gab Brankston	ERC	OW	07:35.7
	Laura Hickman	CRC	OW	07:40.7
	Andrea Bundon	UCRC	OW	07:50.2
	Shelley Alexander	CRC	OW	07:52.7
	Amanda Willoughby	ERC	OW	08:03.3
	Anna Sobotka	UCRC	OW	08:06.2
	Sarah Kellow	CRC	OW	08:09.2
	Suzie Turner	UCRC	OW	08:09.6
	Amanda MacLean	UCRC	OW	08:42.3

Other Scores from others who pulled their tests Elsewhere

Zoe Hoskins, February 7, 2001, at University of Southern California - 7:01.3

Paul Richey, at Edmonton Rowing Club - 6:52.1 (Junior Men)

Thomas Rogers, at Edmonton Rowing Club - 7:22.4 (Junior Men)

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## National Coaches Conference 2001

Wow, that's a lot of people. There were more than 100 people attending the 2001 NCC in Kingston, Ontario. The good folks at Sheraton Four Points in Kingston gave RCA a price break, and fed us all quite well at the banquet and at the hosted lunches.

The conference incorporated several other events, including the Inter-Provincial Coaches Committee (IPCC), the new Canadian Universities Rowing Association (I think that's the title), a Level 2 course, a Level 3 course, and Task 7 "Psychological Preparation for Coaches" in the Level 4-5 programme. A plenary session of sorts was also held on Thursday before the conference got going, with most of the national coaches and the "movers and shakers" from all the provinces.

IPCC met over lunch on Thursday, and approved a workable schedule for the 2001 Canada Summer Games regatta, which will now be forwarded to the Games rowing people for use. We also recommended that provincial officials be used in the competition. The Canada Cup had a couple of issues that needed resolution. Specifically it was decided that we recommend the 500 m Dash 8+ at the regatta's end no longer count for interprovincial points, as it is nearly impossible to ensure both a fair start and a properly recorded finish. There will still be bragging rights for winning the 500, and a sponsored "maillot jaune" prize of t-shirts was recommended.

The new rowing association within RCA covering university rowing was established and held their first meeting. This is an exciting development. How many of us remember that, of the 18 Canadian men and women who returned from Barcelona (that was 1992) with Olympic Rowing Gold, I'm told that 12 started their rowing careers in university. It's important that university rowing develop and flourish.

On Friday night, we had a get-together at the Kingston Sailing Club, with Brian Richardson, Al Morrow, and Terry Paul discussing their plans for the push towards 2004 and 2008. We're heading for exciting times.

At various times through the conference, Brian, Al, Terry, and Men's Coach Mike Spracklen presented seminars and components of either Level 2 or 3. Mike was there in spirit through videotape and teleconference, as he was still in Britain.

Yours Truly attended the Task 7 presentation. As well, I attended Ed McNeeley's presentation on interpreting lactate curves and their progress from test-to-test, Brian Richardson's discussion of high performance rowing, and Volker Nolte's presentation of setting performance standards and analyzing results with respect to these standards.

Other Alberta coaches attending were: Jackie Reich of Edmonton, who attended several seminars and components of the Level 3 programme to get brought more up to date; Ashley Craib of the University of Calgary Rowing Club, who attended the Level 3 course and other open seminars, and; Blair Carey, who attended the

Task 7 component, other seminars and the University meeting.

The National Coaches Conference is a great event, ably organized each year by Carolyn Trono, who manages each year to get everyone coordinated including sponsors. We had representatives from 3M (NCCP sponsors, and sponsors of the RCA Coach of the Year - Volker Nolte in 2001), Concept 2, Hudson Boat Works, FluidDesign boats, Turner Racing Shells, Regatta Sport, and Fact Latate Pro. All of whom were welcome at the conference. At the end of the conference, silent auctions were held for a lactate analyser and a Hudson cartop boat rack, and live auctions were held for Concept 2 Dyno, two ergometers, and some slides. Next year's might be in Banff, where the conference originated back in the 80's.

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## Coming Events:

Event dates must be confirmed with regatta organisers – note that international events may not feature Alberta athletes but are included for general interest. Perhaps in the future we'll be watching more Albertans at these events?

Events where dates are my best guess but not confirmed are indicated with (?)

**Ergometer tests in bold are those which Provincial Team candidates are expected to complete to monitor their training progress**

All Alberta athletes who wish to have a "trial" MUST complete the May 2000 m ergometer test.

Date	Location	Event
<b>3 February</b>	<b>Calgary Rowing Club</b>	<b>Provincial Ergometer Championship</b>
17-24 February	Gorge Rowing Club, Victoria BC	ARA Canada Games Training Camp
<b>March</b>	<b>Your Home Club</b>	<b>20 minute Concept II ergometer test</b>
27-28 April	Princeton PA USA	Zurich Rowing World Cup
<b>May</b>	<b>Your Home Club</b>	<b>2000 m Concept II ergometer test</b> <b><u>Mandatory</u></b>
Victoria Day Weekend	Calgary or other lake	Technique development and Learn to Seat Race camp
26 May	Edmonton	Freeze or Fry regatta 2001
9 June	Regina Sask.	Western Canada Sprints Regina
9-10 June (?) need to reconfirm.	Minnedosa MB	Junior National Team time trials (also Victoria, Welland, Montreal)
June weekends	TBD	Canada Games Selection Racing
15-17 June	Seville Spain	Zurich Rowing World Cup
29 June-1 July	Vienna Austria	Zurich Rowing World Cup
<b>30 June</b>	<b>Calgary</b>	<b>Alberta Open Rowing Championship</b>
7-8 July	Calgary	Alberta Trials for Canada Cup (dates "probable")
13-14 July	Munich Germany	Zurich Rowing World Cup
9-16 July	Prince Albert, Sask	CanAmMex training camp

21-22 July	Prince Albert Sask.	Prairie Rowing Championship
26-28 July	Linz Austria	Nations Cup (Senior B international competition)
7-11 August	Duisburg Germany	FISA World Rowing Junior Championships
8-12 August	St. Catharines ON	Royal Canadian Henley Regatta
12-17 August	London ON	Jeux du Canada Games Regatta
18-19 August	Montreal PQ	Coupe du Canada a l'Aviron (Rowing Canada Cup)
25-26 August	Toronto ON	Masters Nationals Championship
18-26 August	Lucerne Switzerland	FISA World Rowing Championships
30 August-2 Sept.	Montreal PQ	FISA World Rowing Masters Regatta

The above ergometer testing dates are opportunities for athletes to monitor their training. After athletes have completed ergometer tests I would appreciate receiving scores. Senior and Senior B athletes' scores will be forwarded to Al Morrow, Women's head coach, or (when they start work in January) Brian Richardson or Mike Spracklen, depending on who is appropriate. Canada Games athletes scores will be kept in Alberta. Ergo Testing "drag factors" setting on the Concept II are up to the athlete in question, but I recommend that the loads be kept fairly light so that "leg speed" is learned.

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#### TRAINING RECOMMENDATIONS FOR ALBERTA ROWERS - February

How much an athlete trains depends largely on what goals an athlete has set. Does the athlete want to go to the world championships, Olympics, or does the athlete want to row for exercise and not even enter the local inter-club regattas. These extremely different goals will affect the volume and intensity of training.

Training Recommendations Plain Text – people with minimum 2-3 years' background, wanting to go to the top and row internationally. Before taking this on, please consult with your club coach, who can consult with your provincial coach.

**Bold** – people who want to do well at Canada Games or Canada Cup

February 2001 Possible week of training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Category 5	<b>Category 6</b>	<b>Category 4</b>	Category 5	Off	<b>Category 3 or TEST</b>	<b>Optional Category 5</b>
#2	Category 6	Category 5	Category 6	Category 6	Category 6	<b>Category 6</b>	Off
PM	<b>Strength</b>	<b>Category 6</b>	<b>Strength</b>	<b>Category 5</b>	<b>Strength</b>	Off	Off

At least one Category 6, one Category 5, and one of the Category 3 or 4 sessions need to be done in the rowing movement, on an ergometer (which provides measurable output) or on a rowing tank if you have one. I.e., at least 3 rows per week.

In the training outline posted elsewhere on the ARA webpage, the weeks in January are listed roughly as follows:

Weeks of Jan 29 - Feb 4 Endurance still aimed at Base Aerobic Training. Strength aimed at "pure strength" for those with sufficient base strength and skill, and "technique" work for those new to lifting.

Feb 5 - Feb 11 is a "light week" for both endurance training and strength training. Aimed at allowing you to rest up a bit, and to do some circuit work in non-rowing specific muscles and movements.

Feb 12 to March 4 are still aimed at Base Endurance. 4-6 endurance type workouts per week and 2-4 strength training sessions per week. Strength training during this time is "intensification" training, aimed at building strength in muscles that have been developed a bit. For "intensification" training, make sure you know how to lift properly and safely before taking this on.

If athletes have to sacrifice training sessions due to work or school commitments, please ensure that they recognize the importance of CORE strength training, and that at least 15 minutes per day are spent on core work and flexibility.

If the athletes are doing a full body training session each time in the weight room, then not more than 2 sessions per week. If the athletes are doing "split routines" (e.g., Monday and Thursday Lower Body, Wednesday and Friday Upper Body) then 2 sessions per "split". If two sessions per week, the athletes could lift on Monday and Thursday or Monday and Friday, to give a minimum of 2 days off between strength sessions. I prefer the Monday-Thursday option so that athletes can have a fairly light Friday before a tough training session on Saturday morning. Saturday should be a day where athletes are accustomed to a hard session, as in the local/regional scene, that's the day that a lot of trials and races take place. Routine is something the body prefers. If at all possible, try to ensure that the athletes train at roughly the same time each day, in the same nutritional state, and make sure they have access to drinking water ad-lib.

**Strength Training:** If the athlete is capable of executing good technique in the Power Clean and the Squat, then a periodised training program is appropriate. If the athlete has less than one year of strength training with good technique, the athlete needs to spend most of his or her time lifting for technique. Circuit weights are better for learning technique, as long as the circuits are not done against a clock – we are concerned about learning good form so that injury free training can be done after the movement is learned. **We are NOT concerned with maximal lifting.** With beginning lifters, attempt to tailor the workout so that the athlete is doing weights for not more than 40 minutes (with 3 x a circuit).

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## 3M NCCP THEORY COURSES

The following courses take place in Calgary, Edmonton, Grand Prairie, Wainwright (for you folks out in Vermilion) or Red Deer (for Hanna) Please contact the number given directly to register for the courses.

### Level One Courses

Calgary	February Tue/Thu evenings	University of Calgary	403-220-7241
	February 24-25	University of Calgary	403-220-7241
	March Tue/Thu evenings	University of Calgary	403-220-7241
	March 3-4	Mount Royal College	403-240-6517
	March 24-25	Lindsay Park Sports Centre	403-233-8393 x103
Edmonton	February 10-11	Grant MacEwan Community College (City Centre)	780-497-5300
	March 10-11	Grant MacEwan Community College (City Centre)	780-497-5300
Wainwright	March 24-25	Portage College	780-842-3383

### Level Two Courses

Calgary	February/March Mon/WedPM	University of Calgary	403-220-7241
	February 23-25	Lindsay Park Sports Centre	403-233-8393 x103
	March 16-18	University of Calgary	403-220-7241
Edmonton	February 2-4	Grant MacEwan Community College (City Centre)	780-497-5300

	March 30-Apr 1	Grant MacEwan Community College (City Centre)	780-497-5300
Red Deer	March 2-4	Red Deer College	403-357-3663

## Level Three Courses

Calgary	March 3-4 & 10-11	University of Calgary	403-220-7241
Edmonton	March 10-11	Grant MacEwan Community College (City Centre)	780-497-5300

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ARA principal support by:



**To contact the Association, please phone (780) 427-8154 or e-mail [Alberta Rowing Association](#)**

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