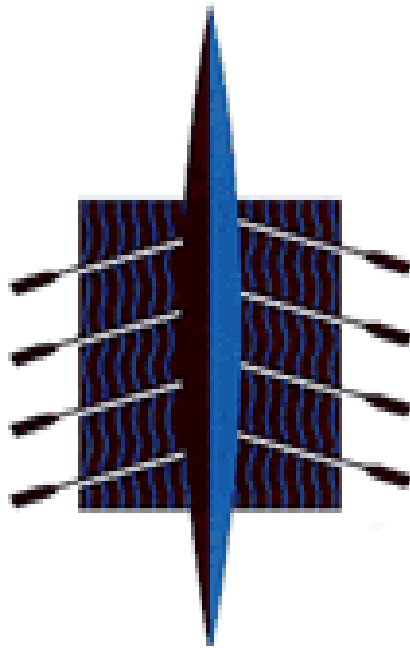


Alberta Rowing Association Erg Monitoring Program for 2010-2011



Alberta Rowing Association

Why Test?

Erg Testing is not a favored topic of many rowers but the facts are it is an important part of our sport.

In following a national/provincial erg protocol - athletes can not only track their development throughout the year but as well monitor their development relative to those on national & provincial teams. Furthermore, those who follow the protocols will have their development tracked by Club, Provincial and National officials and coaches opening the window for development opportunities. As in years past, the choice to test remains at the discretion of the athlete and program head but a decision not to test only impedes those athletes and programs.

Provincial VS National Testing Protocols – Which one should you follow

- Athletes who aspire to represent Alberta at the 2011 National Rowing Championships and or Canada at the Junior, U23 & Senior World Championships are asked to follow the **National Test Protocol** as designed by Rowing Canada.
- Senior and U23 Athletes who wish to be eligible for ARA Funding to attend the 2011 Royal Canadian Henley Regatta are asked to follow the **National Test Protocol** as designed by Rowing Canada.
- Junior Athletes who wish to be eligible for ARA Funding to attend the 2011 Royal Canadian Henley Regatta are asked to follow the **Provincial Test Protocol** as designed by Rowing Canada
- Athletes who wish to represent Alberta at the 2011 Western Canada Summer Games are asked to follow the **Provincial Test Protocol** as designed by the Alberta rowing Association.

Testing does not guarantee ARA Funding for the 2011 Royal Canadian Henley nor will it guarantee an athlete entry to the 2011 National Rowing Championships and or the 2011 Western Canada Summer Games. Conversely, failure to test does not imply that athletes are ineligible to compete at these events. However, in following the testing protocols outlined herein athletes will be providing the ARA with a greater body of work to make sound decisions come selection time.

National Erg Protocol – RADAR

RADAR – What is it.

To better support athlete and coach development, Rowing Canada and consequently the Alberta Rowing Association will be using RADAR as a form of testing and monitoring athletes. Without getting into specifics RADAR involves a battery of tests that specifically identifies weaknesses and strengths of each individual athlete. The results then allow coaches and athletes alike to formulate an individualized training program that specifically targets an athlete's area of weakness in future training. Without laboratory testing, it is only through RADAR's Battery of Tests that coaches and athletes alike can gain an understanding of individual's fitness traits and their changes throughout the year.

The Tests

1. Peak Power (2 Tests)
2. 1 Minute
3. 2k
4. 6K
5. 60 Minute

For a complete description on how to carry out the tests please visit Rowing Canada @ http://www.rowingcanada.org/sites/rowingcanada/files/athletemonitoring_oct28.pdf

Testing Date Submissions

November 29th – Full RADAR Testing –

February 7th - - Full RADAR Testing –

March 12th, 2011 – 2k Erg Submission – Alberta Erg Championships

May 9th, 2011 – Full RADAR Testing.

All tests must be pulled within a two week window of the testing deadline. I.E for the November 29th test – testing cannot commence prior to November 15 and must conclude no later than November 28, 2010. All tests are to follow a specified format which is described as follows

Prescribed Week of Testing Schedule:

Day One – I.E Monday

AM – Peak Power Test
PM – 60 Minute Test (Max Rate 22)

Day Two

AM 14KM Erg at 6K Erg Score + 15 Seconds
PM - 1 Minute Test

Day Three

AM – 6K Erg Test
Pm – Active Recovery – 2K Erg Prep

Day Four

AM - 14KM Erg at 6K Erg Score + 15 Seconds
PM – Active Recovery – 2K Erg Prep

Day Five -

AM – 2k Erg Test
PM - Off

Provincial Erg Protocol

Why Shouldn't Juniors Follow RADAR – There is no written evidence to suggest that RADAR isn't an effective method of testing for Junior Aged Athletes. However, Sport Scientists and those involved with the implementation of the Long Term Athlete Development Model in the sport of rowing acknowledge that Junior Aged Rowers require their own unique form of testing. Acknowledging the above Provincial erg monitoring for all Junior aged athletes will be a variation of RADAR and will vary for U17 Athletes and U19 Athletes.

The Tests & Submission Dates

Nov 29th Submission – 1k Test for U17 Athletes – 2K Test for U19 Athletes

Feb 7th Erg Submission – 1K & 60 Minute Test for U17 Athletes – 2K & 6K Test for U19 Athletes

March 12th – Alberta Erg Championships – All Athletes

May 9th, 2011 – 1K & 60 Minute Test for U17 Athletes / 2K & 6K Test for U19 Athletes

Erg Submission Guidelines –

Athletes are responsible for submitting their own erg Scores.

RADAR Submissions must be submitted to Rowing Canada. Rowing Canada has established a nonline data base to support the collection of this information. All athletes must submit the appropriate information to this on line database. The database will be linked and accessible through the RCA website.

Provincial Erg Submissions must be submitted to the Alberta Rowing Association. Athletes are asked to email their scores to albertaergsubmission@gmail.com . Submissions are to include the name of the coach who monitored the test – test score and average stroke rate.