



VICTORIA CITY
ROWING CLUB

VCRC Junior Fall Performance Development 2018

Program Overview

The Fall Performance Development Program is for pre-elite/high performance athletes who would like to develop their technique in small boats and are committed to doing the volume and intensity of training that will prepare them for racing at the Junior National Team trials and/or National Rowing Championships. The program is limited to 8-12 athletes who are selected for the program on the strength of their application and interview.

The program runs from early September to early November, and includes 6 on water and 2 Ergometer training sessions per week.

LTAD Stage: late Learning to Compete- Training to Compete

Start Date: September 4, 2018 **End Date:** November 4, 2018

Fee: TBD (please contact the Club Manager clubadmin@vcrc.bc.ca if you have questions about fees)

Tentative Practice Schedule

Monday, Tuesday, Thursday, Friday 3:45 - 6:15 p.m.

Sunday 8:15 am - 10:45 am and 11:45 am - 1:45 p.m.

Monday, Friday 6:15-8:30pm Ergometer training

Competitions

Athletes in the Fall Development Program may race at the some or all of the following regattas:

- Head of the Gorge (Victoria) October 2018
- Tail of the Gorge (Victoria) October 2018
- National Rowing Championships (Burnaby)

Selection

Selection into the program will depend on the quality of the candidates applying to the program with preference given to those athletes who rank the highest on RADAR designations (Ergometer and on water time trial) starting from National Development, Talent Development, and down to Club Elite.

Interviews: Athletes should be prepared to show a training journal for the past year and be able to show the improvements that their commitment to training have brought.

To Apply

Please submit the following information to the VCRC Junior Program Head Coach (vcrcjuniors@gmail.com), by July 15, 2018.

5100 Patricia Bay Hwy
Victoria, BC, V8Y 2T6
Ph: (250) 658-5331
Fax: (250) 658-5361
clubadmin@vcrc.bc.ca
www.vcrc.bc.ca

- RADAR score - Max Watts, 1 min, 2km, 6km, (from last 6 months)
- Time Trial - 1 x 2km in a single and/or pair (best from last 3 months)
- 250 word essay outlining your goals and the stepping stones and strategies that you will use to help achieve them.
- Athletes should be able to run for at least 40 minutes and be involved in regular weight training. Athletes who are not able to run because of injury may be considered if they can demonstrate that they can do alternative cross-training activities (e.g, swimming, cycling).

This program is for designed for athletes in the Training to Compete stage of development. It is important that they have a good foundation of skills and fitness in order to benefit from the program and minimize the risk of injury. The standards have been established to help the coach and athletes identify whether the athlete is ready for and will benefit from the program.

Application Deadline Midnight on July 18th 2018