



Rowing Australia Adaptive Rowing Indicative Program 2008-2009

In planning for Adaptive Rowing's progression through international competition, Rowing Australia has produced the following indicative program for adaptive rowing time trials, ergometer tests and invitational camps. The objective of the indicative program is to set certain performance measures to best guide the rowers and coaches for the testing timeframes for the 2008-2009 season.

Rowing Australia shall issue a Board approved Event Supplement and Selection Policy inline with the Senior A policies for the 2009 international season, which is expected to be provided early in 2009. In the meantime, this indicative program should be the guide to training and performance targets through participation in the time trials and ergometer testings.

The time trials and ergometers listed below are not mandatory requirements for team selection; however the athletes who partake in these trials will optimise their preparation for national team selection and provide selectors with a greater bank of performance knowledge.

Once the Selection Policy and Event Supplement have been release, the requirements within those documents will become mandatory selection tests.

Key:

- NTC – National Training Centre
- SIS/SAS – State Institutes of Sport/State Academies of Sport
- NHPD – National High Performance Director
- EPM – Elite Programs Manager
- DOM – Development and Operations Manager
- AHC – Adaptive Head Coach

Month	Date	Event	Venue	Adaptive Notes
Sep-08	20th - 21st	NTC Time Trials	SIS/SAS	<p>2008 Paralympians Exempted</p> <ul style="list-style-type: none"> • Athletes to compete in A1x, TA1x or LTA1x • Distance to be ½ of Senior A distance for A1x, TA1x and LTA1x • Contact local SIS/SAS to arrange testing times <p>Results to be sent to NHPD, EPM, DOM, AHC by 22nd of Sept</p>
Oct-08	18 th – 19 th	NTC Time Trials	SIS/SAS	<p>All nominating athletes to compete</p> <ul style="list-style-type: none"> • Athletes to compete in A1x, TA1x or LTA1x • Distance to be ½ of Senior A distance for A1x, TA1x and LTA1x • Contact local SIS/SAS to arrange testing times <p>Results to be sent to NHPD, EPM, DOM, AHC by 20th of Oct</p>
Nov-08	15 th – 16 th	NTC Time Trials	SIS/SAS	<p>All nominating athletes to compete</p> <ul style="list-style-type: none"> • Athletes to compete in A1x, TA1x or LTA1x • Distance to be ½ of Senior A distance for A1x, TA1x and LTA1x • Contact local SIS/SAS to arrange testing times <p>Results to be sent to NHPD, EPM, DOM, AHC by 17th of Nov</p>
	29 th – 30 th	Ergometer Test - Endurance (3km)	SIS/SAS	<p>All nominating athletes to complete:</p> <ul style="list-style-type: none"> • Concept 2 Model D (See Ergometer Protocols below) • Arms Only Athletes – 3000m • Trunk and Arms Athletes – 3000m • Legs, Trunk and Arms – 3000m • Contact local SIS/SAS to arrange testing times <p>Results to NHPD, EPM, DOM, AHC by 5:00pm, 1st of Dec 2008</p>
Dec-08	13th - 14th	NTC Time Trials	SIS/SAS	<p>All nominating athletes to compete</p> <ul style="list-style-type: none"> • All athletes to compete in A1x, TA1x or LTA1x • Distance to be ½ of Senior A distance for A1x, TA1x and LTA1x • Contact local SIS/SAS to arrange testing times <p>Results to be sent to NHPD, EPM, DOM, AHC by 15th of Dec</p>

	13 th – 19 th	Adaptive Invitational Camp	AIS Canberra (ACT)	NTC Head Coaches are to nominate athletes for invitation. Rowing Australia will invite other athletes as required. Athletes invited to camp based on selectors discretion based on NTC trials/ergos. PLEASE NOTE - Camp funding to be determined, this camp may be self funded.
Jan-09	17 th – 23 rd	Adaptive Invitational Camp	AIS Canberra (ACT)	NTC Head Coaches are to nominate athletes for invitation. Rowing Australia will invite other athletes are required. Athletes invited to camp based on selectors discretion based on NTC trials/ergos. PLEASE NOTE - Camp funding to be determined, this camp may be self funded.
Feb-09	1 st - 2 nd	Ergometer Test – Endurance (3km)	SIS/SAS	All nominating athletes to complete: <ul style="list-style-type: none"> • Concept 2 Model D (See Ergometer Protocols below) • Arms Only Athletes – 3000m • Trunk and Arms Athletes – 3000m • Legs, Trunk and Arms – 3000m • Contact local SIS/SAS to arrange testing times Results to NHPD, EPM, DOM, AHC by 3 rd of Jan
Mar-09	2 nd – 8 th	National Championships (1 st Selection Regatta)	Lake Barrington (Tasmania)	All nominating athletes to compete <ul style="list-style-type: none"> • Arms only athletes to compete in AM1x or AW1x • Trunk and Arms athletes to compete in TAM1x or TAW1x • Legs, Trunks and arms to compete at least one of the following events: <ul style="list-style-type: none"> o LTAM1x or LTAW1x o LTAM2x or LTAW2x See note 1) below for details
		Classification of Adaptive Athletes	Lake Barrington (Tasmania)	All nominating athletes that have not previously been classified are to be classified by FISA Accredited Classifier: <ul style="list-style-type: none"> • Athletes are to be classified as per the FISA Classification Policy • Athletes are to provide relevant classification information from a recognised disability service provider. Examples follow: <ul style="list-style-type: none"> o Cerebral Palsy – CP-ISRA o Intellectual Disability – INAS-FID, AUSRAPID

				<ul style="list-style-type: none"> o Visual Impairment – IBSA o Other Disabilities – relevant medical documentation from recognised practitioner • Classification is to occur in a break of the Australian Rowing Championships • Athletes will be notified of final details in due course
	16 th	Ergometer Test – Race Distance (1km)	SIS/SAS	<p>All nominating athletes to complete:</p> <ul style="list-style-type: none"> • Concept 2 Model D (ergometer protocols) • Arms Only Athletes – 1000m • Trunk and Arms Athletes – 1000m • Legs, Trunk and Arms – 1000m • Contact local SIS/SAS to arrange testing times <p>Results to NHPD, EPM, DOM, AHC by 17th of March 2009</p>
Apr-09	16th - 19th	Selection Regatta	Penrith SIRC (NSW)	<p>Athletes invited to participate by the National Selectors based on the criteria in Section 4 of the Selection Policy.</p> <ul style="list-style-type: none"> • Trial boats at the discretion of the selectors • 1000m racing. <p>See note 2) below for further information</p>
May-09	18 th – 24 th	Squad Camps	AIS Canberra (ACT)	<p>Athletes selected in National Team Adaptive Crews to participate – Preparation for World Championships. PLEASE NOTE - Camp funding to be determined, this camp may be self funded.</p>
Jun-09	15 th – 21 st	PPP Training Camp	AIS Canberra (ACT)	<p>Athletes selected in National Team Adaptive Crews to participate along with PPP and Monitored Athlete squads.</p>

Ergometer Protocols

For all ergometer testing in the Event Supplement the following drag factors apply on Concept 2 Model D/E ergometers unless otherwise advised.

- Men: 120
- Women: 110

All results to include all details comprised in the recording “pro forma” available from the NTC Head Coach in each State (this includes things such as weight and classification).

Notes

1) Selection Regatta 2nd - 8th March (National Championships – Lake Barrington)

- Entries need to be received through ROMS as a normal Championship entry
- Further details in regards to the event and race schedules will be published by the Australia Rowing Championships Organising Committee or the RA High Performance Unit in due time for the event

2) National Selection Regatta 16th – 19th April (SIRC)

- Only Athletes (rowers and coxswains) invited by the National Selectors will compete at the National Selection Trials. Those athletes will compete for Australian Adaptive Rowing Team selection in accordance with and based on their nomination form in this regard. The basis for invitation will be from the criteria contained in Section 4 of the Selection Policy. Invitations will be offered after the results from the Ergometer Test conducted in March have been reviewed by the National Selectors. Only athletes who have completed the selection requirements, or have been formally exempted, in this Event Supplement are eligible for invitation.
- Athletes to compete in trial boats as required by the selectors
- Further details in regards to the event and race schedules will be published by the High Performance Unit in due course for the event.
- NB: Rowing Australia will provide athletes and coaches with subsidies for accommodation, meals and provision of equipment from the first day of Adaptive racing until participation in the camp is concluded. Travel costs are the responsibility of the individual.