AUSTRALIAN INSTITUTE OF SPORT

Australian Government
Australian Sports Commission

ROWING Australia

# - National Rowing Centre Of Excellence -

## AIS Rowing Program - Residential Program 2009/10

## Application Information

1. **Background:**

The National Rowing Centre of Excellence (NRCE) is a joint venture between Rowing Australia (RA) and the Australian Institute of Sport (AIS). It incorporates the entirety of RA's High Performance Program and the AIS Scholarship and National Camps Programs. The primary objective of the NRCE is to achieve sustainable medal winning performances by Australia at Olympic and Paralympic Games consistent with the Rowing Australia High Performance Plan as determined by the RA Board. The NRCE is managed by a Joint Management Committee (JMC) of RA and AIS personnel and will be located at the AIS boat sheds.

**NRCE Vision:** ***'To be the most successful international program in world rowing'***

**NRCE Objectives:**

To achieve the vision, the objectives of Rowing Australia's National High Performance Plan for the years 2009-2012 are to:

- Win three Gold medals at the 2012 London Olympic Games
- Win one gold medal at the 2012 London Paralympic Games
- Increase the number of athletes with elite gold medal winning performance characteristics through all levels of the HP program
- Increase the number of coaches in the HP program capable of coaching Olympic gold medal performances
- Maximise the effective integration and utilization of all available HP resources across Australia through NRCE leadership.

2. **Role of the AIS Rowing Program:**

   a. To play a key role in the National network of Institutes in maximising medal winning performances in Olympic/Paralympic category boats at World Championships and the London Olympic Games, and Paralympic Games.
   b. Residential Program;
      i. In years one & two of the Olympic quadrennial, primarily focus on the structured development of emerging talented athletes capable of being in the London 2012 team
      ii. In years three & four, primarily focus on maximising performances in key Olympic category big boats
      iii. Focus on maximizing performances in fixed-seat boats at the Paralympic Games
   c. Camps Program;
      i. Provide a venue for national camps for all age groups where appropriate


National Rowing Centre of Excellence, NRCE
c/o AIS Rowing, PO Box 176
Belconnen ACT 2616
Tel. +61 (2) 6260 4724 & Fax +61 (2) 6285 2813

d. International Program;
   i. Provide a training base for international crews primarily focus on maximising performances in key Olympic category big boats

**3. Key Operating Principles of the AIS Rowing Program**

a. The program is athlete focused and coach driven, operating with a team approach.
b. Focused on providing the world's best rowing training environment.
c. Athletes are expected to have ownership in their program and their ultimate performance.
d. Athletes are expected to maintain an appropriate level of life balance which includes either continuing educational/vocational studies or part-time work.

**4. The scholarship program in 2009/10**

The AIS scholarship program is a full-time residential program aimed at providing world class athletes with a world leading training environment. The ultimate aim of this program is to assist with the NRCE medal targets in 2012.

a. There are two components to the AIS residential program:
   i. Up to 26 scholarships for Olympic focussed athletes (potentially including coxswains)
   ii. Up to 4 scholarships for Paralympic focussed athletes

b. To be selected each athlete must be a fit and proper person to participate in the AIS scholarship program and to represent the AIS. Each athlete must also display a suitable temperament and suitable levels of self motivation and self discipline to participate in the AIS scholarship program.

c. All scholarship athletes are expected to be striving for National Team selection in 2010.

**5. The Targeted Athletes**

**a. Olympic focussed:**

**i. Emerging athletes**

These athletes will be athletes deemed capable of being a member of the 2012 London Olympic Games Team. They may be new to the Senior A team in 2009 or potentially top members of the 2009 under-age National teams. It is not restricted to either sweep or sculling categories, we encourage the best athletes to apply.

**ii. Targeted Senior A athletes**

A select few athletes with specific development needs where the AIS is deemed the most appropriate place for this development.

**b. Paralympic focussed (Adaptive):**

**i. Targeted and emerging fixed-seat athletes**

The athletes targeted are fixed seat athletes (arms only and trunk and arms athletes) who are deemed to have the ability to be members of the 2012 London Paralympic Team and ultimately achieve gold medal success.


National Rowing Centre of Excellence, NRCE
c/o AIS Rowing, PO Box 176
Belconnen ACT 2616
Tel. +61 (2) 6260 4724 & Fax +61 (2) 6285 2813

6. **Timings of the Scholarships:**
   a. **Olympic focussed**
   Successful applicants will be offered scholarships from 5 October 2009 until 8 November 2010.
   b. **Adaptive focussed**
   Successful applicants will be offered scholarships from approximately 30 November 2009 until 8 November 2010.

7. **Application Process:**
   a. Any questions should be directed to the National/AIS Head Coaches in the first instance, otherwise to the National High Performance Director.

   b. Athletes are to complete the AIS Rowing 2009/2010 Program Scholarship Application. Completed applications are to be email to the AIS Rowing Program Coordinator sam.irvine@ausport.gov.au

   c. Applications must be received no later than Monday 17 August 2009.

   d. A Selection Panel will consider all applications and an initial offer of scholarship will be made to athletes by 31 August.

8. **2009/10 AIS Scholarship Program Key Personnel:**

| Title | Person | Responsibility | Contact details |
|---|---|---|---|
| **National High Performance Director** | **Andrew Matheson** | To provide overall strategic direction for the program and its delivery | 02 6285 2756<br>04 8804 8112<br>andrew.matheson@ausport.gov.au |
| **National/AIS Head Coach - Men** | **Noel Donaldson** | To provide direction and guidance for the Men's program delivery | 02 6285 2758<br>04183 5775<br>noel.donaldson@ausport.gov.au |
| **National/AIS Head Coach - Women** | **Lyall McCarthy** | To provide direction and guidance for the Women's program delivery | 02 6285 2757<br>04 1833 3348<br>Lyall.McCarthy@ausport.gov.au |
| **National/AIS Head Coach – Paralympic** | **To be appointed** | To provide direction and guidance for the Paralympic focussed program delivery, including hands-on coaching | TBA |
| **AIS Senior Coach - Men** | **Rhett Ayliffe** | To provide hands-on coaching for the Men's program | Rhett.Ayliffe@ausport.gov.au |
| **AIS Senior Coach - Women** | **Laryssa Biesenthal** | To provide hands-on coaching for the Women's program | Laryssa.Biesenthal@ausport.gov.au |
| **AIS Program Coordinator** | **Sam Irvine** | To provide administrative support to the AIS rowing program | 02 6285 3613<br>Sam.Irvine@ausport.gov.au |


National Rowing Centre of Excellence, NRCE
c/o AIS Rowing, PO Box 176
Belconnen ACT 2616
Tel. +61 (2) 6260 4724 & Fax +61 (2) 6285 2813