

# ROWING AUSTRALIA

## National Rowing Center of Excellence

### NRCE

| Selection Policy  | State Associations   | SIS / SAS  | AIS Residential Program  | International Competition   | National Protocols   |
|---|--|--|--|---|--|
| <ul style="list-style-type: none"> <li>&gt; Policy formulation</li> <li>&gt; Selection Regattas</li> <li>&gt; Selection Trials and Camps</li> <li>&gt; Policy management</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Operate elite &amp; elite development programs across all categories (Senior A, U23 &amp; Junior).</li> <li>&gt; State Development Officers &amp; NEDP Coordinators</li> <li>&gt; NTID Program implementation &amp; management</li> <li>&gt; NEDP Program implementation &amp; management</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Operate elite &amp; elite development programs across all categories (Senior A, U23 &amp; Junior).</li> <li>&gt; Provide world-class coaching, best practice support services &amp; training facilities</li> <li>&gt; Promote the RA National Plan, ie: guidelines regarding technique, training methodology principles, testing protocols, calendar, camps etc</li> <li>&gt; Training base for athletes and crews selected into the National Teams</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Operate elite and elite development programs for big boat development.</li> <li>&gt; Promote the RA National Plan, ie: guidelines regarding technique, training methodology principles, testing protocols, calendar, camps etc</li> <li>&gt; Provide world-class coaching, best practice support services &amp; training facilities</li> <li>&gt; Training base for crews selected into the National Teams</li> <li>&gt; Research &amp; Development in targeted areas</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Senior A Team, U23, Junior, World Uni, and other international competition planning, management and financial control</li> <li>&gt; Tours Management protocols</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Develop and promote national standards and protocols in Rowing Technique,</li> <li>&gt; Training methodology</li> <li>&gt; Strength and Conditioning</li> <li>&gt; Lab Testing protocols</li> <li>&gt; SSSM guidelines for stretching, medical management etc</li> </ul> |

### High Performance Rowing Core Business Units & Partners

