



Appendix B

National Testing and Monitoring Strategy – Data Submission

With the restructure of RCA's Testing and Monitoring program, and RCA's Athlete Monitoring Data base, the following process for data submission has been established.

Water Based results – Will be entered by RCA High Performance Staff.

Monitoring Camp results – will be uploaded automatically at the completion of each camp.

Individual Erg submissions - Including indoor erg championships, the June 2k submission and additional testing done within an athletes training environment, should be submitted as follows:

- Select "ASSESSMENTS" from the "SPORTING" Tab
- Select "NEW ASSESSMENT" from the top of the new page
- Select the appropriate test from the "DATA ASSESSMENT" drop down.

RADAR Submissions:

Up until November 30th 2017 the current submission process will be used.

- Select "TESTING" from the "SPORTING" tab
- Select "ADD TEST" from the bottom of the new window
- Select "RADAR 2013-2016" from the drop down menu
- Enter Data and select submit

Starting in 2018 the submission process for RADAR will be changing. Specifics on this process will be circulated before the opening of the RADAR submission period.

Changes in 2018 will include the ability to submitted by "batch uploading" to the data base. Coaches interested in uploading their entire teams results at one time, should contact Chuck McDiarmid, cmcdiarmid@rowingcanada.org , to discuss this option in greater detail.