

I WANT TO TRY PARA ROWING

I want to ...
TRY A NEW SPORT!



WHO AM I?

- I'm new to rowing and/or Para sport in general, and I'm ready to learn a new skill!
- I want to participate in a sport at my own discretion for physical activity, enjoyment, regional competition and community engagement.
- I want to use rowing as a cross training medium for my other sport(s).



WHAT DO I NEED TO DO?

Contact my Provincial Rowing Association (PRA) or club for a Learn to Row opportunity.

Book a session with my local club to get safely and comfortably set up in a rowing boat or on an ergometer.

FIND A CLUB

I want to ...
ENTER A HIGH PERFORMANCE PATHWAY!



WHO AM I?

- I have rowing experience.
- I have hit my provincial performance standards or have been identified as a strong talent transfer candidate.
- I want to commit to competitive rowing and can integrate it into my lifestyle.
- I have ambition to compete for and represent my province.



WHAT DO I NEED TO DO?

Contact my Provincial Rowing Association (PRA) or club (if known) to get connected with the Provincial Coach and/or RCA's Para Recruiter.

Begin the classification screen process to get an understanding of how my disability fits into rowing's classification categories.

EMAIL YOUR PRA

I want to ...
PURSUDE INTERNATIONAL RACING AND THE PARALYMPICS!



WHO AM I?

- I have relevant national and international standards and performance targets.
- I have had relevant competitive experiences at events that support my international ambition.
- I have the support and ability to integrate the demands of high performance into my lifestyle.



WHAT DO I NEED TO DO?

Create a recruitment plan with RCA's Para Recruiter, pursue domestic classification at the National Rowing Championships and achieve RCA's carding standard.

Ensure the appropriate personnel in my life understand and support my endeavour.

SUBMIT FORM

and **EMAIL RCA**