



## National Assessment and Monitoring Strategy 2024 – 2028

The following is an overview of Rowing Canada Aviron's (RCA) Assessment and Monitoring strategy for the 2028 Olympic and Paralympic quadrennial.

Information contained in this document applies to athletes seeking selection or invitation to programs overseen by RCA and its partners. This includes but not limited to;

- NTC Intake
- NextGen Teams and programs
- Sport Canada Athlete Assistance Program
- Para Program identification National Team selection
- National Beach team
- Any other events or programs overseen by RCA's HP Program

*Athletes should consult their appropriate Provincial Program and contacts for additional requirements specific to provincial teams and opportunities. See appendix D for a list of provincial contacts.*

### Definitions

**Assessment** – A measurement that determines an athlete's current performance against specific standards or markers. The outcome of *Assessments* are linked to selections or invitations to RCA programs or initiatives.

**Monitoring** – Ongoing measurements that maximize an athlete's performance by reducing injury risk and optimizing competition readiness. Monitoring that is recorded over time provides an overview of overall: physiological; health & well-being; training load; and injury.

Via daily monitoring practices, the NextGen Program Coaches can better assess how athletes are progressing and adapting over time. Effective monitoring practices positively influence and enhance an athletes' training program. The outcome of a strong **Monitoring** program should be an improvement in **Assessment** results.

**ASSESSMENTS:** The following outlines RCA’s Targeted Assessments & Submission Dates.

Season	Submission details	Program	Assessment Completion dates and range				
			2024	2025	2026	2027	2028
Fall	2000m Erg Submission	Classic	September 1 <sup>st</sup> - November 30 <sup>th</sup>				
	*6000m Erg Submission	Classic	September 1 <sup>st</sup> - November 30 <sup>th</sup>				
	Distance Small Boat Speed Order	Classic		October to November - Exact Dates to be determined and updated January 2025			
	3 x 750m ** Erg Submission	Beach	September 1 <sup>st</sup> - November 30 <sup>th</sup>				
Spring	2000m Erg Submission	Classic		January 1 <sup>st</sup> - March 31 <sup>st</sup>			
	Spring Small Boat Speed Orders	Classic		May - Exact dates to be determined and updated February 2025			
	2 x 500m Erg**	Beach		January 1 <sup>st</sup> - May 31 <sup>st</sup>			
Additional assessments may be added for targeted athlete groups throughout the year. Information will be shared directly with individuals impacted.							

\*PR1 and PR2 athletes are exempt from this Assessment

\*\*3 x 750m erg submissions are to be completed as one session with ten (10) minutes rest between pieces. The flywheel should not be moving at the start of each piece. Total time for each piece to be submitted.

Additional information

- 1) *Athletes unable to complete any of the Assessments requirements must request an exemption to maintain eligibility for programming. (see Appendix A)*
- 2) Tests must be completed and submitted within the date range listed in the above chart.
- 3) All tests are to be witnessed by a coach.
- 4) Athletes will have the option to submit their weight at time of testing allowing RCA staff to consider performance to weight.
- 5) Results are to be submitted following the outline in “*Appendix B - Data Submission*”
- 6) Ergometer Assessments are to be completed on a Concept 2 Stationary Ergometer using the Drag factors set out in “*Appendix C*”
- 7) Small Boat Speed Orders are opportunities for athletes to demonstration their boat moving skills in 1x’s and 2-’s. The performance at these events will be used to support invitation to, or engagement with, RCA programs.

RCA is working to partner with existing events to establish regional opportunities for athletes. Specifics on this will be communicated early 2025.

## **MONITORING:**

Athletes invited to or identified for RCA programs may be asked to provide additional monitoring and engagement throughout the year. This could include but not limited to;

- Monitoring / Assessment Camps
- Workouts / pieces to track ongoing development
- Physiological or strength tests.
- Technical assessments
- Training load and Rate of Perceived Effort (RPE) tracking
- Monitoring established through an Individually Athlete Performance Plan (IAPP)

Monitoring may be established on a yearly or an event basis. Requirements and expectations will be communicated directly to athletes and coaches involved in these programs.

### **Appendix A - Exemptions:**

Athletes that are unable to complete a required Assessment or Monitoring submission may request an Exemption. The following outlines the process for athletes to complete this request.

- 1) All requests are to be submitted by the individual athlete seeking the exemption or extension.
- 2) Requests are to be received as early as possible and in advance of the Assessment/Monitoring submission date.
- 3) Appropriate documentation and reasoning should accompany all requests. Medical, or other.
- 4) Requests are to be submitted to [hp@rowingcanada.org](mailto:hp@rowingcanada.org) with “exemption request” in the subject line.

### **Appendix B - Data Submission Process.**

Submit using the [RCA Submission Form](#).

### **Appendix C – Drag Factor**

Assessments should be completed at the following Drag Factors

Category	Assessment DF	Max DF
Junior Women	110	190
Lightweight Women*	110	190
Open Women	110	190
Junior Men	120	190
Lightweight Men*	120	190
Open Men	130	190
PR3 Men	120	190
PR3 Women	110	190
PR1 & PR2	Preferred	190

\* *Lightweight categories apply to programs in which lightweight events are offered and supported.*

### **Appendix D – Provincial Contact List.**

- i. BC – Terry Paul [terry.paul@rowingbc.ca](mailto:terry.paul@rowingbc.ca)
- ii. AB – Alex Marchuk [a.marchuk@albertarowing.ca](mailto:a.marchuk@albertarowing.ca)
- iii. SK – John Wetzstein - [skrowjwetzstein@gmail.com](mailto:skrowjwetzstein@gmail.com)
- iv. MB – Janine Stephens - [rowingcoach@sportmanitoba.ca](mailto:rowingcoach@sportmanitoba.ca)
- v. ON – Phil Marshall - [phil@rowontario.ca](mailto:phil@rowontario.ca)
- vi. QUE – Nadine Boutin [nboutin@avironquebec.ca](mailto:nboutin@avironquebec.ca)  
Or Akram Othmani [aothmani@avironquebec.ca](mailto:aothmani@avironquebec.ca)
- vii. PEI – Chantelle Hanley [performancebydesign3@gmail.com](mailto:performancebydesign3@gmail.com)
- viii. NS – Pat Cody - [coach@rowns.ca](mailto:coach@rowns.ca)

Athletes and coaches should refer to the RCA Website resources page for suggestions about ongoing monitoring strategies for both Classic and Beach.