



# Centenary Rowing Club

Information Evening  
8 June 2021

# 1. Agenda

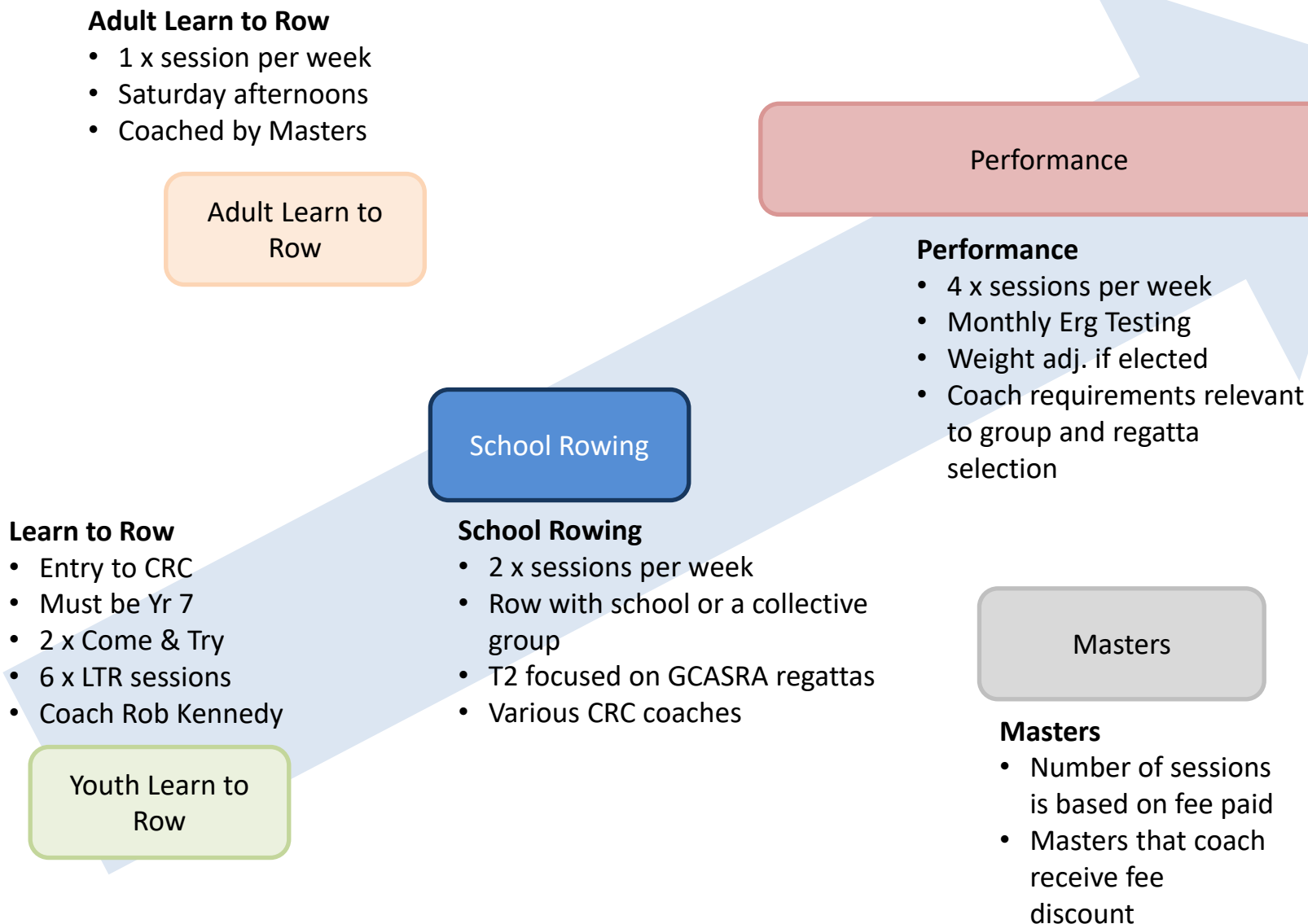


6:30 to 6:35	Arrive and Welcome
6:35 to 6:40	Pathway Overview
6:40 to 6:50	CRC Camps
6:50 to 7:00	Regattas
7:00 to 7:15	Performance Groups
7:15 to 7:25	Selection
7:25 to 7:30	Questions



## 2. Pathway Overview

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### 3. CRC Camps



- **July Camp (1/3) – 10 and 11 July 2021**
  - Open to all Rowers
  - focus is on rowing fundamentals (tailored to experience of the rower/crew)
  - two sessions per day with a snack in the middle
  - Establish an understanding of benchmarks and requirements
  - format and choice of boats is flexible depending on numbers and rower feedback (fatigue)
  - good opportunity to see how you are performing
  - will help inform your pathway into Performance Groups



- **October Camp (2/3) – 2 and 3 October 2021**
  - Open to all Rowers
  - focus is on preparing rowers and forming squads to compete at the Queensland Club State Championships (21 and 22 January 2022)
  - longer term goal of targeting NSW Championships in February 2022 and Australian Nationals in March 2022
  - two sessions per day with a snack in the middle
  - likely to include Erg testing and water based trials
  - format and choice of boats will remain flexible depending on numbers and coach requirements



- **January Camp (3/3) – 8 and 9 January 2022**
  - Open to rowers competing at Queensland Club State Championships
  - focus is on finalising crews
  - Two sessions per day with a snack in the middle
  - format and choice of boats will remain flexible depending on numbers and coach requirements
  - likely to include Erg testing and water based trials





## 4. Regattas

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- CRC will support attendance at regattas (other than the major ones listed below ) based on interest from Rowers, Parents and Coaches
- QLD School State Championships 18 , 19 and 20 Sep (schools decide if they attend or not)
- QLD Grade Championships 4 December 2021
- Head of the Clarence 4 and 5 December 2021
- QLD Club State Championships 21 and 22 January 2022
- NSW State Championships early Feb 2022
- Australian National Championships 28 March to 3 April 2022



## 5. Performance Groups

## 5.1 Performance Groups



- CRC recognises that there is more than one way to coach and achieve successful outcomes
- As a result, CRC doesn't limit the number of Performance Groups it could have
- Generally speaking, Performance Groups are only limited by Coaches that have the appropriate experience and available time to coach and Rowers with the ability to commit to four training sessions per week
- Currently there are two Performance Coaches, each with their own approach to coaching performance athletes
- There is no limit on the number of Performance Coaches.

## 5.2 Performance Group – Cody Ellem



- Main coaches are Cody Ellem and Tanya Brehmer
- Entry to the group is based on motivation and commitment rather than metrics, however targets will be set
- Five key selection considerations:
  - attitude, adherence to Code of Conduct and commitment to training
  - on water training and testing times
  - recent regatta results
  - erg scores (use of erg score table can be used to aid as a tangible target for the athlete)
  - Consultation with Parents.

## 5.3 Performance Group – Cody Ellem



- Key objectives include:
  - Head of the Clarence (all in Cody's group to attend)
  - Qld Club State Championships
  - NSW Club State Championships
  - Northern Rivers Age Champs
  - Nationals.
- Results at Club State Championships will be used as input for selection purposes



### Training

- Aiming to maintain connection with school/club groups
- Four sessions a week:
  - Two school/club group sessions
  - An Ergo session (e.g. Monday or Wednesday morning TBC)
  - Saturday morning Performance session

## 5.5 Performance Group – Mike Opstelten



- Main coaches are Mike Opstelten and Peter Wadsworth
- Minimum goal is to make finals at Australian National Championships
- Ultimate goal is to make the National Team
- Targeting individual high performance
- Crews are then formed from those results
- Crews may also be formed using rowers from other clubs if required
- Aiming to help each individual to get the best out of themselves
- Ergos and On-water results will be taken into consideration



## 5.6 Performance Group – Mike Opstelten



- The Erg Chart will be used as a guide for goal setting
- Also provides a guide to potential on-water speed
- Weight adjustment essential for lighter rowers

	Australian National Champs	QLD / NSW Club Champs
Tier 1	Medal	Medal
Tier 2	Final	Medal
Tier 3	Semi-final	Final
Tier 4		Semi-final (for sculls)

## 5.7 Performance Group – Mike Opstelten



	Age Group	Tier 1	Tier 2	Tier 3	Tier 4	Standard Mass
<b>GIRLS</b>	U14	3:45	4:00	4:15	4:30	55
	U15	8:00	8:20	8:40	9:10	60
	U16	7:40	8:00	8:20	8:40	65
	U17	7:30	7:50	8:10	8:30	70
	U18	7:20	7:40	8:00	8:20	75
	U19	7:10	7:30	7:50	8:10	75
	U20	7:00	7:20	7:40	8:00	80
	U21	6:55	7:15	7:30	7:50	80
	U21 Lwt	7:25	7:35	7:50	8:10	57
<b>BOYS</b>	U14	3:30	3:45	4:00	4:15	65
	U15	7:00	7:20	7:40	8:10	70
	U16	6:40	7:00	7:20	7:40	75
	U17	6:30	6:50	7:10	7:30	80
	U18	6:20	6:40	7:00	7:20	85
	U19	6:10	6:30	6:50	7:10	85
	U20	6:05	6:20	6:40	7:00	90
	U21	6:00	6:15	6:30	6:50	90
	U21 Lwt	6:25	6:35	6:50	7:10	70

## 5.8 Performance Group – Mike Opstelten



- Four training sessions per week
- Four water sessions in Summer and expected to complete land training at home
- Regular Ergo testing
- Focus is on small boats
- May participate in State and National Trials



## 6. Selection



- Coaches will consider:
  - Rower availability and commitment
  - On-water performance
  - Erg Times
  - Crew compatibility
  - Events targeted (e.g. Nationals vs NSW Champs)
- Performance Coaches will recommend selections
- Approved by the Rowing Committee
- The cycle repeats each year, i.e. rowers will have to achieve selection again.



## 7. Questions

## 7.1 Questions from 8 June meeting



Q1 – What is the minimum age for entry into a Performance Group?

A1 – 15 years old

Q2 – How many rowers can be in each Performance Group?

A2 – Only limited by the number of coaches available to assist. Cody and Mike will determine when a group is too big.

Q3 – What is the cost of the Rowing Camps?

A3 – Past camps have cost \$10 per day. The Management Committee will communicate the cost per day closer to the start date.

Q4 – Which regattas will the School Groups be targeting in Terms 3 and 4?

A4 – The club will support attendance at regattas based on rower, parent and coach interest. A list of T3 and T4 regattas will be sent toward the end of T2 and start of T3.

Q5 – What age can someone start to learn sweep oared rowing and will CRC offer that form?

A5 – Generally start in Year 10/11. CRC focuses on sculling.

## 7.2 Questions from 8 June meeting



Q6 – Is the Performance Group divided up by Tiers 1, 2, 3 and 4?

A6 – No, the Tiers are just a guide to potential performance and will also be used for goal setting

Q7 – Which Performance Group is better?

A7 – Group suitability will depend on the personality of the rower and parent availability. Both groups are trying to achieve similar outcomes by using slightly different methods.

Q8 – When do the Performance Groups start?

A8 – Mike and Peter's group is active now. They will communicate the next opportunity to complete an ergo test. Cody and Tanya's group will focus on starting in Term 3 as Term 2 is devoted to GCASRA regattas.