



New Nova Scotia Provincial Team Training Squads

Qualification Standards

February, 2019

In 2016 ergometer standards were implemented to objectively delineate standards for the Provincial Team Training Squads and to enhance the overall quality of competitive rowing in Nova Scotia. This was effective and recently both athletes and coaches have asked for the standards to be reviewed.

Through the Fall of 2017 and the winter of 2018 several stakeholders, including Rowing Canada, club head coaches, provincial and club administrators, as well as former and current NSPT athletes, were consulted on the development of the 2018 revision. Rowing Canada was also consulted in late 2018 and 2019.

The revised ergometer standards have been developed by progressive age groups, including U-17; U-19; U-21; U-23; and Senior A; these are more in line with current age groupings in high performance rowing.

The Canadian Tire Analytics Team generated the initial numbers for the Rowing Canada Next Gen Hub programs, and the Row NS numbers have been extrapolated. The new tables (see appendices) reflect the predicted World Leading erg times and Rowing Canada Hub Standards (both by chronological age), as well as the Row NS Development, Training and Performance Groups.

We have also added TID testing results, and on water boat speeds (numbers under review) as qualification standards, these are meant to offer various modes to demonstrate talent and competence.

The new numbers will be phased in during the spring of 2019. New intake athletes will need to meet the new standards effective March 1, 2019. Currently enrolled athletes will have until May 1 to meet the new performance standards prior to a change in group status.

Performance Group:

	U-17	U-19	U-21	U-23	Sr.A
Men	6:39.0	6:32.0	6:25.5	6:16.5	6:09.5
Lwt Men	7:00.0	6:52.0	6:45.0	6:39.0	6:27.0
Women	7:47.0	7:40.0	7:30.0	7:20.0	7:10.0
Lwt Women	7:58.0	7:50.0	7:42.0	7:35.0	7:22.0

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On Water Standard in May/June Trials is >88% of 2008 RCA GMS *TBC, under review.

On water standard in September Trials is >89% of 2008 RCA GMS.

TID Standard is all “Green” or a mix of Green and Blue

Training Group:

	U-17	U-19	U-21	U-23	Sr.A
Men	6:46.0	6:39.0	6:32.0	6:25.5	6:16.5
Lwt Men			6:52.0	6:45.0	6:39.0
Women	7:53.0	7:47.0	7:40.0	7:30.0	7:20.0
Lwt Women			7:50.0	7:42.0	7:35.0

On Water Standard in May Trials is >85% of 2008 RCA GMS *TBC, under review..

On water standard in September Trials is >86% of 2008 RCA GMS *TBC, under review.

TID Standard is all Green, or a mix of Green and Yellow.

Development Group:

	U-17	U-19	U-21	U-23	Sr.A
Men	6:53.0	6:46.0	6:39.0	6:32.0	
Lwt Men			6:59.0	6:52.0	
Women	7:59.0	7:53.0	7:47.0	7:40.0	
Lwt Women			8:00.0	7:50.0	

Junior Lightweight Athletes:

In order to avoid unnatural weight suppression Development and Training Group standards have been removed for Junior Lightweights. Junior Lightweight Performance Group standards remain in order to support lighter athletes who are on the excellence pathway. Athletes who enter the NSPT system as lightweights, but “grow out of” the weight class will have 3 months to meet the median difference between the lightweight and the heavyweight standards, followed by another 3 months to meet the heavyweight standard.



Program Descriptions

The Performance Group is a group that will be ready to compete at National Championships, and National Team Trials - having the potential to make a Provincial or National Team. Performance Group athletes will have access to 10 sessions/ week with the Provincial Coach, including 2 S&C sessions a week at the CSCA. Athletes will also receive access to the CSCA's IST support as needed.

The Training Group is a group of athletes who have good potential to represent Nova Scotia at National Rowing Championships, and the Canada Games; as well as club representation at the Royal Canadian Henley. They are progressing toward competing for a spot on a Canadian National Development Team squad.

** 5 sessions a week with the Provincial Coach, including two Strength and Conditioning sessions at the Canadian Sport Centre Atlantic. Training should continue with home clubs and/or a complementary sport, specifically during the winter season.

The Development Group targets developing athletes who are working toward a position on a Provincial Team squad and could represent Nova Scotia at the National Rowing Championships, or the Canada Games. The focus is on skill development, fundamental training, and learning the training and racing systems of the Provincial Team(s).

**2 sessions a week at the Provincial Training Center, coached by a member of the Provincial Team staff. Athletes must continue training at their home clubs, additional complementary sports in the winter and shoulder seasons (fall & spring) are encouraged for U-17 athletes. NSPT sessions are only an augmentation to regular club training for Development Group athletes.