



Alberta Rowing Association

Provincial Carding Initiative

Overview:

Over the past two years, eight ARA athletes have gone on to represent Canada on the international stage. In addition, Alberta has witnessed unqualified success at national regatta's and are coming off a best ever finish at the 2020 Western Canada Summer Games in Swift Current, Saskatchewan. Many of these athletes have benefited from the Provincial Carding Program which was introduced just 24 months ago. Given the unqualified success of the program the ARA will be extending this initiative into 2020-2021 but has adjusted a number of objectives on account of the impacts we all face on account of COVID – 19.

About the Program:

The intent of the program is to provide direct funding to individual athletes in the sport's Train to Train and Train to Win categories based on their demonstrated commitment to high performance sport. The proposed program will look to enhance rowing in the province by providing targeted funding to Alberta based athletes and support their on-going development within the sport. The initiative as described herein is to build upon the current funding program in place which was newly introduced for the first time in 2018.

Specific Objectives of the program are:

- 1) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition.
- 2) To encourage athletes to compete for Alberta
- 3) To enhance training and competitive opportunities available to athletes.
- 4) To allow for enhanced monitoring of our high-performance athletes.

How will it Work

Utilizing sport-specific selection criteria the Alberta Rowing Association applies the criteria in determining "Card Status" for the upcoming year. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and Alberta Rowing Association. Carding status will be through to April 1, 2021 with specific deliverables that the athlete must adhere to during this time frame. The proposed criteria requires qualified athletes to adhere to the following:

- Complete RADAR Submissions that form the basis of the RCA erg monitoring program.
- Compete for Alberta at the National Rowing Championships as well as CSG Events
- Registration with an ARA Rowing Club and is training on a regular basis.

It is suggested that a minimum of 66% of funding be directed towards Canada Summer Games athletes, while the remaining 33% of funding be directed to senior and U23 aged athletes. Athletes who are currently being provided with Sport Canada Athlete Assistance Funding will be deemed ineligible under the program.

Proposed Funding

In 2020-2021 the ARA allocates \$15,000 towards the development of provincial cards under this proposed initiative. Provincial Cards will range in value between \$500 to \$1,500 and will be payable in two equal installments.

Cards will be allocated as follows

A Card - Worth \$1,500/each

B Card - Worth \$800/each

C Card – Worth \$500 / each

Note: Senior / U23 and athletes who received carding in 2019-2020 will not be eligible for C cards.

Proposed Criteria

The proposed criteria are based on an erg and on-water performance. Athletes who qualify for “A” Carding status must meet the A card requirements for both the erg and the water. Athletes who qualify for B carding must at minimum meet the B card requirements for both the erg and water and so forth. The erg and on water requirements are as follows:

Erg

- A Card athletes must at minimum achieve a 2K erg standard of ‘Silver Status’ for one’s age/weight classification and as found via the following link <http://albertarowing.ca/team-alberta/erg-monitoring-program/2014-erg-standards/>
- B Card athletes must at minimum achieve a 2K erg standard of ‘Silver Status’ for one’s age/weight classification and as found via the following link <http://albertarowing.ca/team-alberta/erg-monitoring-program/2014-erg-standards/>
- C card athletes must at minimum achieve a 2K erg standard of ‘Bronze Status’ for the one’s age classification as evidenced within the following document. <http://albertarowing.ca/team-alberta/erg-monitoring-program/2014-erg-standards/>

All erg submissions must be pulled between August 15, 2020 to November 1, 2020. Erg submissions outside of this timeline will not be considered. All erg pieces are to be monitored by a club coach within the Province of Alberta. Some exceptions may be granted.

On-Water

A Card Status

- Senior /U23 / Junior Athletes whose time in the A, B or C final was within 95% of the winning time of the “A” final winner for one’s age category at the 2019 National Rowing Championships.
- OR**
- Athletes must have achieved a Top 6 finish (in their respective age classification) at the 2019 National Rowing Championships.

B Card Status

- Athletes won at minimum a silver medal at the 2019 WCSG
- OR**
- Athletes finished within the top half of their respective field at the 2019 National Rowing Championships
- OR**
- Athletes made it out of their respective heat in a small boat event (1x / 2-) at the 2019 Royal Canadian Henley Regatta

C Card Status

- Is demonstrating an ability to move a single and or pair as evidenced by evaluation by the Provincial Technical Director upon achieving erg status