

Alberta Rowing Association

Provincial Carding Initiative

Overview:

Over the past three years, ten ARA athletes have gone on to represent Canada on the international stage; three of whom of whom most recently competed at the 2020 Tokyo Olympics/Paralympics. In addition, Alberta has witnessed unqualified success at national regatta's and are coming off a best ever finish at the 2019 Western Canada Summer Games in Swift Current, Saskatchewan. Many of these athletes have benefited from the Provincial Carding Program which was introduced just 36 months ago. Given the unqualified success of the program the ARA will be extending this initiative into 2021-2022.

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, 2022 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.
- Participate in the Team Alberta Selection event for the the 2022 Canada Summer Games.
- Compete for Alberta at the 2021 National Rowing Championships
- 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 \$12,000 towards the development of provincial cards under this proposed initiative. Provincial Cards will range in value between \$500 and \$1,300 and will be payable in two equal installments.

Cards will be allocated as follows

A Card - Worth \$1,300/each

B Card - Worth \$800/each

C Card – Worth \$500 / each

Note: Athletes who received carding in 2019-2020 or 2020-2021 will not be eligible for C cards.

Proposed Criteria

The proposed criteria are based on an erg and on-water performance. The erg and on water requirements are as follows:

- 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/wp-content/uploads/2021/04/ARA-Erg-2021-Standards.pdf> and hit on-water status #1 (See On-Water Status)
- B Card athletes must at minimum achieve a 2K erg standard of ‘Silver Status’ for one’s age/weight classification as found via the following link <http://albertarowing.ca/wp-content/uploads/2021/04/ARA-Erg-2021-Standards.pdf> and at minimum hit on-water status #3

OR

achieve a 2K erg standard of ‘Bronze Status’ for one’s age/weight classification as found via the following link <http://albertarowing.ca/wp-content/uploads/2021/04/ARA-Erg-2021-Standards.pdf> and at minimum hit on-water status #2

- 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/wp-content/uploads/2021/04/ARA-Erg-2021-Standards.pdf> and at minimum hit on-water status #3

All erg submissions must be pulled between August 25, 2021 to October 1, 2021. 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 Status #1

- Represented Canada at the 2021 U23 World Championships or alternatively selected to represent Canada at the 2021 CanAmMex Regatta

OR

- Athletes must have achieved a Top 6 finish (in their respective age classification) at the 2019 National Rowing Championships AND attended the 2021 CSG Camp in Vermilion Alberta

OR

- Athletes must be the highest ranked crew (as per Gold Medal Standard) in either a single or pair at a time trial which is to be run concurrently with the Dino Sprint Regatta on September 25, 2021

On-Water Status #2

- Athletes must be within 1.5% of Gold Medal Standard of the top crew in either a single or pair at a time trial which is to be run concurrently with the Dino Sprint Regatta on September 25, 2021.

OR

- Athletes must be within 3% of Gold Medal standard of the top crew in either a single or pair at a time trial which is to be run concurrently with the Dino Sprint Regatta on September 25, 2021 AND have attended the 2021 CSG Camp in Vermilion, Alberta.*

On-Water Status #3

- Athletes must be within 5% of Gold Medal Standard of the top crew in either a single or pair at a time trial which is to be run concurrently with the Dino Sprint Regatta on September 25, 2021 AND have attended the 2021 CSG Camp in Vermilion, Alberta*

OR

- Athletes must be within 3% of Gold Medal standard of the top crew in either a single or pair at a time trial which is to be run concurrently with the Dino Sprint Regatta on September 25, 2021

Notes:

- 1) Those CSG athletes attending school abroad and unable to attend the time trial event, the ARA will assess their technical ability based on the performance at the 2021 CSG Camp in Vermilion, Alberta*
- 2) Gold Medal Standard is assessed as a % of World Best Times for one's age category. I.E a Junior Woman 1x will be assessed as a % of the World's Best time recorded by a Junior Woman in the 1x. World Best Times can be found via the following link <https://worldrowing.com/athletes/best-times/>.*