

ALBERTA ROWING ASSOCIATION Provincial Carding Initiative

Overview:

In 2023 seven past or present ARA athletes will represent Canada at either the U23 World or Senior World Championships. Each of these athletes were or are currently carded under the ARA Provincial Carding Initiative. In addition of the four separate Alberta athletes invited to the 2023 Pan-American Selection Camp with the hopes of representing Canada at the 2023 Pan-American Games all of them at one time received monies under the Provincial Carding Initiative. Given the unqualified success of the program, the ARA will once again be extending this initiative into 2023-2024

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 this information 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 November of 2024 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 2024 National Rowing Championships
- Registration with an ARA Rowing Club and is training on a regular basis.

Athletes who are currently being provided with Sport Canada Athlete Assistance Funding will be deemed ineligible under the program.

Proposed Funding

In 2023-2024 the ARA allocates \$12,000 towards the development of provincial cards under this proposed initiative. Provincial Cards will range in value between \$500 and \$1,500 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 Athletes who received carding in 2021-2022 or 2022 – 2023 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’ seconds 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

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 #1

- C card athletes must 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 #3

For “C” Card athletes only some exceptions may apply.

All erg submissions must be pulled between August 25, 2022 to October 31, 2022. 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 2022 or 2023 U23 World Championships

OR

- Athletes must have achieved a Top 6 finish (in their respective age classification) at the 2023 National Rowing Championships (Note for fields less than 30 entries top 1/5th of the field will be required)

On-Water Status #2

- Athletes must have achieved a Top 10 finish (in their respective age classification) at the 2023 National Rowing Championships (Note for fields less than 30 entries top 1/3rd of the field will be required)

On-Water Status #3

- Athletes must have achieved a Top 15 finish (in their respective age classification) at the 2023 National Rowing Championships (Note for fields less than 30 entries top 1/2 of the field will be required)

Notes:

- 1) *Erg Tests pulled outside of the Province of Alberta will be subject to a four second penalty (implying that a erg score of 8minutes pulled outside of our provincial borders will be considered to be a 8:04 submission within Alberta). This penalty is to account for some elevation effects experienced within our province.*
- 2) *All carding decisions are at the discretion of the ARA.*