

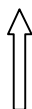
Rowing Canada Aviron Participant Development Model (PDM)

Recreation & Fitness

Recreation Rowing for Fitness
Clubs, Cottage Rowing, Fitness Centre

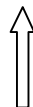
Discipline: Sweep, Sculling, Touring,
Ergs, Recreational Shells
Ongoing participation for fun & fitness

Includes Participants with a Disability



Instruction Stream

Learn to Row
*Corporate Challenge, Club programs,
Dynamic Opportunities for Youth, Participants
with a Disability*



Competition Stream

Competition- Elite
Discipline: Sweep & Sculling
Olympic Games, Pan American
Games, Under 23 Worlds, World
Championships, World Cups,
Paralympics, Junior National Team,
Can AM Mex

Includes Athletes with a Disability

Competition- Development
Provincial Summer Games, Canada
Cup, Canada Summer Games

Discipline: Sweep & Sculling
Royal Cdn Henley, Provincial
Championships, CSSRA, Head Races,
Cdn Masters Championships
Includes Athletes with a Disability

Competition-Introduction
High School, University Club
Discipline: Sweep & Sculling
*Regattas: inter-club, CSSRA, regional,
provincial championships*

Includes Athletes with a Disability

