

### **Learn to Row**

This is a major entry point for many participants. The main objectives for these participants may range depending on age. In general, the main priority is to have fun, acquire basic skills, meet new people, experiment with new activities and be active. The ages can range from 12 years to 60 years of age.

**Who:** Youth, kids camps, adult learn to row, adapted rowing, university learn to row, and Dynamic Opportunities for Youth, corporate challenge.

A problem that has been identified is that many people who participate in a Learn to Row program do not continue with the sport. Some attribute this to having too much of a slant on competitive rowing.

### **Recreational Rowing- Initiation**

Some people who participate in a Learn To Row program join the club on a recreational basis. Most of these participants are adults with the primary objectives to improve general fitness level, have good time/fun, acquire basic skills, meet other people/make new friends and improve general proficiency. In some cases, participants from an adapted rowing program may integrate into a club recreational rowing program.

**Who:** Adults and in some cases youth, who come through a learn to row program and may wish to continue participation during the summer as part of a “kids camp”. The touring group would fit into this context as well.

### **Recreational Rowing –Ongoing**

This is a non-competitive group who is interested in participating for exercise. The skill level is high and little instruction/supervision is needed.

**Who: former competitive rowers, recreational initiation rower who are extremely skilled.**

### **Competition – Introduction**

In this context, there may be entry particularly among high school or university novice programs. They may participate in friendly competitions or may even attend an important high school/university regatta. However, the skill level is still at the introductory level. In general, the participants row 5 times a week.

Their main objectives are to experiment with new activities, have fun, improve general fitness, participate in friendly competitions, acquire basic skills, refine basic skills. The regattas would include local or regional competitions.

Master rowers (over 27) may enter from a learn to row program or a recreation- initiation. The participant objectives are similar to the high school or university participants.

**Who:** high school programs, university programs, masters rowers, some younger CSSRA participants, rowers who attend regional competitions,.

### **Competition – Development**

In this context, the ages could range from 17 and would include Masters who are quite serious about training and competing. During the on-water season, participants train 6 to 9 times per week.

The primary objectives for this group are as follows: Be selected for a team/squad, improve sport specific fitness, acquire advance/complex skills, participate in development competitions, acquire advanced tactics/strategies and fully develop individual potential.

Who: provincial teams, very experienced rowers attending CSSRA regatta, Royal Canadian Henley, Canadian Masters Championships, Can Am Mex squad, CURA and OUAA crews.

### **Competition Elite**

In this context, participants are preparing to make the national team and some represent Canada at international competitions. The majority of athletes in the competition – elite context train year round and many are at the High Performance Centre in BC where they can be on the water all year. The main objectives are as follows: Improve sport specific fitness, refine advanced/complex skills, be selected on a team/squad, meet pre-set performance standards, meet world class standards, and fully develop individual potential.

Who: National Team Juniors, Elite Senior A Men and Women, Under 23 Senior Men and Women.