



LIMERICK

ROWING ACADEMY

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1. Mission Statement

Rowing Ireland wants to be podium competitive at Junior, U23, and senior level at European, World, and Olympic levels.

Rowing Ireland, through the Academy Talent Development Programme, will identify and develop athletes in Munster, who can become podium competitive at Junior, U23 and senior level on an International stage.

The Limerick Academy will build positive relationships with the Munster Branch, Munster clubs and Munster coaches to help them create a high performance environment in the region for identified athletes.

At all times the programme will be athlete centered and athlete development is paramount.

2. Staff

The RI High Performance Director, Morten Espersen (HPD) has responsibility for the Talent Development programme.

The HPD will approve all athlete selections and athlete exits from the Programme and with the Talent Development Coach; James Mangan (TDC) will review the programme annually with RI HPD and make a report quarterly to the HPD.

The TDC will have responsibility for the coaching, training programme, performance monitoring and management of support services, selection testing, and compiling performance reviews, where RI HPD will review the framework and execution of the programme.

The RI Lead Coach (Don McLachlan) will input into the programme where appropriate, or at request of HPD or TDC.

The TDC will lead the management of the programme and be the point of contact with UL Sport and RI.

3. Athlete Eligibility, Testing and Selection

The Talent Development Programme aims to move athletes along a pathway to become competitive on the international stage, by creating additional opportunity for athletes from the following groups.

1. Non-rowers to source a new and previously untapped group of athletes, through Talent Testing. Note; this group will be the target group for the initial trial period of this programme.

It is recognized that the Talent Development Programme is only one pathway towards International success. It is further recognized that not all athletes who may be eligible to be offered a place on the programme will either wish to, or be able to, make the level of commitment to training and associated processes. Preference will be given to those who can fully engage in the programme.

Testing and selection opportunities will be held annually at appropriate times and communicated to Schools and through Rowing Ireland media channels.

This is an athlete centered programme and at all times club membership is at the sole discretion of the athlete.

4. Strategy, Specific Goals & Competitions

Athletes will be considered at age 15 (J16 next season) or above. In exceptional circumstances a J15 athlete that shows exceptional erg performance may be considered. The number of athletes invited onto the programme in any testing period will be determined by the number of athletes achieving the highest level of performance in testing and the number of places available on the programme at that time. Athletes invited onto the programme must be able to demonstrate the commitment to the training and processes involved.

Athletes will be expected to show continuous progression towards age appropriate International targets on the erg and on the water at each 6 month performance review.

Specific Goals and Competition

- annually to reach the Minimum Performance Standards
- be part of the Rowing Ireland trailing process
- demonstrate water performance at national & international regattas

Appendix 1

Minimum Performance Standards

HP Performance Standards required of Concept 2 Ergometer												
Categories	Heavyweight Women			Lightweight Women			Heavyweight Women			Lightweight Women		
	6k	2k	1k	6k	2k	1k	6k	2k	1k	6k	2k	1k
Age		Hwt			Lwt			Hwt			Lwt	
Jr 15			3.40			3.30			3.50			4.00
Jr 16	21.24	6.40	3.14	21.24	6.50	3.20	24.24	7.40	3.44	24.50	7.50	3.50
Jr 18	20.50	6.30	3.10	21.24	6.40	3.14	24.00	7.30	3.40	24.24	7.40	3.44
U19	20.24	6.20	3.04	20.50	6.30	3.10	23.24	7.20	3.34	24.00	7.30	3.40
U21	20.10	6.15	3.02	20.40	6.25	3.06	23.10	7.15	3.32	23.24	7.20	3.34
U23	19.50	6.10		20.24	6.20		22.50	7.10		19.50	7.10	
Senior	19.40	6.05		20.10	6.15		22.40	7.05		19.40	7.05	

Appendix 2

Erg Performance Targets

	Level	Age	Weight	2k Erg
Male	World Class			
	Junior	16		6.35
	Junior	18		6.20
	Under	19	Lightweight	6.20
	Under	19	Heavyweight	6.10
	Under	21	Lightweight	6.15
	Under	21	Heavyweight	6.05
	Elite	23+	Lightweight	6.10
	Elite	23+	Heavyweight	5.55
Female	World Class			
	Junior	16		7.35
	Junior	18		7.15
	Under	19	Lightweight	7.20
	Under	19	Heavyweight	7.05
	Under	21	Lightweight	7.15
	Under	21	Heavyweight	6.55
	Elite	23+	Lightweight	7.07
	Elite	23+	Heavyweight	6.45

5. Training & Physical Resources

Training

All selected Athletes on the programme are expected to commit fully to the training programme. A high level of organization, timekeeping and communication is expected.

All athletes on the programme will adhere to the individual training programme supplied to them by or agreed by the Talent Coach. The programme will be individual, age and developmentally appropriate.

Athletes invited onto the programme but because of geographical location, need to train in their own clubs, are expected to train with the Talent Group in Limerick at least one weekend a month or more frequently if possible. Their training programme should be agreed between their Club Coach and the Talent Coach and all scheduled testing, monitoring carried out and communicated to the Talent Coach promptly.

All athletes are expected to show continuous progress along a HP pathway. Performance reviews will take place in February and August each year. Failure to demonstrate progress towards agreed goals, without good reason may result in exit from the programme.

Physical resources

What will be offered;

- structured training program;
- service provision schedule;
- appropriate specific rowing sport education (rigging, technique and drills, performance analysis and standards, nutrition, physiology, psychology, med support, physiotherapy support & annual schedule of this education);
- a competitive plan and an athlete evaluation quarterly
- use of equipment such as launch, Boats/oars and Gym/S&C/erg's/coaching and meeting rooms/ showers etc.
- Water sessions: UL/Castleconnell, Aerobic 7 anaerobic systems, 7-9 weekly, morning/evening, Saturday double sessions, annually 46 weeks
- Gym sessions: UL/Castleconnell S&C, Core training, 1-3 weekly, morning/evening, annually 46 weeks.

6. Selection:

Athletes will be identified through a talent identification programme in conjunction with local Secondary Schools.

- Athletes will be identified through a screening process that will be based on the ergometer performance standards as set out in Appendix 1.

Ages 16 to 19 yrs old.

Secondary School Program

Transition Year 16 yr old

Women: 65 – 70 kgs

Men 75 – 80 kgs

Training volume 80 – 100k per week

Strength and Conditioning: Developing base strength – good functional movement

Fifth Year: 17 yr old

Women: Open weight 70 – 75 kgs

Men: Open weight 80 – 85kgs

Training Volume 100k per week

Strength and Conditioning:

- Developing base strength – good functional movement
- As Recommended by S&C coach

Sixth Year: 18 yr old

Women: Open weight 70 – 80 kgs

Men: Open weight 85 – 90kgs

Training Volume 120 130k per week

Strength and Conditioning:

- Developing base strength – good functional movement
- As Recommended by S&C coach

Sixth Year: 19 yr old

Women: Open weight 70 – 80 kgs

Men: Open weight 85 – 90kgs

Training Volume 120 130k per week

Strength and Conditioning:

- Developing base strength – good functional movement
- As Recommended by S&C coach

7. Fees

Those athletes on the programme will pay a programme membership fee representative to the local club membership or university membership fee and Rowing Ireland registration fee.

8. Equipment

The Talent programme has sufficient equipment available to support athletes through early development stage within the sport. The programme has limited equipment to support athletes further along the HP pathway. Athletes may be required to source through their club, or through loan, rental, or purchase, equipment appropriate to their requirements.

9. Programme Exit

Athletes will leave the programme if and when:

- They can no longer demonstrate adequate progression following performance reviews
- If they request to leave
- If they are not committed to the training and associated processes
- If they exhibit behavior that brings the sport of rowing, rowing Ireland or its partners into disrepute
- If the athlete is exiting the programme, because it has been agreed that the athlete is not on a pathway to international representation, but the athlete wishes to continue in the sport the TDC will support their move into club rowing on a suitable programme.

10. Support Services

Athletes who show adequate progression may be able to access additional services from the Academy, where such services are available and can be shown to add value to the athlete's progression.

Such services may include S&C, Physiotherapy, Nutrition, Physiology, Performance analysis, Psychology, Performance skills, Sports Medicine. Access to such support will be managed by the Lead Coach.

Athletes will be given advice and support on how to manage training with academic demands. The programme will accommodate all relevant classes/school days and allow time for homework etc. If an athlete is unable to manage both well with this support then this will lead to exclusion from the talent

development programme. Athletes are expected to complete/attend/perform in studies.

11. Protocols

All athletes will be required to sign the Talent Programme Athlete agreement.

All athletes are required to commit to the Rowing Ireland HP Pathway.

Athletes under 18: Parents will be copied on all relevant communications and will be expected to have a high degree of involvement in the development process. TDC compiling with the RI standards and codes as vetting, anti-doping, safety etc.

Revised 10th December 2015