

NATIONAL TALENT IDENTIFICATION PROGRAM



NATIONAL TALENT IDENTIFICATION FRAMEWORK

The purpose of this program is to identify, recruit, retain and support athletes from a non-rowing background, identified through a National Talent Identification process, and support their pathway to representing Australia at the highest level.

CLUB SELECTION CRITERIA

Clubs engaged to support talent identification athletes should satisfy the following minimum standards.

ELIGIBILITY

- ✓ Affiliated with State body
- ✓ State Association requirements- police check, online learning etc
- ✓ Active participation in National Pathway activities/programs
- ✓ Demonstrated history of development program and athlete development from raw recruitment stage

DAILY TRAINING ENVIRONMENT

- ✓ Dedicated coach
- ✓ Suitable equipment- including training sculls
- ✓ Accessible program- including ability to provide a program to suit novice rowers needs
- i.e available in daylight sessions
- ✓ Club participation at State and National level events
- ✓ Representation in Pathway 8+ and the Rowing Australia School's Draft
- ✓ Promotion of athletes into the Talent Pathway Programs
- ✓ Active involvement in partnership with State Talent Pathway Programs including testing days and 'Come & Try' activities

COACH SELECTION CRITERIA

The coach should have the skills and energy to coach raw beginners, and be able to incorporate fun and challenge into the program.

These guidelines for coach selection criteria, outline the minimum standard skill set for a Talent Identification coach.

- ✓ National Coaching Accreditation Scheme (NCAS) accredited - minimum NCAS L2
- ✓ Satisfy SIS/SAS/SSO working with children criteria
- ✓ Have a proven history in working with beginner rowers
- ✓ Good communication skills
- ✓ Understanding of basic skill development
- ✓ Clear understanding of the state's athlete pathway from beginner to elite
- ✓ Ability to be flexible with training times
- ✓ Must be willing to work and report to under the direction of the State Head Coach and State Talent Pathway Coordinator

ACCOUNTABILITY

Accountability and team work is key to the success of talent identification programs

The following structure outlines a reporting and responsibility timeline to support clear communication, structure and accountability

STAKEHOLDER	STAKEHOLDER RESPONSIBILITY	FREQUENCY
All stakeholders	Agreed and recorded KPI's between Club, SIS/SAS & SSO	Annual
All stakeholders	Quarterly stakeholder meetings	Quarterly
All stakeholders	Monthly National check ins- STPC	Monthly
SIS/SAS (STPC)	Talent selection and integration to Club	Ongoing
SIS/SAS HC	Oversee implementation of training and athlete development within club	Ongoing
Club	Provide training environment, equipment, engaging coach	Daily
Coach	Meeting with State Head Coach	Fortnightly

Refer Appendix #1 Template example application for Talent Identification Club status

NATIONAL TALENT IDENTIFICATION TESTING BATTERY

The National testing battery has successfully identified medal winning Olympians.
We now implement a two phase testing battery.

Priority for rowing talent identification is

1. Power
2. Levers/anthropological measurements
3. Endurance

PHASE #1- INITIAL SCREENING BATTERY

Large group screening battery which can be run by coaches or school teachers to identify athletes for rowing specific testing

Equipment needed:

- Height, arm span measurement tools
- Scales
- Vertical Jump
- Beep test CD
- Recording sheet

Selections to Phase 2 testing will be by the nominated State coordinator

		MALE		FEMALE		
		18+	LWT/ Junior	18+	LWT/Junior	notes
Power	Vertical jump	72	48	53	37	
Anthro	Height	195+	190+	180+	175+	
	Sitting height	50/50	50/50	50/50	50/50	
	Weight	record only	record only	record only	record only	
	Armspan	plus 5cm/ height	plus 5cm/ height	plus 5cm/ height	plus 5cm/ height	
Endurance	Beep test	10	10	8	8	weight related
Sporting History						
Parents	Height					
	Sporting history					

**Refer Appendix #2 Phase 1 data recording sheet*

**Refer Appendix 4 for 7 stroke erg protocol*

PHASE #2- ROWING SPECIFIC TESTING

Invited group rowing specific testing battery run by State coordinator

Equipment needed:

- Height, arm span measurement tools
- Scales
- Arm/leg bike
- Dyno
- Ergo
- Recording sheet

Selections to TID program testing will be by the nominated State coordinator

	testing		Minimum thresholds		
Power	Dyno	Max test	Refer to age related thresholds		
	Leg press	Max test	Refer to age related thresholds		
	Arm Press	Max test	Refer to age related thresholds		
	Arm pull	Max test	Refer to age related thresholds		
Anthro	Height				
	Weight				
	Armspan				
Endurance	arm/leg bike	Max test	Refer to age related thresholds		
7 stroke test	erg	Max test-watts	HM 660	LM 500	JM 500
			HW 350	LW 300	JW 300
Attitude 1-5		subjective			

ROWING AUSTRALIA TALENT IDENTIFICATION PHASE 2 MINIMUM AGE RELATED THRESHOLDS

	Age (Years)	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19+
Male	Height (cm)	177.2	178.7	180.1	181.6	183.0	184.4	185.9	187.3	188.7	190.2	191.6	193.0	193.0
	Wingspan (cm)	177.2	178.7	180.1	181.6	183.0	184.4	185.9	187.3	188.7	190.2	191.6	193.0	193.0
	ArmLeg Bike (W)	241	267	289	311	331	351	370	388	407	425	442	460	460
	Leg Press + Arm Pull (Nm)	562	634	702	768	833	896	958	1020	1081	1141	1201	1260	1260
Female	Height (cm)	174.5	175.2	176.0	176.8	177.6	178.3	179.1	179.9	180.7	181.4	182.2	183.0	183.0
	Wingspan (cm)	174.5	175.2	176.0	176.8	177.6	178.3	179.1	179.9	180.7	181.4	182.2	183.0	183.0
	ArmLeg Bike (W)	187	198	209	219	230	240	250	260	270	280	290	300	300
	Leg Press + Arm Pull (Nm)	467	501	534	567	599	631	662	693	724	755	785	815	815

**Refer Appendix # 3 Phase 2 data recording sheet*

Back up testing battery- under pilot, thresholds tbc

	back up testing	Male	Male Lwt/Junior	Female	Female Lwt/Junior	Notes
Power	Vertical jump	tbc	tbc	tbc	tbc	tbc
	Bench press	tbc	tbc	tbc	tbc	tbc
	Chin up	tbc	tbc	tbc	tbc	tbc
Anthro	Height	195+	190+	180+	175+	
	Weight					
	Seated height	50/50	50/50	50/50	50/50	
	Armspan	+5cm/height	+5cm/height	+5cm/height	+5cm/height	
Endurance	Beep test	12	12	10	10	

SKILL PROGRESSION AND FRAMEWORK GUIDELINES

A structured approach must be outlined in the beginning, with expectations of athletes set high. Environment and program should aim to teach good practice whilst challenging athletes physically at every session.

	Stage #1		Stage #2		Stage #3	
	introduction to rowing		learn to row		full program	<i>or when ready</i>
	1-6 weeks	weekly monitoring/ challenge	6-12 weeks	weekly monitoring/ challenge	12+ weeks	monitoring/ challenge
# sessions	3 sessions		5 sessions		5+ session	
#1	water skills	skill test*	water	skill test* (weekly)	water	Skill test * (monthly)
#2	erg skills	200m R16	erg	1km erg R20	erg	as per program
#3	water skills		water		water	as per program
#4	fitness	2km timed run	fitness	2x 20 min ergs	gym	
#5			water		water	
#6+					water	
Resources Append #3	Go Rowing DVD	* Refer Appendix # 5 skill checklist	Athlete acceleration technique video			

NATIONAL MEDIA STRATEGY

To use the power, expertise and resources of the Rowing Australia branding to celebrate performance at World and Olympic level as leverage for a National Talent Identification annual campaign

CENTRAL ROWING AUSTRALIA MEDIA PORTAL

This will allow us to

- ✓ Promote athlete success from TID
- ✓ Advertise TID events
- ✓ Promote TID through video/interviews showcasing rowers identified through TID
- ✓ Promote opportunities for school contact to states for testing
- ✓ Provide a one stop registration hub

NATIONAL TALENT IDENTIFICATION TESTING MONTH

The National testing month will run annually in September

- ✓ Targeted social media spray, led by RA media professionals
- ✓ Nationally branded media -including interviews, video, posters etc
- ✓ Templates for use within States
- ✓ Targeted social media spray

NATIONAL TALENT IDENTIFICATION CAMP

The National TID camp will run annually in December rotating between the states

- ✓ The camp will consolidate the first three months of skill development
- ✓ Rowers self fund the camp * *cost dependent on home state*
- ✓ State/Club funds coaches costs
- ✓ Opportunity for athletes to experience being part of a National Program
- ✓ National branded uniform presented to athletes at camp
- ✓ Educational opportunity focussed on new athletes to rowing

Refer Appendix # 6 for annual timeline overview

Refer Appendix # 7 for the State contacts for TID

Appendix #1 – to be adapted to be State

TALENT IDENTIFICATION ACCREDITED CLUB APPLICATION FORM 2018-19

Applications close insert date

CLUB	
ADDRESS	
CONTACT EMAIL	
CONTACT PHONE	
REQUIRED CRITERIA	
ROWING SA AFFILIATED	
GOOD SPORTS CLUB	

WE WOULD LIKE TO BE CONSIDERED FOR

TALENT SEARCH GIRLS PROGRAM 14-18Y/O

TALENT SEARCH BOYS PROGRAM 14-18Y/O

PARA TALENT SEARCH PROGRAM 15+ Y/O

NOMINATED COACH	
<ul style="list-style-type: none"> COACH WHO WILL BE RESPONSIBLE FOR GROUP 	
EMAIL	
PHONE	
REQUIRED CREDENTIALS	
NCAS	L # EXP
FIRST AID	EXP
POLICE CLEARANCE	EXP
DRIVERS LICENCE	
BOAT LICENCE	
ESSENTIALS OF WORKING WITH CHILDREN	
COACHING EXPERIENCE	

Please list what Club equipment is available for use for the TID program athletes

EQUIPMENT	Number AVAILABLE
1X	
2X/2-	
4X/4-	
8+	

Please outline what facilities/ programs you have in place, to support the program- location of boatshed, S&C structure, etc

FACILITIES/PROGRAMS IN PLACE	

Please submit applications, or for more information, please contact:

Insert contact details

State Talent Pathway Coordinator

E: M:



Appendix # 2 Phase 1 Data Recording Sheet

Appendix # 3 Phase 2 Data Recording Sheet

Appendix # 4 7 Stroke erg protocol

ROWING AUSTRALIA 7 STROKE ERG PROTOCOL

Introduction

The start in rowing races is crucial for optimal performance and may be dependent on maximal anaerobic capacity and strength of the athlete. Greater force production and anaerobic contribution maybe possible in rowing compared with other endurance sports as rowing is relatively short in duration and requires a slow muscle contraction velocity. Thus measures of strength and anaerobic capacity are important objectives in rowing performance.

A seven stroke test may measure strength and force production simply and add texture to the power profile test.

Ergometer Drag Factors for Seven Stroke Test

To maximise the result the test, it recommended that the peak drag is used.

Category	Stationary Ergometer
Heavyweight Men	140
Lightweight Men	120
Heavyweight Women	120
Lightweight Women	100
Junior Men	120
Junior Women	100

Seven Stroke Test Administration

The seven stroke test can be administered as a stand-alone test, or completed after the warm up of the 10+4min lab test, as its short duration should not induce significant fatigue.

1. The athlete should weigh-in and report the weight to the supervising coach or scientist
2. Adjust the ergometer drag factor to that appropriate to the category (see Drag Factor Settings table above)
4. Undertake individual warm-up
5. Select 20 seconds on the Concept 2 work monitor to and display power and SR in large font
6. The athlete performs 7 maximal strokes at a stroke rate of 30
7. The scientist counts and records the power for each stroke, as displayed
8. Calculate the mean power from the 5 highest consecutive readings. This is the 10s mean power.

Appendix 5 Skill Checklist

INTRODUCTION TO SCULLING
STAGE 1 CONFIDENCE AND BALANCE SKILLS

NO	ACTIVITY (always start from safety position)	REPS
1	TOUCH POINTS Left hand: toes, v piece, bowside gate, strokeside gate. Change hands and repeat with right hand	4 each hand
2	BODY SWING Double hand grip and rock the body from side to side but keep the blades flat on the surface in safety position.	20
3	BODY SWING WITH BLADE SLAP As for 2 but allow one blade to come off the water.	20
4	DOUBLE SLAP Double hand grip in safety position, lower and raise the handles to raise the blades to just clear the water (3cm) and slap down again. This should be done quickly and lightly with square blades.	20
5	CIRCLES Single hand grip, thumbs on the end. Circle the hands, change direction, small fast circles, and large circles. Blades are always flat and on the surface, boat rocks body relaxed and upright.	20 each hand
6	RIGGERS: LOWER, RAISE Single hand grip, thumbs on end, raise left hand lower right (in front of knees). Keep blades flat on the surface. Alternate sides.	20 total
7	RIGGERS UNDER as for 6 but greater range until end of the rigger touches the water	20 total
8	STAND UP feet on foot plate or on rails	5 times
9	STAND UP and lower/raise riggers	20 each rigger
10	STAND UP RIGGERS UNDER	20 each
11	MOVE and STOP, BACK and FORWARD Blades square in the water and keep covered. Move the boat back and forwards to feel how the boat moves and stops.	20 times
12	ROWING MOVEMENT Row with each hand including feather. Non rowing blade flat on surface. Three strokes with left and then 3 with right hand. Repeat 5 times	30 strokes
13	BACKING MOVEMENT opposite of 11. Do not reverse the blade.	30 strokes

SHEET II SCULLING SKILLS

Name: _____

Sculling Recording Sheet

Session	Date	30-sec-CIRCLES change direction at 15 secs	10-trials BALANCE Best score	30-sec-DOUBLE SLAP square blades	30-sec ALTERNATE SINGLE SLAP	30-sec RIGGERS UNDER SITTING	30-sec RIGGERS UNDER STANDING	360 turn	CAPSIZE DRILL	Minimum strokes (average over 500m.)
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										

GIRLS	Level 1	1-5 sessions	40	2	25	15	25	20	85 secs	120 secs	80 strokes
	Level 2	6-10 sessions	50	3	32	25	35	35	75 secs	80 secs	65 strokes
	Level 3	11-30 sessions	60	12	35	30	50	45	60 secs	60 secs	50 strokes
	Level 4	31-60 sessions	70	30	42	40	60	50	50 secs	30 secs	35 strokes
	Level 5	>60 sessions	80	80	50	60	70	55	40 secs	20 secs	25 strokes
BOYS	Level 1	1-5 sessions	40	2	25	15	25	20	80 secs	100 secs	70 strokes
	Level 2	6-10 sessions	50	3	32	25	35	35	70 secs	60 secs	60 strokes
	Level 3	11-30 sessions	60	7	35	30	50	43	55 secs	45 secs	50 strokes
	Level 4	31-60 sessions	70	14	42	40	60	50	45 secs	30 secs	30 strokes
	Level 5	>60 sessions	80	40	50	50	70	60	35 secs	15 secs	18 strokes

Appendix # 6 Stakeholder timeline overview

Stake Holder Time Line			
	Sis/SAS and State	Clubs	TID Coach
July	Tender for TID development program published to local clubs		
August	Commence Media and local community engagement for talent search	Plan and submit tender to become official TID development program	Assist club in submitting tender to become official TID development program
September	Tender awarded for TID development program		
	Promote centralised talent search to schools in strategic area		
October	Run centralised talent search	Prepare equipment and daily training environment for TID training	Assist in talent search activities
	Invite selected athletes		
November	Transition athletes into club daily training environment. Including running information sessions for parents	Primary support for TID coach.	Primary contact and ultimately accountable for athletes selected from the centralised testing day in TID Program
	Make weekly contact with development group, liaise with national STPC's to coordinate December TID tour		
December			Attend national TID Tour
January		Re-engage TID athletes into club environment. It is recommended that TID coach and coaching structure remain into new year	
⋮			
July	Coordinate 2 nd TID camp for September co-hort		Attend and assist with 2 nd National TID camp

Appendix # 7 State contacts for TID

State	Contact	Email	Mobile
SA	Christine MacLaren	Christine.maclaren@sa.gov.au	0413042176
WA	Jamie Hewlitt	jhewlett@wais.org.au	0432854716
ACT	Nick Garratt		0411 768 700
VIC	Simon Gadsen		
NSW	AB Bennett		
QLand	Andrew Service		
Tas	Grant Pryor		