



SASI PATHWAY PROGRAMS 2022-23

Talent Identification aims to **identify, recruit, and offer opportunity for development** to athletes who show the potential for long-term, high level success in the sport of rowing.

Talented athlete identification is driven by the Rowing SA State Pathway Program and is led by the SA Sports Institute (SASI). This process offers structured pathway programs in partnership with SA clubs and schools, for talented non-rowing and existing rowing athletes to move into and up the athlete pathway.

Athletes are assessed on the performance benchmarks outlined in this document against the Rowing Australia national benchmarks for age and category, including the criteria for non- rowing talented athlete identification process – Talent Search program.



Alexander Hill, Olympic gold medallist M4-, Tokyo Olympics



PROGRAM														
SASI Talent Search – TID squad														
TARGET GROUP														
Athletes from NON rowing background that meet benchmark age related standards in national TID standards														
PROGRAM OUTLINE														
SASI based program, with club sessions twice a week														
PERFORMANCE BENCHMARKS- age adjusted														
	Age (Years)	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19+
Male	Height (cm)	177.4	178.9	180.3	181.7	183.1	184.5	185.9	187.3	188.8	190.2	191.6	193.0	193.0
	Wingspan (cm)	177.4	178.9	180.3	181.7	183.1	184.5	185.9	187.3	188.8	190.2	191.6	193.0	193.0
	ArmLeg Bike (W)	253	272	291	310	328	347	366	385	404	422	441	460	460
	Leg Press + Arm Pull (Nm)	584	645	707	768	830	891	953	1014	1076	1137	1199	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
MONITORING – Monthly progress recorded														
TRAINING COMMITMENT														
WATER		3 SESSIONS (SASI/TRC)												
ERGO/LAND TRAINING		3 SESSIONS (SASI/TRC)												
APPLICATION PERIOD														
October & July														
PROGRAM START														
October & July														
PROGRAM LENGTH														
18 months, performance reviewed every 6 months														
FEEDER PROGRAM TO														
Club programs, SASI Junior Training Agreement, SASI Associate Scholarship,														
ASSOCIATED COSTS														
\$150 per school term, Club membership in second year, race fees, camp & competition fees- Adelaide and WA														



*Ella Bramwell, W8+ Australian Rowing Team 2022
Started rowing through SASI Talent Search*

PROGRAM								
PARA TALENT SEARCH								
TARGET GROUP								
Para athletes who meet classification and considered criteria outlined below								
PROGRAM BASE								
SASI in partnership with Torrens Rowing Club								
PERFORMANCE BENCHMARKS								
✓ Results/performance at high performance level in other sport – talent transfer								
✓ provisional rowing classification - click here for RA classification outline								
✓ gap in category nationally								
✓ strength and endurance testing – TID testing								
	Age (Years)	16	16.5	17	17.5	18	18.5	19+
Male	Height (cm)	185.9	187.3	188.7	190.2	191.6	193	193
	Wingspan (cm)	185.9	187.3	188.7	190.2	191.6	193	193
	ArmLeg Bike (W)	370	388	407	425	442	460	460
	Leg Press + Arm Pull (Nm)	958	1020	1081	1141	1201	1260	1260
Female	Height (cm)	179.1	179.9	180.7	181.4	182.2	183	183
	Wingspan (cm)	179.1	179.9	180.7	181.4	182.2	183	183
	ArmLeg Bike (W)	250	260	270	280	290	300	300
	Leg Press + Arm Pull (Nm)	662	693	724	755	785	815	815
Above standards applied according to athlete ability and boat class								
TRAINING COMMITMENT								
WATER						3 SESSIONS (SASI)		
ERGO/LAND TRAINING						3 SESSIONS (SASI)		
APPLICATION PERIOD								
ONGOING								
PROGRAM START								
ONGOING								
PROGRAM LENGTH								
12-18 months								
FEEDER PROGRAM TO								
PARA National Team, SASI Athlete Categorisation Tiers 1-5								
ASSOCIATED COSTS								
Club/school membership & race fees, October & January Camp, NSW Champs, National Championships, National Selection Regatta								

PROGRAM		
SASI SCHOOL ATHLETE TRAINING AGREEMENT 2022-23		
TARGET GROUP		
U19 on 31/12/2022		
PROGRAM STRUCTURE		
Sculling/pair sessions with SASI squad negotiated with school program		
PERFORMANCE BENCHMARKS		
	MALE	FEMALE
AGE	16+	16+
2km erg (Jan-April 2020)	6:30	7:25
National Championships	A final U19 small boat	A final U19 small boat
Commitment/attitude to training	Coaches recommendation and participation in SASI winter performance squad	Coaches recommendation and participation in SASI winter performance squad
MINIMUM TRAINING COMMITMENT		
WATER	Negotiated with school program on individual basis	
ERGO/S&C TRAINING	Negotiated with school program on individual basis	
COMMITMENT	Negotiated with school program on individual basis	
APPLICATION PERIOD		
Invitation from performance on erg and in small boat		
PROGRAM START		
Ongoing		
PROGRAM LENGTH		
12 months - May 2023		
ASSOCIATED COSTS		
Club/school membership & race fees, October & January Camp, NSW Champs, National Championships, National Selection Regatta		



*Australian Junior Men's Coxless Four 2022
Felderhof, Saunders.Holland, Nesbitt
SASI school athletes training agreements 2021-22*

PROGRAM		
SASI TRAINING AGREEMENT		
TARGET GROUP		
Athletes who meet the benchmarks for their age category		
PROGRAM BASE		
SASI		
CONSIDERED PERFORMANCE BENCHMARKS		
2KM ERG		
	MALE	FEMALE
U19	6:25	7:20
U21	6:15	7:15
U23	6:10	7:10
U23 LIGHTWEIGHT	6:25	7:25
PARA PR3	6:30	7:30
CONSIDERED ON WATER AND ERG DATA FROM PREVIOUS SEASON		
	Results in relevant category at state and national level Time trials, consistent training at performance sessions, monthly performance erg data	Results in relevant category at state and national level Time trials, consistent training at performance sessions, monthly performance erg data
U19 /U21		
	A FINAL small boat National Championships, time trials, consistent training at performance sessions, monthly performance erg data in relation to national benchmarks	A FINAL small boat National Championships, time trials, consistent training at performance sessions, monthly performance erg data in relation to national benchmarks
U23/LIGHTWEIGHT		
	A FINAL small boat National Championships, time trials, consistent training at performance sessions, monthly performance erg data in relation to national benchmarks	A FINAL small boat National Championships, time trials, consistent training at performance sessions, monthly performance erg data in relation to national benchmarks
Para		
APPLICATION PERIOD		
Application process closes 21 st October		
PROGRAM START		
October		
PROGRAM LENGTH		
12 months		
FEEDER PROGRAM TO		
Underage National Team, SASI Athlete Categorisation Tiers 1-5, PARA National Team,		
ASSOCIATED COSTS		
Club/school membership & race fees, October & January Camp, NSW Champs, National Championships, National Selection Regatta		



*Nick Blackman, Australian U21 Rowing Team 2022
SASI Rowing Scholarship 2021-22*



*Simon Albury, PR2 Mixed 2x, Tokyo Paralympics
Started rowing through SASI PARA talent search*

To be eligible for all pathway programs, athletes must

- ✓ Be a current and financial Rowing SA registered rower (incl. Rowing SA Limited Membership)
- ✓ 21 and U23 and senior athletes be an Australian Citizen
- ✓ If a Junior/ U19 athlete shows proof of residency for Australia, Australian citizenship is not required
- ✓ Nominate for SA State Team 2023
- ✓ Nominate for National Team 2023
- ✓ Adhere to the Rowing SA Code of Conduct and RSA Social Media Policy
- ✓ Complete a registration/medical and consent form if required
- ✓ All athletes must adhere to Rowing Australia Medical reporting system for medical and extenuating circumstances exemptions
- ✓ Submit data as required

For more information contact

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Photos credit Rowing Australia/Will Raven