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ACTAS Rowing Program Scholarships 2010/11

Application Information

Background

The ACT Academy of Sport Rowing Program (also known as a National Training Centre) is a partnership between Rowing Australia (RA), The National Rowing Centre of Excellence (NRCE), Rowing Australian Capital Territory (RACT) and the ACT Government through the ACT Academy of Sport (ACTAS).

The ACTAS NTC Rowing Program is conducted as part of the RA national elite pathway program. It is acknowledged by all partners that the overall strategic direction for the ACTAS NTC Rowing Program is determined by RA and that ACTAS and RACT are responsible for implementing the program taking into account local factors.

The prime focus of the ACTAS program is to support the ongoing development of talented athletes so that they can progress to the next level within the RA national elite pathway and to prepare and support athletes and coaches for the RA national age or open teams.

The National Rowing Centre of Excellence (NRCE) is a joint venture between RA and the Australian Institute of Sport (AIS). It incorporates the entirety of RA's High Performance Program and the AIS Scholarship and National Camps Programs. The primary objective of the NRCE is to achieve sustainable medal winning performances by Australia at Olympic and Paralympic Games consistent with the Rowing Australia High Performance Plan as determined by the RA Board. The NRCE is managed by a Joint Management Committee (JMC) of RA and AIS personnel - and is located at the AIS boat sheds.

NRCE Objectives:

To achieve the vision, the objectives of Rowing Australia's National High Performance Plan for the years 2009-2012 are to:

- Win three gold medals at the 2012 London Olympics Games
- Win one gold medal at the 2012 London Paralympic Games
- Increase the number of athletes with elite gold medal winning performance characteristics through all levels of the HP program
- Increase the number of coaches in the HP program capable of coaching Olympic gold medal performances
- Maximise the effective integration and utilisation of all available HP resources across Australia through NRCE leadership



ACTAS Program Objectives:

National Training Centre (NTC) Objective:

- Plan, coordinate and manage all aspects of the ACT Academy of Sport's (ACTAS) High Performance program for rowing in conjunction with the National Rowing Centre of Excellence (NRCE).

This includes the design and implementation of comprehensive training/competition programs in line with the NRCE Performance Framework, for state based high performance rowers.

Adaptive Rowing Objective:

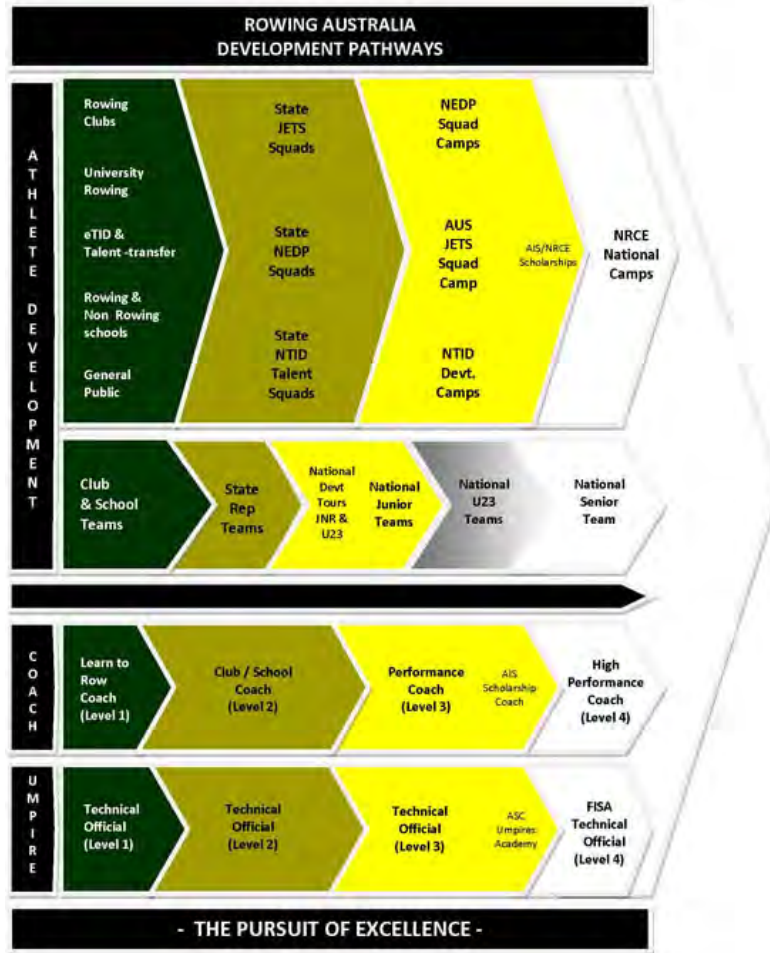
- Working with Rowing Australia (RA), the NRCE Elite Adaptive & HP Assistants and the National Head Coach Elite Adaptive Rowing, the National Elite Adaptive Program's aim is to achieve one Gold medal in London 2012. ACTAS will provide the National Program with effective program coordination and camps based support.

Overarching National Elite Development Program (NEDP) Objectives:

- Increase the number of athletes with elite gold medal winning performance characteristics through all levels of the HP program.
- The National objective is to recruit, retain and progress 14 male and 9 female outstanding new athletes into the Australian NEDP program each year.
- ACTAS Key Performance Indicators:
 - i. Annual new Male NEDP Target = 1
 - ii. Annual new Female NEDP Target = 1
 - iii. Effective planning, coordination, and communication of all monthly monitoring with all NEDP athletes
 - iv. Targeted progress of athletes versus traffic light standards

Overarching National Talent Identification Program (NTID) Objectives:

- To identify, recruit, develop and 'case-manage' talented athletes across Australia who are potential Senior A medal standard athletes for future World Championships and Olympic Games.
- To ensure a quality coaching and support systems exist in each state responsible for the TID.
- To ensure clearly defined development pathways exist for the transfer of talented school athletes into the Club system and from the Club system into an elite athlete pathway offered by the AIS/SIS/SAS network.
- To develop a National TID Athlete Profile model and testing protocols



Role of the ACTAS Rowing Program

ACTAS plays a key role as a high performance service provider in the Rowing Australia national elite pathway program in maximising the long term development and support of nationally identified ACT athletes currently or identified as capable of progressing to the highest representative levels. The Program provides access to high performance coaching, facilities and performance services as well as high performance training and competition environments.



Brief Summary of ACTAS Scholarship Benefits (includes but not limited to):

Area	Tier 1 & 2	Tier 3 & 4	Coxswains
Coaching	<p>ACTAS Head Rowing coach will coordinate the delivery and support of effective training and competition plans</p> <p>Monitor and review athlete performances with network coaches</p>	<p>ACTAS Head Rowing coach will coordinate the delivery and support of effective training and competition plans</p> <p>Monitor and review athlete performances with network coaches</p>	<p>ACTAS Head Rowing Coach will coordinate the delivery and support of effective training and competition plans</p> <p>Monitor and review athlete performances with network coaches</p>
Strength and Conditioning	<p>An ACTAS Strength and Conditioning coach will coordinate the delivery and support of effective training plans</p> <p>Monitor and review athlete performances with network coaches</p>	<p>An ACTAS Strength and Conditioning coach will coordinate the delivery and support of effective training plans</p> <p>Monitor and review athlete performances with network coaches</p>	<p>An ACTAS Strength and Conditioning coach will coordinate the delivery and support of effective training plans</p> <p>Monitor and review athlete performances with network coaches</p>
Venues	ACTAS Rowing shed and ACTAS Gymnasium	ACTAS Rowing shed and ACTAS Gymnasium	ACTAS/Club Rowing shed and ACTAS Gymnasium
Equipment	Priority access to ACTAS equipment	Priority access to ACTAS equipment	Priority access to ACTAS equipment
Funding	<p>Funding for domestic travel</p> <p>Funding assistance for international travel</p>	<p>Funding for domestic travel</p> <p>Funding assistance for international travel</p>	<p>Funding for domestic travel</p> <p>Funding assistance for international travel</p> <p>Funding assistance for personal development opportunities</p>
Performance services	Priority access to ACTAS performance services (psychology, ACE, sport science, nutrition)	Priority access to ACTAS performance services (psychology, ACE, sport science, nutrition)	Priority access to ACTAS performance services (psychology, ACE, sport science, nutrition)
Uniform	Training, racing and casual uniform	Training, racing and casual uniform	Training, racing and casual uniform

* All areas are inclusive of adaptive athletes



Key Operating Principles of the ACTAS Rowing Program

- The program is athlete focused and coach driven, operating within an integrated team approach.
- It is focused on providing a high performance rowing training environment.
- Athletes are expected to have ownership in their program and their ultimate performance.
- Athletes are expected to maintain an appropriate level of life balance which includes continuing education/vocational studies or full/part-time work.

National Scholarship Criteria

- The National Elite Sports Council (NESC) is in the process of moving towards a structure of standardised classifications for high performance athlete scholarships, training environments and staffing within these environments across all sports.
- The NRCE and in effect the ACTAS Rowing program are supportive of this approach and have been working to implement the first phase of this, being the classification and timings of 2010/11 rowing scholarships.
- Therefore prospective ACTAS Scholarship athletes will be assessed against the nationally agreed rowing scholarship criteria. Please refer to 'Rowing High performance Scholarships 2010/11 Information Document' for specific details. This document can be reviewed on the Rowing Australia website www.rowingaustralia.com.au.

The ACTAS rowing scholarship program in 2010/11

ACTAS will award up to 10 rowing scholarships to talented ACT based athletes. The scholarship period will generally commence in November 2010 and conclude in October 2011.

A 3 month probation period will apply to athletes from the start of the scholarship period. Athlete performances in Long Distance Time Trails, erg testing and any other events and the potential to progress to Australian representation will be taken into consideration prior to the continuation of scholarships.

Eligibility

- Athletes must be eligible to compete for Australia at a World Championships or Olympic/Paralympic Games.
- Athletes must be a resident of the ACT or surrounding region.
- Athletes must be a registered member of a rowing club or school that is affiliated with the Rowing ACT Association.
- All athletes must submit a completed 2010-2011 ACTAS Rowing Scholarship Application Form prior to 5pm Friday 27th August, 2010.



Selection Criteria

Prospective ACTAS Scholarship athletes will be assessed against the nationally agreed rowing scholarship criteria. Please refer to 'Rowing High performance Scholarships 2010/11 Information Document' for the minimum performance criteria expected to be met in order for athletes to be considered for the respective scholarships, in each respective tier.

This document can be reviewed on the Rowing Australia website www.rowingaustralia.com.au

The NRCE and ACTAS may choose to apply additional criteria over and above minimum performance criteria, which may include annual performance improvement, other physical parameters, technical ability, psychological, cultural and behavioural history and expectations.

In special cases athlete's individual circumstances may prevent them from achieving the minimum performance criteria. These athlete's special circumstances can be taken into consideration.

To be considered, athletes are expected to be nominating for Australian representation within the scholarship period, or providing appropriate reasons if not.

At the discretion of the ACTAS NTC Head Coach, additional criteria include but are not limited to the following:

- RACT Winter Time Trials
- NTC 5.5km time trials
- Erg Testing (100m, 500m, 2000m, 6000m, 30min R20)
- NEDP/NTID Testing
- Performance, results and conduct over previous seasons (domestic and international)
- Potential for performance in future seasons
- Level of availability and commitment for rowing in 2011
- Capacity and willingness of the athlete to utilise ACTAS services to enhance their athletic development
- Previous behaviour that has the capacity to bring ACTAS into disrepute

In the event that an athlete is not able to participate in one or more of tests they must seek exemption from the respective event from the ACTAS NTC Head Coach prior to the event. Athletes may be asked to complete the testing at a later time.

The Targeted Athletes

The ACTAS Rowing Program is targeted towards athletes who meet the Tier 3 and 4 selection criteria including adaptive athletes and coxswains. Please refer to 'Rowing High performance Scholarships 2010/11 Information Document' for specific details. This document can be reviewed on the Rowing Australia website www.rowingaustralia.com.au



Application Process

- Any questions should be directed to the ACTAS NTC Head Coach
- Athletes are to complete the ACTAS 2010/11 Program Scholarship Application. Completed applications are to be emailed to the ACTAS NTC Head Coach gordon.marcks@act.gov.au
- Applications must be received no later than 5:00pm Friday 27th August, 2010.

Disputes and Appeals

Disputes should be referred in the first instance to the ACTAS NTC Head Rowing Coach for explanation.

When a resolution cannot be reached, or an athlete is not satisfied with the explanation, that athlete's non-selection can be appealed following the ACTAS Appeals Policy guidelines which are available through ACTAS.



Australian Government

Australian Sports Commission

**NATIONAL TALENT ID
AND DEVELOPMENT**



ACTAS acknowledges the support of program partners the ACT Government, the Australian Sports Commission, RA, the NRCE and RACT.