



**Development, Test Camp Circular No 1.  
14<sup>th</sup> of November 2009  
Coomera Rowing Course**

Dear all this notice is for all rowers and coaches who wish to participate in Rowing Queensland's Development test camp on the 14<sup>th</sup> November 2009 at Coomera Rowing Course.

**Please note:**

Coomera Rowing Course will now be the permanent location for Queensland's Development test camps; can all coaches please email test camp nominations to the Development Manager on [samp@rowingqld.asn.au](mailto:samp@rowingqld.asn.au).

This camp is for year 10 to senior B athletes that are non-state representative rowers and are not currently vying for National selection. There will be a **cost** associated with the camp to cover toilet pump outs at Coomera Water sports however the exact price per person is yet to be determined.

\*Rowers prior to attending the development test camp please ensure that you complete and submit a 2000m ergometer max and a 250m ergometer max with the following ergometer drag factors:

Junior Female → 95 with sliders or 110 fixed  
Lightweight Female → 95 with sliders or 110 fixed  
Open-weight Female → 105 with sliders or 120 fixed

Junior Male → 105 with sliders or 120 fixed  
Lightweight Male → 105 with sliders or 120 fixed  
Open-weight Male → 115 with sliders or 130 fixed

Please submit ergometer scores to the Development Manager at [samp@rowingqld.asn.au](mailto:samp@rowingqld.asn.au) by **Thursday 12<sup>th</sup> November 2009** including bodyweight (kg), date of test, ergometer scores in min:ss.0, drag factor and if the ergometer was performed on sliders/ or it was fixed.

**Rationale:**

The development test camp series have been introduced to provide both the rower and coach with feedback on the fundamental components that will lead to rowing performance. The Development test camp series will be an integral component of Rowing Queensland's National Talent Identification program which ties in with Talent Identification Testing and the Rising Talent and Junior Elite Talent Squad programs.

Further and more importantly the development test camps are also a pathway that leads on to the high performance program administered from Rowing Queensland such as the National Time Trial series and State team selections. To be recommended to attend the National Time Trial you should be able to achieve the benchmarks listed to ensure a successful transfer into the NTT.

**Benchmarks for the development camp:**

When rowers are able to achieve the following benchmarks I strongly recommend they move from the development test camps to the National Time Trial series (if wanting to go for State & National representation)

Male: on water time for 1000m at R28 3:40 (both scores combined/2)

Female: on water time for 1000m at R28 4:00 (both scores combined/2)

Skills and core strength:

Male & Female: when you are able achieve a score >60 for circles, alternate side slaps, rigger dips sitting, rigger dips standing and a 360 degree turn in less than 30 seconds.

You will also need to achieve a 3min front bridge and 2min side bridge for both the left and right bridge.

**Start time:**

7:30am for an 8am on-water start.

**Run sheet:**

	<b>Women</b>	<b>Men</b>
7:30am	Arrive & Warm up	Arrive & Warm up
8am	Sculling 2x 1000m R28	Sculling 2x 1000m R28
9:30am	Sculling 2x 1000m R24	Sculling 2x 1000m R24
10:30am	Sculling Skills	Sculling Skills
10:45	Core Strength	Core Strength
11:00am	Strength testing	Strength testing
11:20am	Break	Break
11:45am	Distance per Stroke 1000m x3	Distance per Stroke 1000m x3
12:45pm	Pack up	Pack up
1:15pm	Depart	Depart

**Equipment:**

All rowers will need a single scull and oars, food, water, towel, change of zootie and money for the toilet usage (TBA).

**Coaches:**

Please ensure you bring a clipboard & stopwatch to assist with timings and recordings (I need at least 6 assisting coaches/ personnel).

Can 2 coaches please bring 1 motorboat each (total of two boats) to assist with the camp?

Final attendee numbers and recording sheets will be emailed out Friday 13th midday.

If you need further information please contact me via the below contact details.

Regards,

**Samuel Pickett**

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