

BC RADAR



TD & M TALENT DEVELOPMENT AND MONITORING PROTOCOLS

Provincial Protocols

Developed by Rowing BC
and CSC - Pacific
Last Updated: October 22nd, 2009



SKILL ASSESSMENT

Equipment Needed:

- Video Camera
- Athlete in 1x or 2-

IMPLEMENTATION:

1. Coach prepares on water video session.
2. Video is take of the athlete for 5-10 strokes at each of the following stoke rates.
 - Stroke rate 18-20
 - Stroke rate 26-28
 - Stoke Rate 30 +
3. Video is reviewed and scored on the Talent Development & Monitoring score sheet.

CRITICAL POINTS:

- Athletes should not given specific technical direction prior to taking the video. (telling the athlete to row well is acceptable)
- It is important to have the athletes rowing naturally.
- Video should be taken of athletes in 1x or 2-.

PERFORMANCE ASSESSMENT

(Water Based Assessment)

Gold Medal Standard

- Events will be identified where performance can be assessed in relation to the Gold Medal Standard (GMS).
- Athletes wishing to be assessed against gold medal standard must participate in 1x's or 2-'s at these events.

CRITICAL POINTS:

- On water performance will be used when the following criteria have been fulfilled.
- Completed at an event approved by the Rowing BC Coaching staff. (IE National Championships, Summer Games events, National selection events.)
- Completed during weather conditions deemed fair by the Rowing BC coaching staff. (IE no tail wind, no current, etc)



PERFORMANCE ASSESSMENT

(Ergometer Based Assessment)

IMPLEMENTATION:

1. Athletes submit ergometer based performance results to Rowing BC based on the Provincial RADAR Submission dates. (adjusted yearly)
2. Athletes should also submit ergometer scores directly to Rowing Canada based on the RCA ergometer testing schedule. These scores will count as part of athletes RADAR submissions.
3. Athletes will be assigned RADAR points based on their submissions.
4. Athletes can also submit additional erg scores outside of the specified testing dates.

The following ergometer Based tests will be used to assess performance.

- 1) 16 km test
- 2) 6000 meter test
- 3) 2000 meter test
- 4) 1000 meter test
- 5) 1 minute test
- 6) 100 meter test

CRITICAL POINTS:

- Athletes should be submitting average watts for all tests.
- For the 100 meter test athletes should record both average and peak wattage.
- Scores should be submitted to Rowing BC using the BC RADAR data collection sheet.