



The bulletin will be distributed to the program coaches in each of our member clubs. In addition this bulletin and as well any previous bulletins are available on-line @ www.albertarowing.ca

The End is Near

Hard to believe that the end is near for another rowing season here in Alberta. Get out while you can and enjoy the magnificent fall days that remain.

University Programming

For many of us we think of October as a wrap-up to the season, but for our university programs October represents the heart of their competitive programming . On October 19th Lakeland College, the University of Alberta, University of Calgary will descend on Burnaby Lake and put their skills to the test against the University of British Columbia and University of Victoria. Two weeks later these same three schools will travel to Montreal, Quebec for the Canadian University Rowing Championships (CURC's). For each of the past 6 years Alberta athletes have returned home from the CURC's with at least one medal. Lets hope Alberta's university athletes can keep the streak alive this year. Best of luck to each of the three schools this fall.

The sun is starting to set on another rowing season here in Alberta. Get out while you can.

Photo Taken at the Calgary Rowing Club

ARA NEWSLETTER TO OCT 6, 2013

UNIVERSITY STANDARDS

Each year the ARA gets approached about setting standards for the CURC Regatta – the national championships for university rowing. While we at the ARA have expressed our reservation about imposing standards on an event whose entrance requirements should be at the discretion of the universities themselves, we provide a document to the Universities that we published about a year ago

The CURC Event has become a highly competitive affair. Some of the athletes who competed at the 2012 event included Kai Langerfeld - Silver medallist at the 2012 Pan-American Games, Ben DeWitt - Silver medallist at the 2012 Pan-American Games, Sarah Black - World Champion in the U23 Women's 8+ and Carling Zeeman - Bronze Medallist in the Women's Single at the 2012 NRC Event. The quality of rowing within the Canadian University System has never been stronger.

Athletes who aspire to race in an "A" Final should at the very minimum have an erg score that betters the Bronze Erg Standard for their respective weight / age classification. Erg Standards are posted on the ARA's Webpage.

Athletes who wish to compete at the CURC Event should be rowing over the summer and training on the ergs over the winter months. Athletes who think they can walk into a university program in September and compete against the likes of a UBC / Western or UVIC rower after only 6 weeks of training are only kidding themselves. These programs train upwards of 8 times per week 8 months a year. To compete against these athletes you must train like they do.

There is no reason why Alberta universities cannot compete against the likes of UBC / UVIC. However to do so will take a substantial commitment from the executives of the universities themselves. To have a strong program schools require at least 30+ athletes between the ages of 18-25 with no less than a

Novice 8+, Junior Varsity Eight and a Senior Eight.

The ARA hopes we have not discouraged anyone from attending this event. It is our hope that in offering these recommendations we can motivate those within the university programs themselves to recruit and develop qualified athletes.

RADAR Reminder

A reminder to all ARA athletes that the next round of RADAR submissions while not posted by Rowing Canada will likely be due by mid-November 2013. The ARA encourages all athletes to complete the battery of tests that are required as part of RADAR and post their scores on the on-line database. It is the opinion of the ARA that completing the tests and posting your results on-line will assist you in your development.

ARA NEWSLETTER TO OCT 6, 2013

Alberta's Head Races

Thank-you to Lakeland College and the University of Calgary Rowing Club for hosting the Head of the North Vermillion Regatta on September 28, 2013 and the Head of the Weasel Regatta on October 5, 2013. The conditions for both regatta's were beyond compare and the amount of athletes in attendance was great to see.

Unfortunately the regatta season here in Alberta has come to a conclusion but there are a number of great regatta's that remain in the 2013 Calendar Year including the Head of the Charles in Boston Mass on October 19-20, 2013. For those wanting a regatta closer to home there is the Head of the Gorge / Elk Regatta's on October 26-27 in Victoria, British-Columbia.



Athletes prepare their boats for the start of the 2013 Head of the Weasel Regatta in Calgary, Alberta.

UPCOMING EVENTS AROUND ALBERTA

RCA Coach #2 – November 1-3 – Calgary, Alberta
ARA AGM – November 16, 2013 – Red Deer, Alberta

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