

Alberta Rowing Association



Bulletin #9 – To November 11, 2013

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

National Rowing Championships

18 Athletes represented Alberta in Welland, Ontario at the 2013 National Rowing Championships (NRC's); a small boat regatta that awards a National Champion in the Men's and Women's (Heavy and Lightweight) 1x and 2-. Unfortunately, the 2013 NRC regatta was different than any in the past. High winds prompted regatta organizers to amend the last day and a half of racing into a time trial format and restricting it to only the top 12 boats in the Men's and Women's 1x, and 2-. With an extremely young team in attendance (at the National Rowing Championships senior athletes race alongside junior athletes giving each athlete an overall ranking. Medals are awarded to the top three Junior/U23 athletes in the overall ranking), Alberta did not have any athletes in the top twelve of the field, which isn't to say Alberta did not have any athletes in the medal hunt.

As regatta organizers cancelled all C and D Semi's and Finals they had to go back and look at the times from the Quarter Finals to award medallists in some of the U23 and many of the Junior Aged categories. In reviewing the times of the Quarter Finals, Alberta failed to step atop the medal podium for the first time in four years. Regardless, there were some good performances by ARA Athletes at the regatta.

National Rowing Championships cont.....

Typically at this time the ARA would provide a synopsis of each athlete's finish at this regatta but we don't think it is fair to anyone to determine an athlete's overall placing based on their result in the quarterfinals. We will however congratulate all athletes for their performance and hope that the 2014 version of the NRC is better than the 2013 regatta.

CURC Regatta

Not only were athletes from the University of Calgary and University of Alberta in attendance at the 2013 Canadian University Rowing Championships so too were Alberta based athletes representing the University of Victoria, University of Saskatchewan, University of Guelph, and Queen's University. This year two Alberta athletes medalled for their respective institution, they were

Cate White Silver in the Lightweight Women's Coxed Four (University of Victoria)
Ole Tietz Bronze in the Lightweight Men's Single* (University of Alberta)

We wished all of our Alberta based athletes stayed at home and rowed for an Alberta University but are proud of all of our athletes who competed at this regatta; regardless of the university you attend.

*Ole's medal winning performance in the single is quite spectacular when one considers the fact that his oar handle was literally in the water and his blade was in his hand at one point in the final. Calmly, Ole corrected the situation before powering his way through the last 1,800m to win bronze.

WCURC Regatta

For the third consecutive year athletes from Lakeland College took home gold in the Novice 8+ at the 2013 Western Canadian University Regatta. The Rustlers are quickly becoming a power on the Novice University Rowing Circuit. Congratulations to the coach Peter Walsh and the athletes who make up the program.

Calling all Dino's and Golden Bears

The month of October is hectic for Alberta's universities with the Head of the Weasel / Dino Classic, Western Canadian University Championships and finally the Canadian University Rowing Championships. It is encouraging to see Alberta universities represented at each of these three events but somewhat discouraging that the number of athletes from the U of C and U of A at these events appears to be on the decline.

Only four years ago both the University of Alberta and University of Calgary sent over 30 athletes to the the CURC Regatta and had crews race in five "A" finals. This year collectively only 10 athletes from the University of Calgary and University of Alberta attended the 2013 Canadian University Rowing Championships; while only two Alberta crews rowed in an "A" final.

We at the ARA believe that 2009 can be the norm but in it will take some effort. To kick-start matters we at the ARA encourage all university-aged athletes to be on the look out for athletic individuals who are well suited to the sport of rowing. If every university athlete recruited just one individual over the next 6 months our numbers would obviously double and the potential for success in 2014 would increase significantly.

RADAR Reminder

Wasn't it just yesterday that RADAR submissions were due for the month of September? Two months later athletes are once again asked to submit RADAR submissions for the December 1, 2013 submission deadline. Following a busy university regatta season, NRC's and midterm exams the last thing many of us want to do is erg testing.

Erg Testing however, has numerous benefits to both you the athlete and your coach. It allows your coach to determine the effectiveness of his/her training program and allows you to monitor your progress.

We highly encourage all ARA athletes to complete RADAR and track their progress via the on-line data-base.

ARA Annual General Meeting

The Annual General Meeting for the ARA is scheduled for Saturday November 16, 2013 at the ihotel on 67th in Red Deer Alberta. Please take the time to attend and have a say in the future of Alberta Rowing.

Upcoming Events

ARA AGM – November 16, 2013 – Red Deer, Alberta
RADAR Submission Deadline – December 1, 2013.

Michael Simonson
Provincial Technical Director