

SELECTION PHILOSOPHY TEAM RED – SPRINT 2024

Goal: Medal Performances at the Paris Olympic Games

1. Top 8 potential is key standard for selection to World Championship Teams.
2. Assessed through competition results at both Trials and World Cups, and ongoing coach and technical leadership assessment.
3. Two Trials per year through quad. (Early World Cups in 2021/2022/2023, and early Continental Qualifier in 2024 could require Georgia Trials)
4. Senior World/Olympic Selection via 2 wins, Junior World/Olympic Hopes via 1 win.
5. Junior and Seniors race together to facilitate Junior Assessment of Top 8 Potential at Junior Worlds.
6. Targeted Competitions (OG, Sr. Worlds, Jr. Worlds, OH) are the goal for a given program.
7. Development competition opportunities (U23 Worlds, Pan Ams, Non-Olympic Events) are intended to facilitate athlete progression towards Top 8 Championship potential and Podium performances as part of Senior or Junior Program.
8. Selection within quad progresses from general performance level in both Singles and Crew Boats, to event Specific Performance by Olympic year.
9. Individual performance level is a recognized indicator of podium potential.
10. Olympic Crew Boat Races will be held throughout quad to encourage crew boat experience and focus.
11. Carded National Team Athletes Crews at Trials must be approved by the CTO.
12. Participation Commitment reflects a minimum representation of Canada at International level.
13. Canada is actively supporting a shift from U23 to U21 for the World Championships, and this plan is based on the possibility this may be in place as soon as 2021.

SELECTION PHILOSOPHY – SPRINT 2024

PROGRAM	AGE	TARGET COMPETITION	SELECTION VIA	DEVELOPMENT COMPETITIONS	SELECTION VIA	PERFORMANCE STANDARD	PARTICIPATION COMMITMENT
Senior	21+	Olympic Games Senior Worlds	Trials #1 World Cups	Non-Olympic Events U23 Worlds Pan Ams	Trials #1 - World Cups Trials #2	Top 8 Potential at U23 Worlds, Sr Worlds & Olympic Games	Focus on Olympic Events. Entry in all Olympic Qualification events.
Senior Transition	19-21	Senior Worlds	Trials # 1 Worlds Cups	Non-Olympic Events U23 Worlds/Pan Ams/U21 Spring Tour	Trials # 1 – World Cups Trials #2	Top 8 Potential at U23 Worlds and progression toward Top 8 Potential at Senior Worlds	1 athlete in each Olympic Singles Event at U23 Worlds
Junior Worlds	17-18	Junior Worlds	Trials #1 (Exceptional Performance) Trials #2	Junior Spring Tour	Trials #1 (Exceptional Performance)	Top 8 Potential at Junior Worlds	1 athlete in each Olympic Singles Event at Junior Worlds
Olympic Hopes	16-17	Olympic Hopes	Trials #2 Nationals (Exceptional Performance)	-	-	Top Ranked OH in Olympic Events at Trials #2, Top 3 in U18 Olympic Events @ Nationals if not already nominated.	Up to 4 athletes per discipline, with a minimum of two athletes being U16.

TEAM RED TRAINING ENVIRONMENT SPRINT 2024

PROGRAM	AGE	PROGRAM LEAD AND TRAINING ENVIRONMENT	PROGRAM SUPPORT	MONTHS ON WATER	ON WATER KMS PER YEAR	SCHOOL MODIFICATION
Senior	21+	Senior National Team	Club/Province	10	Singles: 3600+ Crew Boats: 600	Required
Senior Transition	18-21	Shared between National Program/Club and Province based on Individual Plan.		9-10		
Junior Worlds	17-18	Club	Province/National Development	9	Singles: 2500-3500 Crew Boats: 400-600	Likely Required
Olympic Hopes	16-17	Club	Province/National Development	8	Singles: 2000-3000 Crew Boats: 300 - 500	Not Required



PERFORMANCE REQUIREMENTS

RACE DATA

	PERFORMANCE REQUIREMENTS					RACE DATA			
	AEROBIC CAPACITY			STROKE DISTANCE	POWER ENDURANCE	SPEED	RESULTS		RACE PROFILE
KNOWN PERFORMANCE INDICATORS	Velocity @ 70-80% Max HR	Velocity @ 85 95% of Max HR	VO2 Max	Distance Per Stroke @ Race Pace	Maintenance of Race Pace at Fatigue	Max Velocity	Race Times in good Conditions	National and International Ranking	Properly Pacing in Races
CRUCIAL FOR	All Distances			500m & 200m		All Distances		All Distances	
MONITOR VIA	Step Test (4 x 1000m)		Stroke Count @ Race Pace 250m	4 x 250m on 5'	100m time with 50m Split	Times and Corrected Times	Ranking	Splits and Stroke Rate Data	
TRAIN VIA	Ga1	Ga1 Ga2 E1 E2	All Zones - Technical Proficiency	E2 Anaerobic Mix	Anaerobic Mix Alactic Power	Time Controls and Pacing			