



Toowong Rowing Club Age specific training guidelines

(As at 20/04/2018)

Under 14 years: Limited to no Club Rowing. Athletes will be considered on a case by case basis only. Athletes encourage to be active in as many school sports as possible and to focus on their School Rowing Programs. Sports specification is discouraged. Strong emphasis should be placed on variety, participation, teamwork and team values.

14 to 17 years: Introduction to Club Rowing. Strong technical focus. Creating limited exposure to competition through selected regattas. Athletes are encouraged to play as many sports as possible and their major focus is on School Rowing, striving to make their 1st VII and the Pathway Program. Emphasis on technical progression, club and team values. Sports specification is discouraged. Education is priority.

17 to 19 years: Exposure to structured physiological training program in partnership with an Athlete's School Rowing Program and the Queensland Pathway Program. Exposure to increased competition through major regatta(s) and possible overseas travel. Continued focus on technical development, team and club values and developing the complete athlete. Education remains the priority. Athletes encouraged to broaden their interest to areas other than sport and to find balance. For year 12 students a social pathway is offered to athletes so that they can balance their rowing and school work.

19 to 21 years: Athletes strongly encouraged and supported to continue rowing beyond school. Two programs provided to support HP and social rowing. Increased HP pathway support for those with capacity. Athletes encouraged to take on leadership roles within the club.

21 to 23 years: Ongoing support given to encourage continued participation and club involvement. HP pathway support provided for those with proven capacity

23 and over: Athletes provided support by the club to participate at whatever level they choose. Increased self-management encouraged. Active participation in all aspects of club operations encouraged. Leadership encouraged.