



Talent Development Program - Rowing

ACTAS is seeking applications from young female rowers (dates of birth in 1991-92) to join its talent identification group who are preparing for junior selection in 2008 & 2009.

Current athletes who are rowing at school or a club are eligible to apply.

The period of training will be approximately 6 months with the commencement of training with the group on Saturday 28th of April, with a review of the squad taking place in November 2007.

In November, 2007, options for rowers as part of this squad will be to (subject to performance):

- take up an ACTAS scholarship
- continue with the talent identification program
- return or move to a club/school rowing program

Benefits of the program include:

- On water coaching by ACTAS coaches under the direction of the ACTAS Head Rowing Coach
- Training program guidance from the ACTAS rowing program
- ACTAS talent development uniform
- Paid entry in ACTRA Winter Time Trials and ACTAS NTC Time Trials
- Training in a competitive group of elite development rowers
- Strength and conditioning training at the ACTAS gym under the supervision and guidance of qualified ACTAS staff

Interested athletes should fill in the attached nomination form and forward it to ACTAS by 5pm Monday 23rd of April.

For further information, please contact:

Gordon Marcks
Head Rowing Coach
ACT Academy of Sport
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Vanessa Paun
Talent Development Coordinator
ACT Academy of Sport
Vanessa.paun@act.gov.au
Tel: 02 6207 4388 (BH)



Talent Development Program - Rowing Nomination Form

Name: _____

Address: _____

Date of Birth (must be 1991 or 92): _____

Current Club/School: _____

Current Coach: _____

Height: _____

Weight: _____

Best Erg Score: 2000m _____ Date: _____

 6000m _____ Date: _____

Summary of on-water performances (NSW Champs, National Champs etc.):

Signed (athlete): _____

Signed (parent/guardian): _____

Name (parent/guardian): _____

Contact Details (parent/guardian): _____

Please forward this sheet by 5pm Monday 23rd April to:

ACT Academy of Sport

Fax: 02 6207 4042

Or by email; Gordon.Marcks@act.gov.au or Vanessa.Paun@act.gov.au