

MicMac A.A.C. Rowing Junior Programs



The Mic Mac AAC Junior Rowing programs are designed to follow the stages of Canadian Sport for Life's Long Term Athlete Development Model. For this reason, the Junior program is divided into separate groups, each training to meet slightly different goals, and aimed at athletes of varying rowing experience, ability, and interests.

For all of our programs, we strive to ensure that every participant finds the place that suits their personal and athletic goals, ranging from fun, fitness and friendship, to high level competition. For questions about our programs, please contact: rowing@micmacaac.com or (902) 461-7525.

Junior Learn to Row Ages 12-18

Learn the basics of rowing including safety, equipment, body movement, and timing. Focus is on FUNdamentals and building physical literacy through various activities.

Junior Competitive Ages 14-18

Participants considering this program should consult with a Coach for an assessment. Focus is to train young athletes interested in specializing in rowing at local, provincial, national, and international level competitions. It involves a higher level of commitment, training volume, and intensity. Athletes that are meeting specific strength and fitness measures may be invited to supplement their training with Provincial Team activities.

Junior Recreational Ages 12-18

Participants who have completed Junior Learn to Row (or equivalent) can join the Junior Recreational Crew. Focus on fun, improving overall fitness, and further development of sport-specific skills. This program is for athletes either still building towards, or not interested in training for competition.

Provincial Team Development Group

Intro to Performance Training

This "Learn to Train" group will focus on teaching entry level rowers with an ambition to achieve competitive success the tools to achieve 1) on water fundamental skills or "boat sense", 2) general fitness and physical readiness for training, 3) provide the technical skills that promote high quality training.

Provincial Team Training Group

Performance Training

This "Train to Train" group will begin specializing in rowing and will be training towards competing at the National Level. The focus of this group will be to refine technical skills, introduce an Integrated Support Team (Physiology / Strength & Conditioning / Mental Training / Sport Dietitian), and a competitive training environment.