**Application for 2019 Adult Masters Competitive (National) Program**

Please complete this form in full and return to Angela by email at [angelahersey@gmail.com](mailto:angelahersey@gmail.com) by Sunday, March 24, 2019.

The program is capped at 15 participants. In the case that there are more than 15 applicants a committee will review the applications and select the members of the program. The committee will consist of the coach, a member of Mic Mac AAC Rowing Adult Recreational Program, and another rowing coach from outside of Mic Mac AAC. Remember – we cannot assess what you do not tell us, so please provide details and make sure to answer all parts of the questions.

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| 1. Name: |  |
| 2. Email address: |  |
| 3. Describe what fitness / athletic training or activities you have been participating in since November 2018. Provide details regarding frequency, level of intensity of the activities, and personal fitness goals related to these activities. |  |
| 4. Provide a draft of your intended fitness regime throughout the upcoming rowing season (April-October). Assuming that rowing practices will take place four days per week, what other activities do you intend to pursue as cross training and/or strength training outside of rowing. Duration and intensity of activity could be included. Modify the following as needed: | Day 1 Rowing  Day 2 Rowing  Day 3  Day 4 Rowing  Day 5  Day 6 Rowing  Day 7 |
| 5. Describe your approach to attending practices and balancing rowing with your other commitments during the 2019 season, including vacation and time away. For example, do you have plans to take a week or two off during the summer, will you be away for long weekends, etc.? Include confirmed plans as well as any tentative plans. |  |
| 6. What is your primary motivation for wanting to join this program? |  |
| 7. Seat racing may be required to select crews for major competitions. What is your approach to participating in seat racing? Please highlight one response: | a) OK with seat racing, but would prefer not to  b) Definitely want to seat race to make sure we have the fastest crews  c) Definitely do not want to seat race  d) Seat racing is part of competition – I don’t mind including this in my training program |
| 8. If my coach thinks I am capable and fast enough to race a single, I will. Please highlight one response: | TRUE or FALSE |
| 9. I am either: competent in a single and willing to train in one, or I will commit to learning to rowing and training in a single this year. Please highlight one response: | YES or NO |
| 10. I intend to compete at the following events: (List either ‘yes’ or ‘no’ for each. ‘Maybe’ should be recorded as ‘no’) | a) Ice Breaker Regatta, Dartmouth – May 25  b) Nova Scotia Sprints, Dartmouth – July 27-28  c) Masters Henley, St. Catharines – August 4  d) Cogswell / NWA Regatta, Halifax – Date TBA  e) Ho4B, Fredericton – Date TBA  f) ARC’s, Location TBA – October 12-13  g) Head of the Charles Regatta (pending accepted entries), Boston – October 19-20  h) Really Chili, Dartmouth – October 26 |
| 11. Provide the date and results of your most recent RADAR Tests and/or 1000m erg test. If you do not have a 1000m time performed in the last 6 months, or do not know the time, please arrange to complete one for the purposes of this application prior to the submission deadline. |  |