

APPENDIX 1 – PRINCIPLES UNDERLYING THE DEVELOPMENT OF THE ONTARIO CUP REGATTA

1. Rowers competing by speed categories, and not by age, weight, gender categories
 - To encourage a competitive environment based on speed, without distinction based on age or gender;
 - To prioritize races where athletes of similar speed compete over appropriate distances, allowing them to measure themselves head-to-head with their peers;
 - To come as close as possible to Gold Medal Speed targets, even if only over a short distance;
 - To promote teamwork between athletes and coaches in order to navigate a very competitive environment;
 - To challenge athletes to row faster, developing technical efficiency and power before endurance; technique is a limiting factor;
 - To group athletes for a series of progression-relegation races, based solely on speed, in alignment with the concept of appropriate specialization in sport;
 - To run progression-relegation races which are, to some extent, training intervals, developing speed and competitive race strategies.
2. Choice of short races, not strictly 2000m
 - With time and speed improvements, the maximum race distance could be established at 2000m;
 - A short race distance promotes a mental state ready to embrace the challenge presented by racing;
 - Supports retention of athletes, when they are offered race opportunities adapted to their skill level, whether it be over 250, 500, 750, or 1000m, all in a competitive environment where they compete with others of similar speed;
 - Allows a rower to more easily progress to a higher level over time.
3. Skills contest is absent from the programme
 - Inclusion of a skills contest would put too much strain and pressure on an already very busy regatta schedule;
 - It is the responsibility of coaches, within training sessions, to develop and prioritize foundational skills, including balance, posture, and power, to allow rowers to improve their rowing stroke;
 - It is important for coaches to be present at racing, near the start line or near the finish line, in order to observe their rowers during racing.
4. Sculling is prioritized over sweeping
 - Sculling develops better foundational skills than sweeping;
 - It is easier to transition from sculling to sweeping, rather than the reverse;
 - Sculling is more symmetrical and develops more complete athletes, and better sweep athletes
5. Primarily singles racing
 - The single develops a sense of responsibility in relation to one's equipment, and develops a rower's autonomy;
 - The single allows a rower to develop the ability to recover in the event the boat flips. This increases rowing safety;
 - The single favours a better individual performance;

- For each athlete, development in the single allows them to be more autonomous and remain in the sport longer.
6. Time Trial and Promotion-Relegation System
- Ranking is based on speed;
 - Promotion-relegation format allows athletes to measure their speed against others, in a competitive environment with close racing;
 - Learning to win and lose is an essential learning for the development of a competitive athlete;
 - Allows an objective analysis of performance;
 - The athlete has access to a large number of races to improve capacity of energy systems and performance.
7. Selection of dates for hosting Ontario Cup Regattas
- These regattas must take place at intervals of a minimum of 4 weeks, in order to:
 - Allow for athletes' physiological adaptation;
 - Improve athletes' skill development;
 - Allows all athletes to participate, no matter the timing of their entry into the sport, by offering different race distances;
 - Extends the season during which regattas are held, including the fall;
 - Regatta dates must allow rowers to also participate in other provincial, national, and international regattas.