



# 中國香港賽艇協會

## HONG KONG, CHINA ROWING ASSOCIATION

### HONG KONG SENIOR ROWING SQUAD

#### OPEN SELECTION – PRELIMINARY TESTING SESSION FOR SENIORS 09:00 – 11:00 am, Saturday 29<sup>th</sup> April 2017, at HKSI Rowing Centre, Shatin

Hong Kong Team coaches will run a preliminary open testing session for **senior** rowers who may be interested in joining the Hong Kong Squad in 2017.

The primary goal of the of the Squad is to prepare Hong Kong representative crews for major international events – in particular the Asian and Olympic Games (**note 1**).

Athletes wishing to take part in the testing should meet the following requirements: -

- Shall be over 18 years of age as at 1<sup>st</sup> January 2017.
- Shall be a paid-up Centre User of the Association and;
- Shall be physically fit and in good health (**note 2**) and;
- Shall be willing to comply with the training, testing and anti-doping requirements as set out from time to time for squad members (**note 3**).

The session is open to HKCRA senior male and female scullers or sweep rowers, and will involve land-based testing only. Tests will include: -

- Physical measurements – height, weight, arm-span etc.
- A controlled 24 stroke-rate “Concept 2” 2000m rowing ergometer test.
- A three-minute all-out power test on a “Wattbike” cycle ergometer.

Water testing will be arranged by invitation at a later date for those who pass the preliminary screening.

- **Note 1:** Athletes aiming to take part in the Asian or Olympic Games must hold a HKSAR Passport (or be eligible to apply for one).
- **Note 2:** All athletes taking part in the testing session are responsible to ensure that they are in good health, physically fit and able to take part in vigorous exercise. Athletes should take medical advice from a qualified doctor if in any doubt.
- **Note 3:** The minimum training requirement for part-time squad members is 15 hours training, and at least 4 days per week. For athletes who are part of university squads, flexibility is possible to include some of these training hours with their university crews.

The testing session will take place at the Hong Kong Sports Institute Rowing Centre on **Saturday 29<sup>th</sup> April 2017 from 09:00 – 11:00 am**. Those wishing to attend should **register by sending their full name, club, and date of birth to Coach Keith Lam at [KeithL@hksi.org.hk](mailto:KeithL@hksi.org.hk) on or before Thursday 27<sup>th</sup> April 2017**.

Should you require any further information regarding the programme, please feel free to contact Coach Lam or Head Coach, Chris Perry.