

STATEMENT OF ATHLETE INTENT – WWRA VARSITY GIRLS

Athlete name:

Date:

Athlete year: sophomore/junior/senior (circle one)

	Recent result	Spring 2018	In 1 year	In 2 years	In 3 years
TEAM GOALS					

INDIVIDUAL GOALS					
Erg performance goals					
2k erg time (split)					
5k erg time (split)					
Max watts					
Non-erg goals (boat placement/medal/boat speed/fitness/health/college placement/other)					

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	Recent result	Spring 2018	In 1 year	In 2 years	In 3 years
Training parameter targets (the more specific the better)					
Plank (time, static/dynamic)					
Bridge (time, static/dynamic)					
Pull up (#, assisted/free)					
Lifting					
Run (mile pace)					
Resting heartrate					
Body circuit ease (30')					
Yoga form					
Spine health					
Flexibility					
Body awareness					
Mental presence					
Nutrition (eating to refuel)					
Sleep (hours per night)					
Rowing technique themes					
Other sports metrics					
Other metrics					

Individual stretch dream for the very long term (eg, college varsity/national team/Olympic podium/lifetime fitness, etc)

As a member of the wwra varsity girls squad,

I will strive to bring a constructive mental attitude to practice every day.

I will strive to learn and compete in a way that honors my teammates.

I will do all that I am able to do to insure that the boat that I am in is the fastest that it can be, in practice and on race day.

As a wwra varsity girl athlete, I state my intent to reach these goals.

As her coach, I state my intent to help this young athlete reach her goals.

Athlete

Calendar date

Coach

Coach

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SQUAD STANDARDS		
	Squad standard	Even better
Core strength (held plank)	2' held plank	dynamic planks
Bridge	2' held bridge	dynamic bridges
Pull up	several assisted	several unassisted
Lifting	safe form	increasing levels
Run pace	seeking aerobic fitness	increased aerobic fitness
Resting heartrate	(seeking fitness)	(lower than prior to training)
Body circuit (30')	challenging	invigorating
Yoga form	fully intentional	fluid and supple
Spine health	increasing stability	healthy & strong
Flexibility	stretch daily	hamstring & ankle flexibility
Body awareness	externally prompted	internally motivated
Mental presence	when requested	continual mental presence
Nutrition (eating to refuel)	usually	always
Sleep (hours per night)	8	9
Rowing technique themes (for discussion with coach)	solid mechanics	unity of bodily force and motion with boat speed

Additional information for individual and team goal setting

2k erg averages for wwra roster

(April 2017):	1-8: 1:57	9-16: 2:06	17-24: 2:12
(March 2016):	1-8: 1:58	9-16: 2:06	17-24: 2:16
(March 2015):	1-8: 1:58	9-16: 2:06	17-24: 2:14
(April 2014):	1-8: 1:56	9-16: 2:01	17-24: 2:07

wwra 8+ avg 2k erg split (May 2014) 1:54 Race result at Nationals (June 2014) B final 6th place 7:20

wwra ltwt 4+ avg 2k erg split (May 2014) 2:00 Race result at Nationals (June 2014) B final 1st place 8:27

wwra ltwt 4+ avg 2k erg split (April 2016) 1:55 Race result at Nationals (June 2016) qualified

wwra ltwt 4+ avg 2k erg split (April 2017) 1:56 Race result at Nationals (June 2017) A final 6th place 7:28

Recent US Rowing Junior Nationals 2k winning times (2014): strong headwind

girls 8+ A finals 7:03, B finals 7:10 girls ltwt 8+ A 7:13, B 7:34 girls 4+ A 7:52, B 8:10 girls ltwt 4+ A 7:57, B 8:27

Recent US Rowing Junior Nationals 2k winning times (2016): quartering very slight tailwind

girls 8+ A finals 6:29, B finals 6:40 girls ltwt 8+ A 6:48, B 6:53 girls 4+ A 7:17, B 7:23 girls ltwt 4+ A 7:32

STATEMENT OF ATHLETE INTENT – WWRA VARSITY GIRLS

Athlete name: Sally Strong

Athlete year: sophomore

An example of athlete training parameter targets

Qualitative outcome		Undeclared 3d boat	Undeclared 2d boat	Nationals A finals	College program
Performance goal	Recent	In 2 months	In 1 year	In 2 years	In 3 years
2k erg time (split)	2:10	2:06	2:00	1:55	1:52
5k erg time/split	2:18	2:14	2:08	2:03	2:00
Max watts	230	250	280	310	350
Targeted parameter	Recent	In 2 months	In 1 year	In 2 years	In 3 years
Core strength (held plank)	1' static	2' static	2' dynamic	3' dynamic	4' dynamic
Core strength (bridge)	1' static	2' static	2' dynamic	3' dynamic	4' dynamic
Pull up	1	2	5	8	12
Lifting goals	Begin	Safe form	Appropriate levels	Increasing levels	Increasing levels
One-mile run	7:00	6:55	6:50	6:45	6:40
Resting heartrate	65	62	58	55	52
Body circuit (30')	Okay	Difficult	Challenging	Invigorating	Seeking challenges
Yoga form	Learning	Fully intentional	Fluid	Supple	Fully embodied
Spine health	Learning	Conscious	Healthy & strong	Healthy & strong	Healthy & strong
Flexibility	Stiff hams	Better hamstrings	Good range motion	Flexible	Flexible
Body awareness	Seeking	When prompted	Often	Continuous	Continuous
Mental presence	Short bursts of focus when requested	Ability to generate own focus	Focus held throughout race & practices	Self-generated focus becomes viral	Self-generated focus leads others
Nutrition (eating to refuel)	Sometimes	Often	Usually	Habitual	The only option
Sleep (hours per night)	7	8	9	9	9
Rowing technique themes (for discussion with coach)	Exploring good habits	Solidifying postural mechanics	Optimizing application of power	Developing feel for body's effect on the boat	Perfecting catch entry, understanding of boat run