



# ROWING

## New South Wales

**National Talent Identification Testing**  
**23rd September, 2010**

The National Talent Identification and Development Program aims to identify athletes with potential World Championship and Olympic Medal Winning characteristics.

If you have always wanted to represent your country this is the first step, by participating in the testing it gives you the opportunity to be invited to Development Camps at the AIS, and be fast tracked to represent Australia at the Junior World Championships.

### **What we are looking for:**

We are looking for males and females aged 14-23 who have:

- A background in explosive and endurance sports
- The passion to be an elite Rower
- The dedication to join an elite development training squad
- The desire to be an Australian Olympian

### **What is involved:**

- Anthropometric Measurements - Height, Weight, and Arm Span
- Strength Test - Arm pull, Arm press, and Leg press
- Endurance Test - 5-6min step test on a Arm Leg Bike.

The testing takes 30min to complete, athletes will need to wear appropriate clothing (gym clothes and sports shoes)

### **Bookings**

There will be a morning and an afternoon session. 6-9am and 3-6pm. To book a time to complete the testing please contact Alistair Matthews by email [alistair@rowingnsw.asn.au](mailto:alistair@rowingnsw.asn.au) or by phone on (02) 8116 9777.

### **Location**

The testing will be held at the NSW Institute of Sport, the testing will commence in the gym on the Ground Floor of Building B :

Building B  
6 Figtree Drive  
Sydney Olympic Park

### **Parking**

Participants will be required to take a ticket at the entrance of the car park to access parking. This ticket can be validated prior to exiting the building.

