**VP High Performance report**

**MODIFICATIONS TO COMPETITIVE TRAINING**

Since March, our coaches have been working with clubs to implement training opportunities for athletes amid Covid19 restrictions. These have included remote training sessions over Zoom chat and self led training sessions. We have been forced to learn how to use remote training methods during the lock down. A silver lining in this otherwise difficult time is that we have been able to successfully implement remote group training opportunities for members of the LRC. We will continue to implement these sessions after the lock down has ended in order to support the development of competitive athletes in remote centres. Since moving onto the water, our community has been able to row in singles. We look forward to moving to crew boats when restrictions are lifted.

On the behalf of competitive athletes across the province, thank you to clubs for lending out ergs to your membership during the lock down. This choice has been instrumental in keeping our athletes in top shape amid training restrictions.

**WESTERN CANADA SUMMER GAMES**

Our provincial team athletes have represented our community well in Swift Current in the summer of 2019. Detailed results are available in Andrew Knorr’s Provincial HP report. Our athletes are using this as a stepping stone toward a 2021 Canada Summer games performance.

**HPCC GRANT**

SaskSport provides significant financial support in the form of the High Performance Coach Capacity

Grant which allows the SRA to provide excellent coaching resources to club and provincial athletes. The

SRA has been approved for another year thanks to our great provincial coaches and our athletes’

national and international performances at regattas. Results at the Canada Summer Games are one

of our Key Performance Indicators for high performance sport. The SRA appreciates clubs’ continued support to promote competitive opportunities for its members and as a result, help the SRA secure the HPCC grant for another consecutive year.