



## ROWING ACT PERFORMANCE PATHWAY ROWING SQUAD (PPS)

### Our Selection Policy.

The aim of the RACT Performance Pathway Rowing Program is to ensure RACT identify, recruit, develop and transition the most competitive athletes for the 2020-2021 season, which underpins, and aims to achieve, our objectives within the Rowing Australia Performance Pathway Program and partnership with ACTAS. The following policy outlines how selection will take place to form the Rowing ACT Performance Pathway Squad (PPS).

Ensuring each athlete is selected fairly, selection and deselection is an ongoing process and takes place during training and predetermined selection testing events.

Selected athletes will be supported by RACT PPS Coaching staff and a number of the ACTAS Rowing Performance Support Service Team (ACTAS RPSST) under a service agreement with ACTAS - with selected athletes signing onto a RACT Training Agreement (TA). This can include 12 month - individualised holistic training programs in S&C (ACTAS gym), on water and ergo and other training methodologies. These are based on testing protocols and delivered through LUDUM, provision of boats and other training equipment, on water coaching, monitoring and biomechanical analysis, and access to elite development information from ACTAS RPSST.

In some cases, athletes may be offered a Training Waiver (TW), which can include 12 month - individualised holistic training programs based off physiological testing protocols and delivered through LUDUM, provision of boats and other training equipment, on water monitoring activities and feedback. Some S&C support may be provided by PPS coaching staff (not ACTAS nor in the ACTAS gym).

If athletes have previously been TA holders or Waiver holders and are not selected for renewal, they will be deselected and transitioned off TA or TW.

### Selection Policy – Rower Criteria

#### *Rowing Australia Categorised Athletes:*

Categorised athletes will be supported under an ACTAS Scholarship, therefore are automatically included in the PPS.

#### *Non Classified Athletes:*

Prior to reading the following section, please click on the link below so you can identify where you or your child sit on the Rowing Australia Talent Pathway (Section 3 of the document in the link).

[https://rowingaustralia.com.au/wp-content/uploads/2016/10/Athlete-Categorisation-2016\\_2017\\_FINAL.pdf](https://rowingaustralia.com.au/wp-content/uploads/2016/10/Athlete-Categorisation-2016_2017_FINAL.pdf)

For consideration for inclusion in the PPS, athlete's must either be between Classified on F3 and T1\* (See appendix A) or Talent Identified (TID) by the RACT Head Coach or Performance Pathway Staff, or nominated for an Underage or Senior Australian Rowing Team National Selection, or Australian Para Rowing Team National Selection and not yet categorised by Rowing Australia. Athlete's must nominate for ACT Interstate Selection.

#### *Training Agreement (TA) and Training Waiver (TW) Athletes:*

Selection criteria is assessed on the following criteria:

1. Rowing Performance outcomes – A rower's performance in training, racing and testing will be taken into account when offered a position within the RACT PPS. 5000m Small Boat Time Trials are



conducted as a part of the selection process, however past racing performances may be taken into account if they have demonstrated capability to be competitive in international competition.

2. Ergometer testing – Testing may be conducted upon invitation/instruction from the Head Coach or in advertised RA Selection Events. Athlete's must demonstrate to coaching staff the physiological capability to be competitive in their nominated event on the national stage. Power to weight measures may be taken into account. Tests may include:
  - RACT Step Test Protocol
  - 30 minute Open Rate Test
  - 5000m Ergo Test
  - Rowing Australia Step Test Protocol
  - 2000m Ergo Test
  - 30 minute Rate 20 Test

All PPS athletes must complete these ergo tests when scheduled, to complete their 'Athlete Portfolio' with RA. Recorded performances in any of these tests are a demonstration of the capabilities to be competitive nationally, thus are a requirement to be considered for selection for a RACT PPS TA or TW.

3. High Performance Processes - inclusive of attitude displayed towards the full processes of training, training intensity, concentration, positivity towards fellow members of the PPS inclusive of categorised scholarship holders, coaches, staff, attendance, availability for training, camps and competitions, organisation and consistency of effort during racing and training. All athletes must agree to full compliance with RACT/ACTAS policies and processes, and to be serviced by RACT/ACTAS high performance coaches and performance support staff.

Returning TA athletes will also be reviewed against some additional criteria with feedback provided by ACTAS:

- i. Capacity for ACTAS to 'make a difference' to the athlete's ongoing development.
  - ii. Capacity and willingness of the athlete to utilise ACTAS services to enhance their athletic development.
  - iii. Other important criteria against which an application may be assessed include:
    - a) The athlete's performance and results in previous year. (This can also include coachability, off water behaviour, disciplinary matters, attendance at school if school age etc.).
    - b) Current / former athlete's usage of ACTAS services and commitment to developing as an elite athlete including their willingness to take direction from ACTAS performance service staff and their coach/es.
4. Anthropometric / alternative physiological testing – Athletes may be provided a full training agreement with RACT or a RACT/ACTAS Training Waiver, if they possess the physical capabilities to be competitive in high performance rowing, and are deemed to be a (TID) athlete. TID standards and processes for continued development within RACT Clubs can be referred to in TID documentation on the RACT website (to be released in 2020).

### **Selection Policy – Coxswain Criteria**

The selection of coxswains is subjective, due to the nature of the activity. Coxswains will be graded in the following areas:

1. High Performance Processes - inclusive of attitude displayed towards the full processes of training, training intensity, concentration, positivity towards fellow members of the PPS inclusive of categorised scholarship holders, coaches, staff, attendance, availability for training, camps and competitions, organisation and consistency of effort during racing and training. All athletes must agree to full compliance with RACT/ACTAS policies and processes, and to be serviced by RACT/ACTAS high performance coaches and performance support staff.



2. Boat skills (these include)- communication skills – with rowers (in training and racing) and with the coach, leadership capabilities (a good coxswain is captain of the crew and assistant coach), boat handling abilities, their ability to give clear directions to maintain the safety of the crew and steer straight/safe lines.

Coxswain selection activities may occur throughout the season to assist coaches in coxswains selection, and provide coxswains with opportunities for assessment and development.

### **Athlete's aged under 18 years and the RACT Performance Pathways Rowing Squad:**

The High Performance Pathways Program is not a club nor School. Therefore, continual engagement with Club and School activities and representing the School or Club during racing is athlete's the priority. Any athlete who neglects their School or Club rowing responsibilities may jeopardise further support from the Performance Pathways Rowing Squad.

#### *Club Junior Program Athletes:*

If an athlete is a part of a Club Junior Rowing Program, for an application for consideration for a RACT TA or TW, written consent must be provided by their parent or guardian, as well as a mandatory meeting held with their Club Coach. If an athlete is successful in being offered a TA or TW, then RACT Coaches will work with the Club in order to supplement the athlete's training load (on water, ergo and/or S&C) in a means which would be considered a value add to the athlete and School rowing programs mutual development (this is inclusive of a winter training program). Representing their Club, is considered the priority for any athlete of Junior age.

#### *School Rowing Program Athletes:*

For established School Rowing Programs, "Winter TA or TWs" may be offered, from the months of April through to October. The intention of this is to assist in the winter development of the School Rower and compliment the School Rowing Program. Session times must be run in conjunction with the School rowing program, not at the same time.

If an athlete is a part of a School Rowing Program, for an application for consideration for a RACT TA or TW, written consent must be provided by their parent or guardian, as well as a mandatory meeting held with their School Head of Rowing. If an athlete is successful in being offered a Winter TA or TW, then RACT Coaches will work with the School in order to supplement the athlete's winter training load (on water, ergo and/or S&C) in a means which would be considered a value add to the athlete and School rowing programs mutual development (this is inclusive of a winter training program).

During the School Rowing Season, the athlete is to be a full part of their School Rowing Program. However, access to workshops may be available where desired by the Head of Rowing. There may be exceptional circumstances where the RACT Head Coach may offer further support to rowers in non-established School programs. The athlete's program must be entered into LUDUM, so to ensure loading is appropriate and overtraining does not occur.



## **THE HIGH PERFORMANCE SQUAD SELECTION PROCESS TIMELINE:**

### **AUGUST 2020 PPS Tryouts.**

**Weekend of Winter Time Trial. Expressions of interest due on Wednesday 12 August.**

**Day 1: 14 August 2020:** RACT/ACTAS Step Testing and Anthropometrics (by booking with Head Coach).

**Day 2: 15 August 2020:** Small Boat Assessment. Winter Time Trial #2 (**Open entries**)

**Day 3: 16 August 2020:** Crew Boat Assessment. Identification of National Selection Prospects – do you make others better?

**Day 4: 17 August 2020:** Interviews of Final Candidates (IPPs) and Squad Announcement and Meeting

**TRAINING AGREEMENTS PRESENTED TO SELECTED ATHLETES UNTIL DECEMBER 2020. Inclusive of an October development review.**

### **OCTOBER 2020 PPS Tryouts.**

**Day 1:** Small Boat Assessment. 1 x 5km TT (Open entries).

**Day 2:** RACT/ACTAS Step Testing and Anthropometrics.

**Day 3:** Crew Boat Assessment. Identification of National Selection Prospects – do you make others better?

**Day 4:** Interviews of Final Candidates (IPPs) and Squad Announcement and Meeting

**TRAINING AGREEMENTS PRESENTED TO SELECTED ATHLETES UNTIL DECEMBER 2020.**

**Inclusive of November end of exams camp.**

### **DECEMBER 2020 PPS Tryouts.**

**Day 1:** Small Boat Assessment. 1 x 5km TT (Open entries).

**Day 2:** RACT/ACTAS Step Testing and Anthropometrics.

**Day 3:** Crew Boat Assessment. Identification of National Selection Prospects – do you make others better?

**Day 4:** Interviews of Final Candidates (IPPs) and Squad Announcement and Meeting

**TRAINING AGREEMENTS PRESENTED TO SELECTED ATHLETES UNTIL NATIONALS 2021.**

**Inclusive of Jan-March Camp and Competition Schedule**

### **APRIL 2021 PPS Tryouts.**

**(Athlete's Invited to National Selection Regatta Excluded).**

**Day 1:** Small Boat Assessment. 1 x 5km TT (Open entries).

**Day 2:** RACT/ACTAS Step Testing and Anthropometrics.

**Day 3:** Crew Boat Assessment. Identification of National Selection Prospects – do you make others better?



**Day 4: Interviews of Final Candidates (IPPs) and Squad Announcement and Meeting**  
**TRAINING AGREEMENTS PRESENTED TO SELECTED ATHLETES UNTIL JULY 2021.**  
**Inclusive of Preparation for Underage Trials or Henley Royal Regatta.**

#### **Medical Exemptions for Ergo Testing and On Water Performances.**

If a rower is unable to complete an ergometer test or on water time trial due to a medical condition, they will receive a medical exemption ergo testing score upon the receipt of documentation required from a medical professional.

In the event of a medical exemptions provided by a "Medical Professional" for a test ergo or on water performance, the previously completed result will be used for selection. Selection in this situation will then include Technical/Physiological progression assessments (determined through monitoring activities) and their adherence to High Performance Processes to reach their selection goals. The PPS will not be held responsible for an athlete not being healthy to complete. The timing of selections will not be altered for an athlete who is not healthy to complete selection activities.

#### **Conclusion.**

RACT PPS is not a rowing club nor a School. All members of the squad must also be members of a RACT member rowing club, as well as being invited to be developed by the PPS. Part of the PPS is funded by Rowing Australia, and is designed to develop and contribute rowers (categorisation) for Australian National Rowing Teams and thereby transition rowers onto the two National Training Centres (NTC's).

It is important to understand that rowing is a physiological sport. Opportunities for support by RACT is generally determined by an athlete's demonstrated capability to perform as well as execute our "High Performance Processes". This is developed through consistency of training, and the quality of efforts within. Rowing technique is also assisted by all round general fitness, as athletes can hold good posture, concentrate for longer periods of time and relax more when they have the fitness to perform throughout the session.

Individual Athlete Performance Plans (goal setting), based on personal improvements will have a positive effect at the end of the season and are completed by all RACT Athletes.

**The environment within the program is crucial to our success, so all athletes must understand their role in continuing to improve our High Performance Training Environment. This ensures all within the PPS have the best opportunity to achieve their performance objectives.**