



## ACT Selection Policy for 2007 ACTRA Youth Cup Team

### Preamble

This document outlines the guidelines under which Australian Capital Territory Rowing Association (ACTRA) will select teams/crews to contest the 2007 Youth Cup Rowing Regatta.

### Objectives

- To provide an opportunity for younger athletes to represent the Australian Capital Territory.
- Maximise the participation rate at the base level of ACT elite rowing.

### Aims

- Finish in the top 3 teams (Rusty Robertson Cup).
- Win both 8+ events.

### Eligibility

- **Residency:** Athletes must have been resident in ACT for at least the six months prior to date of the event.
- **Membership:** Must be a member of an ACT affiliated Club.
- **Age:** Athletes must not turn the age of 21 years or older in the year 2007.
- **Weight:** For the lightweight events at the Youth Cup, lightweights will be permitted to compete at +6% of the Rowing Australia stipulated average weight in its Rules for lightweights.

The Weight Specifications are:

- There will be no crew average
- Men: Max Weight 74.2kg
- Women: Max Weight 60.4kg

### Key dates

- Nominations for rowers close **Friday June 22, 2007**
- Nominations for coaches close **Friday June 15, 2007**
- No **Late nominations will be considered.**

## Appeals

In the advent of a selection dispute, an individual may request the Rowing ACT Executive to review the selection. This is to be done in writing to the Rowing ACT Executive Officer not more than 48 hours after receiving official notification of a decision from the Selectors.

The Rowing ACT Executive shall act as arbiter in any disputes or protests relating to the selection of ACT representative crews for the Australian Youth Cup Regatta.

The decision of the Rowing ACT Executive in any disputes or protests submitted to it shall be accepted as final and binding by all concerned. The Rowing ACT Executive will endeavour to have any disputes resolved as quickly as possible.

## Selectors

The selectors for the 2007 ACT Youth Cup crews are:

- Selector 1 – TBA
- Selector 2 – TBA
- Selector 3 – TBA

## Youth Cup Regatta

The 2007 Youth Cup Regatta will be held in Nagambie Lakes, Victoria from 31 August to 3 September 2007. Teams from the seven state rowing associations and New Zealand will compete for the Rusty Robertson Youth Cup. As a teams-based competition, each athlete will compete in three events, accumulating points to their team's overall total.

## Crews for Youth Cup

The team will consist of 10 men and 10 women. Each gender consists of 6 open class athletes plus a coxswain and 3 lightweight athletes.

Each athlete will row in 3 boats as outlined in the following table:

Female Team				Male Team		
Athlete	Boat 1	Boat 2	Boat 3	Boat 1	Boat 2	Boat 3
1	1X	4X	8+	1X	4X	8+
2	1X	4X	8+	1X	4X	8+
3	Lwt 2X	4X	8+	Lwt 2X	4X	8+
4	Lwt 2X	4X	8+	Lwt 2X	4X	8+
5	2-	4-	8+	2-	4-	8+
6	2-	4	8+	2-	4	8+
7	2-	4	8+	2-	4	8+
8	2-	4	8+	2-	4	8+
9 Lwt Res	Lwt 1X			Lwt 1X		
Cox			8+			8+

The boat 1 column of each section of the diagram indicates the primary small boats that will be rowed with a progression across to the right as to other boats that the athletes in these primary boats will also row.

A training schedule for this team (once selected) will be published by the Team Head Coach.

It is expected that a 'rowing camp' would form a part of the ACT Youth Cup team's preparation, attendance at which will be compulsory.

## **Nominations**

To be considered for selection into the ACT Youth Cup Team, eligible coaches, rowers and coxswains and must nominate.

- State on the nomination form which primary small boats they wish to be considered for. Nomination forms are attached, or can be found at the Rowing ACT website: [www.rowingact.org.au](http://www.rowingact.org.au)
- Nominations for rowers close **Friday June 22, 2007**
- Nominations for coaches close **Friday June 15, 2007**
- No **Late nominations will be considered.**

## **Selection Activities**

### **Compulsory**

- **2000m Ergometer:** to be conducted at a location of the athletes' choice between Monday 25 June 2007 and Friday 29 June 2007. Note medical exemptions will only be considered if they cover the full ergo 'window' so it would be wise to complete the ergo early in the 'window'. Scores must be e-mailed to [actra@rowingact.org.au](mailto:actra@rowingact.org.au) by 5:00 pm Saturday 30 June 2007. Scores to be e-mailed by the coach or club official who witnessed the ergometer test.
  - Drag Factor: Heavy Men 130, Heavy Women 120, Light Men 120 and Light Women 110.
  - There is NO weigh-in required for Lightweights for the ergo, however weights & heights should be recorded and submitted for ALL ATHLETES.
- **Trials and seat racing**  
Week of Monday 25 June 2007 – Sunday 1 July 2007 (date and time to be confirmed by selectors)
  - All male athletes to compete in pair and/or single scull
  - All female athletes to compete in pair and/or single scull
- **Trials and seat racing**  
Week of Monday 2 July 2007 – Sunday 8 July 2007 (date and time to be confirmed by selectors)
  - All male athletes to compete in 4- and/or double scull
  - All female athletes to compete in 4- and/or double scull
- **Trials and seat racing**  
Week of Monday 9 July 2007 – Sunday 15 July 2007 (date and time to be confirmed by selectors)
  - All athletes to compete in 8+
- **Winter Time trial Number 1**  
Saturday 23 June 2007 and Sunday 24 June 2007
  - All athletes to compete on at least one day. It is preferable for all athletes to compete in a pair or single scull on Saturday 23 June 2007 and a big boat on Sunday 24 June 2007.
- **Winter Time trial Number 2**  
Saturday 21 July 2007 and Sunday 22 July 2007
  - All athletes to compete on at least one day. It is preferable for all athletes to compete in a pair or single scull on Saturday 21 July 2007 and a big boat on Sunday 22 July 2007.

## Selection of Coxswains

Coxswains are becoming a scarce resource and as such any coxswains of the required age are encouraged to nominate. The following skills will be taken into consideration:

- Crew management abilities
- Strategic training and race communication.
- Weight management
- Steering abilities.

## Final Youth Cup Crew Selection

The selectors will pick the final crews based on:

- the performance of athletes during each selection activity
- crew combination and compatibility
- the commitment of athletes to represent the ACTRA and
- ACTRA's development of youth crews.

The selectors will provide selection recommendations to the ACTRA Management Committee for ratification on Monday 23 July 2007.

The final crew selection will be announced on Wednesday 25 July 2007.

## Further Information:

### Youth Cup Team Training

By nominating, athletes commit to making themselves available for Youth Cup team squad training as programmed. Athletes are expected to train 4 – 5 times per week inclusive of club and squad training. Club and squad training times are to be negotiated between the Youth Cup coach, club coaches and athletes.

## Exemptions

There may be special circumstances under which the selectors will allow athletes exemptions from one or more of the selection events. To request an exemption the following conditions must be met:

- Request for exemption must be made in **writing** or **email** to [www.rowingact.org.au](http://www.rowingact.org.au) (Executive Officer).
- Requests for non-medical exemption must be made 7 days **prior to the date of the event** for which exemption sought.
- A **medical certificate** must accompany requests for exemption based on injury or illness. This will only be accepted prior to the event.
- Other extenuating circumstances may be considered at the selectors' discretion.

## ACT Team

Expectations of ACT Team members are:

- Participate in all programmed team activities.
- Stay with the team throughout the events.
- Payment of any levies to cover team expenses anticipated cost \$600 for Youth Cup.
- Persons nominating will be required to adhere to the Rowing Australia Member Protection Policy and Code of Conduct at all times.

## **Communications**

All communications will be primarily electronic via e-mail. All notices including timetables, and squad composition will be published online at the ACTRA Web Site.

## **Conflict of Interest**

If a conflict of interest or an inability to make a final decision exists amongst the selectors, the matter will be referred to the ACTRA Executive for resolution.

All selections require the ratification of the ACTRA Executive prior to public announcement.



# Rowing ACT

## 2007 Youth Cup Team

### Nomination Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

I have read and accept the 2007 ACTRA Youth Cup Team Selection Policy and wish to nominate for the following:

Women's Scull	Men's Scull
Women's Pair	Men's Pair
Women's Lightweight Scull	Men's Lightweight Scull
Women's Coxswain	Men's Coxswain
Women's Coach*	Men's Coach*

(please circle)

\*Coaches are required to submit a one page Response to Selection Criteria

Signed: \_\_\_\_\_

Signed (Parent/Guardian if under 18): \_\_\_\_\_

Signed: \_\_\_\_\_ Club Management (Captain or similar)

Rowing Club: \_\_\_\_\_

This form is to be forwarded by  
**5pm Friday 15 June 2007 (coaches) or 5pm Friday 22 June 2007 (rowers) to:**  
**Rowing ACT**

Email: [actra@rowingact.org.au](mailto:actra@rowingact.org.au)

FAX: 02 6257 1083

Post: Sports House, 100 Maitland St, Hackett, 2602