

ACT Rowing Association

2008 Youth Cup Regatta

5-7th September, 2008.

Hinze Dam, QLD

Rowing Australia will be conducting the Youth Cup Regatta in September of 2008 with teams from each state and the ACT. New Zealand will also be represented.

Teams will consist of a men's and women's eight plus a reserve (6 open class and 3 lightweight rowers and a coxswain), from which there will also be athletes competing in single sculls, coxless pairs, coxless fours, coxless quads and lightweight doubles and lightweight singles. The team will also have two coaches, a head coach and manager.

More information will be available at the Rowing Australia website:

http://www.rowingaustralia.com.au/comp_natl_yc.shtm

Squad/Crew Selection:

The selection of the squads will be done from the results from a 4200m time trial (in pairs OR single scull), as well as 6000m, 2000m and 500m erg tests, and any other relevant information that is available to the ACTRA Selectors.

Pair/Single Scull Time Trial

Saturday 7th of June

1st boat to start at 9am

Final start list and information circulated by email on Thursday 5th June

6000m Ergometer Test

Tuesday 17th June, 530pm

ACTAS Boatshed

2000m Ergometer Test

Thursday 19th June, 530pm

ACTAS Boatshed

500m Ergometer Test

TBA

Nomination forms are to be submitted by 5.00pm Wednesday 4th June.

Rowers who are unable to complete any of the selection events must provide details to the ACTRA Selectors with their nomination. The ACTRA Selectors will consider any request for exemptions in due course and advise accordingly.

Coach Selection:

The coaches will be selected as soon as possible after the close of nominations.

The ACTRA Selectors will be guided by:

- Qualifications and experience.
- The performance of athletes coached by the nominee.
- Past record as a coach, including performance of crews coached in the past, management of those crews, and a proven capacity to relate appropriately with athletes, coaches, officials and selectors.

Age:

Rowers and coxswains are required to be under the age of 21 as at the 31st of December, 2008. This means that they must be born in 1988 or later. Proof of age may be required.

Coxswain Selection:

Selection of coxswains will be made by the ACTRA Selectors considering the recommendation of the selected squad coach, past and present performance in training and competition, weight and steering ability.

Lightweights:

The maximum race weights for the lightweights competing at the Youth Cup are:

Men: 74.2kg

Women: 60.4kg

Athletes nominating for lightweight will need to be able to meet this weight requirement at the regatta.

Costs:

There will be some costs associated with the regatta and these will be advised by ACTRA once the final arrangements for the regatta have been confirmed.

Appeals:

In the advent of a selection dispute, an individual may request the ACTRA Executive to review the selection. This is to be done in writing to the ACTRA Chairman, not more than 48 hours after receiving official notification of a decision from the Head Coach or Selectors. The appeal is to be lodged with the Chairman of the ACT Rowing Association, with a copy being forwarded to the ACT Head Coach.

The ACTRA Executive shall act as arbiter in any disputes or protests relating to the Inter-State Regatta Team selection process.

The decision of the ACTRA Executive in any disputes or protests submitted to it shall be accepted as final and binding by all concerned, and recognising the need to minimise disruption to the selected squads, the ACTRA Executive will endeavour to have any disputes resolved as soon as possible.

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Nomination Form

Name: _____

Rowing Club: _____

Coach: _____

Address: _____

Tel: _____ email: _____

Date of Birth: _____ Weight: _____

CIRCLE: Coach Coxswain Lightweight
 Bowside Strokeside Scull

Signed: _____ (Parent or Guardian if under 18)

Print Name: _____

This form is to be forwarded by **5.00pm, Wednesday 4th June**
 to:

ACTRA

Email: actra@rowingact.org.au

Fax: 02 6257 1083