



Selection Policy for Youth Cup 2010

Aim

This document outlines the process and procedures to select, prepare and present Rowing ACT representative teams of the highest caliber to contest the 2010 Youth Cup.

Objectives

- To provide a fair and transparent process for selection of ACT Rowing teams
- To maximize performance in all events.
- To provide an opportunity for athletes and coaches to represent the Australian Capital Territory
- To maximise the participation rate at the base level of ACT elite rowing.

Document Outline

This document will include:-

- Selection processes and time lines for selection of teams for:-
 - The 2010 Youth Cup

Event Aim

The aim of the Youth Cup is to create a 'stepping stone' event in the athlete (and coach) development pathway that bridges the gap between the International Junior and U23 teams. Competing against and sharing the regatta experience with comrades and competitors alike will establish friendships and co-operations well beyond this one event.



Selectors

The selectors for the 2010 Rowing ACT Youth Cup crews are:

- Selector 1 – Mr David Bagnall
- Selector 2 – Mr Nick Hunter

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 Administration 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. 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.

Eligibility

- **Membership:** Nominees for teams must be an active member of a Rowing ACT affiliated Club.
- **Coaches:** Coaches wishing to nominate for any of the ACT teams must have a current level 2 or higher coach accreditation and be coaching eligible athletes. They must also submit to a Police background check.
- **Age:** Athletes born after 31st December 1989

Youth Cup Team

1. Nominations Close

- Friday 2nd April 2010 5.00 pm
- Email only to actra@rowingact.org.au
- Nomination form can be found on the Rowing ACT website.

2. Ergometer Scores Submitted

- **2000m Ergometer:** to be conducted on Concept II ergometers on sliders at a location of the athletes' choice between Monday 12th April 2010 and Friday 16th April 2010. (*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 by 5:00 pm Friday 16th April 2010.
- Scores to be e-mailed by the coach or club official who witnessed the ergometer test.
- Drag Factor: Openweight Male 115, Openweight Female 105, Lightweight Male 105 and Lightweight Female 95.
- There is NO weigh-in required for Lightweights for the ergo, however weights & heights should be recorded and submitted for ALL ATHLETES.

3. Other Selection Activities

- An 1800m time trial in singles will be held on the weekend of the 5th June.

4. Team Announced

- Wednesday 16th June 2010.

5. Training Commences

- Week of the 19th April 2010. Attendance at 80% of squad training is expected, less than this will jeopardize selection in the team. Participation in the ACT WTT series is encouraged.

6. Competition

- July 9th – 11th 2010

Training

A training schedule for the teams (once selected) will be published by the Team Head Coach. It is expected that sessions will be held at least once per week beginning 19th April 2010.

Nominations

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

- Nomination forms are attached, or can be found at the Rowing ACT website:
www.rowingact.org.au



Coxswains

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

- Crew management abilities
- Strategic race communication.
- Weight management
- Steering abilities.
- Race performance and experience

Coaches

Criteria on which coaches will be evaluated for selection are as follows:

- Well developed crew management abilities
- Past and present performance of their athletes will be taken into consideration.
- Minimum L2 NCAS coaching accreditation
- Relevant prior experience
- Ability to work within a team environment.

Final Crew Selection

The selectors will pick the final crews based on:-

- the performance of athletes during each selection activity

Team Training

By nominating athletes commit to making themselves available for ACT team squad training as programmed

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 via email to actra@rowingact.org.au
- 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.

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
- Persons nominating will be required to adhere to the Rowing Australia [Code of Conduct](#) at all times.

Communications

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

