

ROWING ACT/ACTAS PERFORMANCE PATHWAY PROGRAM (RACT PPP)

Our Selection Policy.

The aim of the RACT/ACTAS Performance Pathway Squad (RACT PPP) is to ensure RACT identify, recruit, develop and transition the most competitive athletes, 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 (RACT PPP).

Ensuring each athlete is selected fairly, selection and de-selection is an ongoing process and takes place training, 'invitation selection events' and 'predetermined selection events'.

'Invitation selection events' include opportunities offered to athletes who are identified by RACT PPP Coaches and can include on or off water activities.

'Predetermined selection events' are as outlined in this document.

Selected athletes will be supported by RACT PPP Coaching staff and a number of the ACTAS Rowing Support Service Team (SST). Determined by their level of performance, athletes will be offered either a Training Waiver (TW) or a Training Agreement (TA).

A Training Agreement can include up to 12 months - individualised holistic training programs in S&C (ACTAS gym), on water and ergo and other training methodologies. It also can include provision of boats and other training equipment, on water coaching, monitoring and biomechanical analysis, and access to elite development information from SST.

A Training Waiver (TW), which can include 12 month - individualised holistic training programs based off physiological testing protocols, provision of boats and other training equipment, on water monitoring activities and feedback. Some S&C support may be provided by RACT PPP coaching staff.

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, returning to their clubs to continue their development.

Performance Standard Guidelines

Athletes will be treated fairly but not equally. In order to gain a training waiver, minimum performance standards are required. These standards can be found at the following link:

https://docs.google.com/spreadsheets/d/1QDRk1LenbO1mHruOil1thysk_NEBONz5BNb5Sw4zB88/edit?usp=sharing.

Selection Policy – Rower Criteria

Rowing Australia Categorized Athletes:

Categorized athletes will be supported under an ACTAS Scholarship, therefore are automatically included in the RACT PPP. ACTAS support is determined by the length of the ACTAS scholarship period and terms within the Scholarship.

Non Categorized 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

For consideration for inclusion in the RACT PPP, 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 PPP. Small Boat Time Trials (Winter or RACT), weekly monitoring sessions, and local / national / international regatta performance may be taken into consideration. Past racing performances may also be taken into consideration.

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 RACT PPP 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 PPP 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 RACT PPP 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 TA or TW, if they possess the physical capabilities to be competitive in high performance rowing, and are deemed to be a (TID) athlete.

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 RACT PPP 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 PPP:

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 the priority for these athletes. 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 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 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 support or 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 RACT PPP SELECTION INVITATIONS:

Below are a list of opportunities in which any athlete can take to earn an invitation to the RACT PPP.

NTID Testing

Conducted when advertised or visiting your School/University. Testing can also be conducted upon request when booked with the our High Performance Coach, Thomas Creber (hpcoach@rowingact.org.au).

AUGUST RACT PPP Invitations.

Weekend of Winter Time Trial. Expressions of interest due on Wednesday prior to Winter TT.

OPPORTUNITY 1: RACT/ACTAS Step Testing and Anthropometrics (by booking with Head Coach).

OPPORTUNITY 2: Small Boat Assessment. Winter Time Trial (Open entries)

OPPORTUNITY 3: Weekly monitoring sessions as advertised (Open entries)

TRAINING AGREEMENTS PRESENTED TO SELECTED ATHLETES UNTIL DECEMBER.

Inclusive of an October development review.

OCTOBER RACT PPP Invitations:

OPPORTUNITY 1: RACT/ACTAS Step Testing and Anthropometrics (by booking with RACT Coaches).

OPPORTUNITY 2: Small Boat Assessment. RACT 5.3km TT. (Open entries)

OPPORTUNITY 3: Weekly monitoring sessions as advertised. (Open entries)

TRAINING AGREEMENTS PRESENTED TO SELECTED ATHLETES UNTIL DECEMBER.

Inclusive of November end of exams camp.

DECEMBER RACT PPP Invitations.

OPPORTUNITY 1: RACT/ACTAS Step Testing and Anthropometrics (by booking with Head Coach).

OPPORTUNITY 2: Small Boat Assessment. 5.3km National Time Trial (Open entries)

OPPORTUNITY 3: Weekly monitoring sessions (Open entries)

TRAINING AGREEMENTS PRESENTED TO SELECTED ATHLETES UNTIL NATIONALS FOR THE FOLLOWING YEAR. Inclusive of Jan-March Camp and Competition Schedule

APRIL RACT PPP Invitations.

OPPORTUNITY 1: RACT/ACTAS Step Testing and Anthropometrics (Booked with Head Coach).

OPPORTUNITY 2: Camp activities for Pathway 8s.

OPPORTUNITY 3: Any National Selection Activities.

Australian National Selection or Medal or A Final or Interstate performances at the National Championships are great opportunities for selection.

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 RACT PPP 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.

The RACT PPP 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 RACT PPP. Part of the RACT PPP is funded by Rowing Australia, and is designed to develop and contribute rowers for Australian National Rowing Teams (which results in likely categorisation) and thereby transition rowers into the two National Training Centres (NTC's). All Rowing Australia categorised athletes are serviced by the RACT PPP and ACTAS for the duration of their Scholarship. This may still be in conjunction with their School or Club when arranged.

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 RACT PPP have the best opportunity to achieve their performance objectives.