Rowing Australia will be conducting the Youth Cup Regatta in September of this year 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 is available at the Rowing Australia website: http://www.rowingaustralia.com.au

Crew Selection:
If required, the selection of the team will be done from the combined results from a 1500m sculling trial and a 2000m ergometer test. The selection of the small boats (singles etc.) will be done after the selection of the team.

**Single Scull Time Trial**
Sat 17th June
1500m
Start time TBA
Entries by submission of nomination form by Friday 9th June.

**2000m Ergometer Test**
To be completed in the week 12th – 16th June.
Time and location TBA

**Nomination forms are to be submitted by 5.00pm, Friday 9th June.**
Rowers who are unable to complete either of the selection events must provide details to the Head Coach with their nomination. Special consideration will be given by the Selectors in exceptional circumstances ONLY.
Coach Selection:
The coaches will be selected after the nominations have been received and trials (if necessary) have been completed. The 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, 2006. This means that they must be born in 1986 or later. Proof of age may be required.

Coxswain Selection:
Selection of coxswains will take into account the:
• recommendation of the selected squad coach;
• past and present performance in training and competition;
• weight;
• steering ability;

Athlete and Coach meeting
Following the single scull time trial on Saturday, 17th June there will be a meeting of prospective athletes and coaches at the ACTAS boatshed (time TBA).

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.

More Information:
Gordon Marcks
ACTAS/ACTRA Head Coach
Gordon.Marcks@act.gov.au
Tel: 6207 4393 (BH)
Mob: 0407 787470
ACT Rowing Association
2006 Youth Regatta

Nomination Form

Name: ___________________________

Address: __________________________________________________
________________________________________________________

Tel: ___________________________ email: ___________________________

Date of Birth: _______________ Weight: _______________

CIRCLE: Coach Coxswain Lightweight
          Bowside Strokeside Scull

I have read the information regarding the regatta that has been circulated with this form and have looked at the information available at the Rowing Australia Website.

Signed: ___________________________ (Parent or Guardian if under 18)

Print Name: ___________________________

This form is to be forwarded by **5.00pm, Friday 9th June** to:

Gordon Marcks
ACT State Team Head Coach
Fax: 6207 4042
Gordon.Marcks@act.gov.au
Manager
TBA

Head Coach
Gordon Marcks (ACTAS)

Men’s Team
TBA – Coach
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA - Reserve
TBA – Coxswain

Women’s Team
TBA - Coach
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA
TBA - Reserve
TBA – Coxswain