2007 Australian Youth Olympic Festival
16-21 January, 2007
Sydney International Regatta Centre

The Rowing ACT will be selecting a team to compete at the 2007 Youth Olympic Festival. This selection criteria and nomination should be read in conjunction with information in Bulletin 1 (and any subsequent bulletins).

CREW SELECTION
The men’s and women’s teams shall comprise of 6 open class athletes, 2 lightweights and 1 coxswain. Rowers are asked to nominate for ONE of the following small boat events: men’s single, men’s pair, men’s LW double, women’s single, women’s pair or women’s LW double.

The final eight rowers will generally be selected from performances in their nominated small boats (single, pair or double) as well as individual ergometer scores. The Head Coach and Selectors may elect to trial different pair and double combinations throughout the trial process in an effort to select the best possible crews.

COACH SELECTION
The coaches will be selected after the nominations have been received. 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 19 years or younger as at 20th January 2007. Proof of age will be required at the time of registration.

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;
COSTS
A standard entry fee of $120 per athlete will be charged by the organising committee. This will include transport, accommodation and meals.
ACTRA may require additional payment for uniforms and other costs associated with the regatta.
Final cost will be advised as soon as possible.
Full payment will be required at the time of selection.

TRAINING
Formal team training will commence as soon as the selections are announced on the 1st of November 2006. It is expected that the majority of training will be done in small boats until the start of the December school holidays. During the holiday period the training will focus on the eight as much as is practicable. There will be a break over the Christmas period with the last session in December on Wednesday, 20th. Training will re-commence on Wednesday 3rd of January 2007.

IMPORTANT DATES
Friday 27 October, 2006
Nominations Close

Monday 23 – Friday 27 October, 2006
2000m Ergometer Test (Supervised by Rowing Master or ACTAS Head Coach)
Please contact ACTAS Head Coach to confirm arrangements.

Saturday 28 October, 2006
1500m time trial in nominated boat (Start time TBA)
1500m handicap race in nominated boat (Start time TBA)
Further trials as advised

Wednesday 1st November, 2006
Team (plus shadow team of 7 reserves) announced

Wednesday 13th December, 2006
Final Team Announced
TRAINING HIGHLIGHTS
Friday, 3rd November – Training commences
Saturday, 11th November (TBC) – 5km time trial in pair, single or LW double
Saturday 16th/Sunday 17th December – Eights Camp
Saturday 6th/Sunday 7th January – Small Boat Camp (singles, pairs and LW double)
Saturday 13th January – Mini Regatta (single, pair, double and quad, four and eight)
Saturday 13th January – BBQ (following mini-regatta)

MORE INFORMATION
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ACT Rowing Association  
2007 Youth Olympics  

Nomination Form

Name: ___________________________
Address: ________________________________________________________
________________________________________________________
Tel: ____________________ email: __________________________
Date of Birth: ________________   Weight: ________________

CIRCLE: Coach Coxswain Single Scull
Pair (with____________________)
Lightweight Double (with____________________)

I have read the information regarding the regatta that has been circulated with this form.

Signed: _______________________________ (Parent or Guardian if under 18)
Print Name: _______________________________

This form is to be forwarded by
5.00pm Friday 27th October, 2006 to:

Rowing ACT
Fax: 02 6257 1083
Email: actra@rowingact.org.au