1. OBJECTIVE:

To ensure that the performances of ACT representative crews in the Inter-State Regatta are of the highest order.

2. COMPETITORS’ SELECTION CRITERIA:

2.1 GENERAL POINTS:

Rowers, coxswains, scullers and coaches wishing to trial for the 2007 Inter-State Regatta Team must comply with the following:

• Nominees must be eligible to row for the ACT under Rowing Australia “State of Origin” rules.

• Nominees must complete and lodge their nomination form with ACTRA no later than Thursday, 9th November 2006. A nomination form is attached.

• The Selectors may elect not to select a crew for a particular boat category should there be insufficient depth in the standard of rowers for that category. A regatta nominated by the ACT Selectors may be used as a final grading trial for the selection of crews.

• The Selectors will submit coach and senior squad lists to the ACTRA Executive for ratification by Friday, 24th of November, 2006. Youth crews will be put forward at the end of January 2007. The squad list may include rowers that are not in the final team and may include boats that are not in the final team. Selection in the ACTRA squad DOES NOT mean that the rower, coach or crew has achieved selection into the ACT Kings Cup Team.

• The coaches, in consultation with the Selection Panel, will be involved in the final selection of crews from the larger squad groups. The coaches, in consultation with the ACT Team Head Coach, will also be responsible for the seating arrangements within any given boat.

• The Selectors shall consider scullers for sweep boats, and vice versa.
• Nominees must be prepared to pay any fee by the required date as advised by the ACTRA State Team Manager. This fee is used to provide suitable clothing to the team and it should be noted that this is also subsidised by ACTRA.

• Excepting coxswains, members of the Youth Eights will NOT be used to fill positions in the senior team. They will race in the Youth Eight ONLY.

• Where insufficient nominations for senior crews are received by the nomination closing date, these “incomplete” squads will NOT be considered any further. For Example: if there are only three nominations for the Men’s Lightweight Four, the ACT will NOT be entering a lightweight four in the Kings Cup Regatta.

• The nomination form should be signed by a member of the club management (Captain or similar) to confirm that:
  • The nominee is a current member of that club.
  • The club will “release” athletes to state team training and support the needs of the state team coaches.
  • The club will consider providing equipment to the ACTRA State Team where possible.

2.2 LIGHTWEIGHTS:

Where indicated on the attached schedule of selection events, lightweights must weigh in at the appropriate weight between one and two hours before their race or trial event.

During the selection process, the Selectors will consider if an athlete is capable of contributing to the crew average weight in time for the Kings Cup Regatta.

2.3 SCULLERS:

Selection of the representatives in the single scull events will generally be made based on performances at the 2007 National Championships.
2.4 YOUTH AND SENIOR SQUADS

2.4.1 INTERSTATE YOUTH EIGHT FOR THE NATIONAL TITLES:

- Youth Eight nominees must be 20 years of age or under as at the 31st of December 2007 (born in 1987 or later).
- Youth nominees will be required to undergo the following tests:
  - 2000m Ergometer Test – Late Jan, date TBA.
  - 1500m Single Scull or Pair Time Trial – Late Jan, date TBA.
  - Top 10 to trial in an eight in late Jan, date TBA.
- The final selection of the Youth Eights will be announced by the Selectors following the completion of trials in late January. The ACTRA Executive will be notified of the selections as soon as possible after this date.

2.4.2 SENIORS

- Squads will be selected based primarily on performance in the ACT NTC Time Trial to be held around the weekend of 11/12 November 2006.
- Squad size will be no greater than the crew + 50%. For example, the squad for the men’s eight may be up to a maximum of 12 athletes.
- It is envisaged that the squads will begin training as soon as possible.
- The final crew selections will be announced by the Selectors on Monday 29th January, 2007.

2.5 SELECTION OF COXSWAINS:

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;

2.6 EXEMPTIONS:

The following nominees may be exempted from parts of the selection process at the discretion of the Selectors:
- AIS scholarship holders
- ACTAS scholarship holders
- Eligible nominees residing interstate

The Selectors will discuss the arrangements with the athletes concerned where required.

2.7 SELECTION EVENTS/CRITERIA:
The events that will be used for selections are attached as an appendix to this document. They are mostly based on national program selection events that occur locally that ACT based rowers have access to.

**2.8 SELECTION OF COACHES:**

Squad coaches will be put to the ACTRA Executive for ratification on Monday the 20th Nov 2006. The Selectors will be guided by:

- Qualifications and experience.
- The performance of athletes and coxswains 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.

**3. SQUAD MONITORING:**

All ACTRA team members will be monitored throughout the season. Any squad member who is unable to maintain performance may be substituted out of a crew AT ANY TIME. Prior notification of such a substitution will be given to the athlete concerned by the Head Coach and Selectors where possible.

When considering the performances of the crews and individual nominees, the Selectors will retain the right to substitute candidates into a crew who were not originally considered for selection.

**4. PROMOTION OF ACT KINGS CUP TEAM:**

All squad members will agree, by virtue of their nomination for the team, to attend any reasonable promotional events for the 2007 Kings Cup Team or ACTRA in the lead up to the competitions for which they are selected.

**5. CODE OF CONDUCT:**

All managers, coaches, rowers, scullers and coxswains will be required to agree to abide by the ACT Rowing Association Code of Conduct which is contained in the ACTRA members handbook and on the ACTRA website at: [www.rowingact.org.au](http://www.rowingact.org.au)

**6. 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.

7. THE SELECTION PANEL

The 2007 ACTRA Selection Panel will be:

**Gordon Marcks**  
ACTRA/ACTAS Head Rowing Coach  
Tel: 02 6207 4393 (BH)  
Mob: 0407 787270  
Email: gordon.marcks@act.gov.au

**Camilla Mather**  
ACTRA Executive Officer  
Tel: 02 6249 6111  
Mob: 0411 108814  
Email: actra@rowingact.org.au

**Jaime Fernandez**  
Head Rowing Coach  
Canberra Boys Grammar School  
Tel: 02 6260 9784 (BH)  
Email: Jaime.Fernandez@cgs.act.edu.au
8. APPOINTMENT OF TEAM MANAGER:

The ACTRA Executive, in consultation with the ACTRA Head Coach, shall appoint a team manager. The manager’s duties shall be to:

- Prepare and manage a team budget.
- Prepare and submit team entries.
- Liaise with coaches and ACTRA Officials regarding accreditation and vehicle pass requirements for the Nationals.
- Co-ordinate equipment in conjunction with crew coaches.
- Arrange team uniforms.
- Co-ordinate team accommodation and transport.
- Arrange ACTRA team functions.
- Manage media exposure and the team’s public relations.
- Other duties as directed by the ACTRA Executive/ACTRA Head Coach.
ACT Rowing Association
2007 Kings Cup Team

Important Dates: Youth Eight for the National Titles

2006
9\textsuperscript{th} Nov  Nominations due

2007
Late Jan  2000m Erg test
Late Jan  1500m Single Scull or Pair Time Trial
Late Jan  Youth VIII Selection Trial
29\textsuperscript{th} Jan  Youth VIII announced

The nomination form is to be forwarded by \textbf{5.00pm, Thursday the 9\textsuperscript{th} November} to:

ACT Rowing Association
Email: actra@rowingact.org.au
FAX: 02 6257 1083
ACT Rowing Association
2007 Kings Cup Team

Important Dates: Seniors

2006
9th Nov   Nominations due

11/12th Nov  5km NTC Time Trial
            (Date to be confirmed)
            LW + 6% (Men 74.2kg, Women 60.4kg)

13th Nov    6000m Ergometer Test

20th Nov    2000m Ergometer Test

20th Nov    Squad lists to ACTRA Executive for ratification

2007
29th Jan    Notification of final crews

The nomination form is to be forwarded by 5.00pm, Thursday the 9th November to:

ACT Rowing Association
Email: actra@rowingact.org.au
FAX: 02 6257 1083
ACT Rowing Association
2007 Kings Cup Team
Nomination Form

Name: ________________________________

Address: _____________________________________________________________

____________________________________________________

Tel: ___________________________ email: ________________________________

Date of Birth: _______________ Coached by: __________________________

I have read and understood the 2007 ACTRA Kings Cup Selection Policy and wish to nominate for the following (circle):

- Men’s Eight
- Women’s Eight
- Men’s Youth Eight
- Women’s Youth Eight
- Men’s Lightweight Four
- Women’s Lightweight Quad
- Men’s Single Scull
- Women’s Single Scull
- Coxswain
- Coach

Signed: __________________________ (Parent or Guardian if under 18)

Signed: __________________________ Club Management (Captain or similar)

Rowing Club: ______________________

This form is to be forwarded by 5.00pm, Thursday the 9th November to:
ACT Rowing Association
Email: actra@rowingact.org.au
FAX: 02 6257 1083