

ACT ROWING ASSOCIATION

2008 KINGS CUP TEAM SELECTION POLICY

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 and scullers wishing to trial for the 2008 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, 8th November 2007**. 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 Monday, 19th of November, 2007. Youth crews will be put forward at the end of January 2008. 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 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.
- Where insufficient nominations for crews are received by the nomination closing date, the Selectors will reserve the right to include athletes (nominated or not) into these squads at any time. This is to bring the squad number to the crew plus 50% where possible for training purposes.
- 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 where reasonable.
 - 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 2008 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 2008 (born in 1988 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 12 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 10/11 November 2007.
- 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 28th 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.

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

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

James MacArtney

ACTRA Elite Development Officer

Mob: 0402 386 154

Email: rjmacca@hotmail.com

TBA

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.
- Liase 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

2008 Kings Cup Team

Important Dates: Youth Eight for the National Titles

2007

8th Nov Nominations due

2008

Late Jan 2000m Erg test

Late Jan 1500m Single Scull or Pair Time Trial

Late Jan Youth VIII Selection Trial

28th Jan Youth VIII announced

The nomination form is to be forwarded by **5.00pm, Thursday the 8th November**
to:

ACT Rowing Association

Email: actra@rowingact.org.au

FAX: 02 6257 1083

ACT Rowing Association

2008 Kings Cup Team

Important Dates: Seniors

2007

8th Nov

Nominations due

9th Nov

5km NTC Time Trial

LW + 6% (Men 74.2kg, Women 60.4kg)

12th Nov

2000m Ergometer Test

19th Nov

Squad lists to ACTRA Executive for ratification

8/9th Dec

(Date to be confirmed)

5km NTC Time Trial

LW + 6% (Men 74.2kg, Women 60.4kg)

2008

28th Jan

Notification of final crews

The nomination form is to be forwarded by **5.00pm, Thursday the 8th November**
to:

ACT Rowing Association

Email: actra@rowingact.org.au

FAX: 02 6257 1083

ACT Rowing Association

2008 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: _____

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FAX: 02 6257 1083