



ACT Rowing

Selection Policy for

Representative teams

Aim

This document outlines the process and procedures to select, prepare and present Australian Capital Territory Rowing Association (ACTRA) representational teams and crews of the highest caliber to contest events including The Youth Olympic Festival, The King's Cup and Interstate Regatta and The Youth Cup.

Objectives

- To provide a fair and transparent process for selection of ACT Rowing teams
- To maximize performance in all interstate events.
- To provide an opportunity for athletes and coaches to represent the Australian Capital Territory
- To maximise the participation rate at the base level of ACT elite rowing.

Document Outline

This document will include:-

- Eligibility definitions for each team
- Separate selection processes and time lines for selection of teams for:-
 - The Youth Olympic Festival
 - The King's Cup and Interstate Regatta
 - The Youth Cup
- Nomination forms for each team

Selectors

The selectors as appointed by the board of ACTRA for the 2009 ACT crews are:

- Selector 1 – Mrs. Catherine Borger
- Selector 2 – TBA
- Selector 3 – TBA

Appeals

In the advent of a selection dispute, an individual may request the Rowing ACT Executive to review the selection. This is to be done in writing to the Rowing ACT Executive Officer not more than 48 hours after receiving official notification of a decision from the Selectors. The Rowing ACT Executive shall act as arbiter in any disputes or protests relating to the selection of ACT representative crews. The decision of the Rowing ACT Executive in any disputes or protests submitted to it shall be accepted as final and binding by all concerned. The Rowing ACT Executive will endeavour to have any disputes resolved as quickly as possible.

Eligibility

- The Rowing Australia State of Origin Rules apply for the Interstate Events held on the final day of the National Championships and Kings Cup Regatta. They can be found at http://www.rowingaustralia.com.au/docs/rowing_australia_rules_2008_edition.pdf
- **Membership:** Nominees for all teams must have been an active member of an ACTRA affiliated Club for the six months leading up to the event. Athletes new to the ACT are encouraged to nominate and should attach a letter outlining their situation and their future commitment to rowing in the ACT.
- **Coaches:** Coaches wishing to nominate for any of the ACT teams must have a current level 2 or higher coach accreditation and be coaching eligible athletes.
- **Age:** Athletes must make themselves available for every category for which they are eligible.
 - **Youth Olympic:** Athletes born after 17th January 1989
 - **Youth:** Athletes born after 31st December 1988
 - **Youth Cup:** Athletes born after 31st December 1988
 - **Open:** The open events at The King's Cup and Interstate Regatta have no age criteria.

Key dates

- **Youth Olympic Festival Team**

- 1. Nominations Close**

- Friday October 24th 5.00 pm
- Email only to actra@rowingact.org.au
- Nomination form can be found at [Appendix 1](#)

- 2. Ergometer Scores Submitted**

- **2000m Ergometer:** to be conducted at a location of the athletes' choice between Monday 27 October 2008 and Friday 31 October 2008. (*Note medical exemptions will only be considered if they cover the full ergo 'window' so it would be wise to complete the ergo early in the 'window'*).
- Scores must be e-mailed to actra@rowingact.org.au by 5:00 pm Friday 31st October 2008.
- Scores to be e-mailed by the coach or club official who witnessed the ergometer test.
- Drag Factor: Heavy Men 130, Heavy Women 120, Light Men 120 and Light Women 110.
- There is NO weigh-in required for Lightweights for the ergo, however weights & heights should be recorded and submitted for ALL ATHLETES.

- 3. Time Trial and Selection Camp**

- All youth Olympic eligible athletes must complete an 1800m time trial in the pair **and** single on the weekend of 1st and 2nd November

- 4. Other Selection Activities**

- All Youth Olympic nominees must also compete in the A/B grade 2- and 1X at two of the first three ACT regattas.
- Alternative events may include A/B grade 2X, 4X+/-, 4+/-, 8+. Written permission must be obtained from the chairman of selectors.

- 5. Team Announced**

- Friday December 12th 2008.

- 6. Training Commences**

- Saturday December 13th 2008.

- 7. Competition**

- Saturday 17th January 2009 – Sunday 18th January 2009.
- Sydney International Regatta Centre (Penrith).
- Further information as it becomes available...

- **The King's Cup and Interstate Regatta Team**

- 1. Nominations Close**

- Friday TBA 5.00 pm
- Email only to actra@rowingact.org.au
- Nomination form can be found at [Appendix 2](#)

- 2. Ergometer Scores Submitted**

- **6000m Ergometer:** as part of NTC program TBA
- Scores must be e-mailed to actra@rowingact.org.au by 5:00 pm TBA 2008.
- Scores to be e-mailed by the coach or club official who witnessed the ergometer test.
- Drag Factor: Heavy Men 130, Heavy Women 120, Light Men 120 and Light Women 110.
- There is NO weigh-in required for Lightweights for the ergo, however weights & heights should be recorded and submitted for ALL ATHLETES.

- 3. Time Trial and Selection Camp**

- Open athletes NTC Time trial TBA
- Youth nominees must participate in **either** the NTC Time Trial **or** an extra ACT regatta in November or December.

- 4. Other Selection Activities**

- All nominees must compete in the appropriate event at 2 of the first three ACT regattas **and** the NSW State championships.
- The regattas are on Saturday November 8, Saturday November 22 and Saturday December 6. The NSW State championships are on Saturday 7th and Sunday 8th February 2009 at the Sydney International Regatta Centre.
- The appropriate events are :-

ACT Crew	Selection Event	Alternative Event	NSW Champs (<u>Selection Event</u>)
Men's Interstate Eight	A/B Grade 8+	A/B Grade 4+/-	<u>ME8+</u> /ME4+/ME4-/ME2-/MU232-
Women's Interstate Eight	A/B Grade W8+	A/B Grade W4+/-	<u>WE8+</u> /WE4-/WE2-/WU232-
Men's Interstate Youth Eight	A/B Grade 8+	A/B Grade 4+/-	<u>MU218+</u> /MU212-/MU194+/SB8+/SB4+
Women's Interstate Youth Eight	A/B Grade W8+	A/B Grade W4+/-	<u>WU218+</u> /WU212-/WU194+/SG8+/SG4+
Men's Interstate L4-	A/B Grade 4+/-	A/B Grade 2-	<u>MEL4-</u> /MEL2-/MEL8+/MEL1X
Women's Interstate L4X-	A/B Grade W4X+/-	A/B Grade W2X	<u>WE4X</u> /WEL2X/WEL1X
Men's Interstate Single	A Grade 1X	B Grade 1X	<u>ME1X</u> /MU231X/MU191X
Women's Interstate Single	A Grade W1X	B Grade W1X	<u>WE1X</u> /WU231X/WU191X

- 5. Team Announced**

- Friday 13th February 2009.

- 6. Training Commences**

- Saturday 14th February 2009.

- 7. Competition**

- Sunday 8th March 2009.

- Lake Barrington Tasmania
- **Youth Cup Team**
 1. **Nominations Close**
 - Friday TBA 5.00 pm
 - Email only to actra@rowingact.org.au
 - Nomination form can be found at [Appendix 3](#)
 2. **Ergometer Scores Submitted**
 - **2000m Ergometer:** to be conducted at a location of the athletes' choice between Monday TBA and Friday TBA. (*Note medical exemptions will only be considered if they cover the full ergo 'window' so it would be wise to complete the ergo early in the 'window'*).
 - Scores must be e-mailed to actra@rowingact.org.au by 5:00 pm Friday TBA.
 - Scores to be e-mailed by the coach or club official who witnessed the ergometer test.
 - Drag Factor: Heavy Men 130, Heavy Women 120, Light Men 120 and Light Women 110.
 - There is NO weigh-in required for Lightweights for the ergo, however weights & heights should be recorded and submitted for ALL ATHLETES.
 3. **Time Trial and Selection Camp**
 - All youth Olympic eligible athletes must complete an 1800m time trial in the pair **and** single on the weekend of TBA
 4. **Other Selection Activities**
 - WTT TBA
 5. **Team Announced**
 - Friday TBA.
 6. **Training Commences**
 - Saturday TBA.
 7. **Competition**
 - TBA

Training

A training schedule for the teams (once selected) will be published by the Team Head Coach.

Nominations

To be considered for selection into any ACT Team, eligible rowers and coxswains and must nominate.

- Nomination forms for each team are attached, or can be found at the Rowing ACT website: www.rowingact.org.au

Coxswains

Coxswains are becoming a scarce resource and as such any coxswains of the required age are encouraged to nominate. The following will be taken into consideration:-

- Crew management abilities
- Strategic race communication.
- Weight management
- Steering abilities.

- Race performance and experience

Coaches

Criteria on which coaches will be evaluated for selection are as follows:

- Well developed crew management abilities
- Past and present performance of their athletes will be taken into consideration.
- Minimum L2 NCAS coaching accreditation
- Relevant prior experience
- Ability to work within a team environment.

Final Crew Selection

The selectors will pick the final crews based on:-

- the performance of athletes during each selection activity
- crew combination and compatibility
- the commitment of athletes to represent the Australian Capital Territory

Further Information:

Team Training

By nominating athletes commit to making themselves available for ACT team squad training as programmed

Exemptions

There may be special circumstances under which the selectors will allow athletes exemptions from one or more of the selection events. To request an exemption the following conditions must be met:

- Request for exemption must be made in writing via email to actra@rowingact.org.au
- Requests for non-medical exemption must be made 7 days prior to the date of the event for which exemption sought.
- A medical certificate must accompany requests for exemption based on injury or illness. This will only be accepted prior to the event.

ACT Team

Expectations of ACT Team members are:-

- Participate in all programmed team activities.
- Stay with the team throughout the events.
- Payment of any levies to cover team expenses
- Persons nominating will be required to adhere to the Rowing Australia [Code of Conduct](#) at all times.

Communications

All communications will be primarily electronic via e-mail. All notices including timetables, ergometer results, and squad composition will be published online at the ACTRA Web Site.



ROWING ACT

YOUTH OLYMPIC FESTIVAL 2009

NOMINATION FORM

NAME: _____

ADDRESS: _____

TEL: _____ **EMAIL:** _____

DATE OF BIRTH: _____

MALE / FEMALE (Please Circle)

POSITION (Please circle): **BOW SIDE** **STROKE SIDE**

SCULLER **COXSWAIN** **COACH**

WEIGHT CATEGORY (Please circle): **LIGHTWEIGHT**
HEAVYWEIGHT

I have read and accept the 2009 ACTRA Team Selection Policy and wish to nominate for the above mentioned team.

Signed: _____

Signed (Parent/Guardian if under 18): _____

Signed: _____ Club Management (Captain or similar)

Rowing Club: _____

This form is to be forwarded by **5pm Friday 24 October 2008** to: **Rowing ACT Email:**
actra@rowingact.org.au



ROWING ACT

NATIONAL INTERSTATE AND KING'S CUP REGATTA 2009

NOMINATION FORM

NAME: _____

ADDRESS: _____

TEL: _____ **EMAIL:** _____

DATE OF BIRTH: _____

MALE / FEMALE *(Please Circle)*

POSITION *(Please circle):* **BOW SIDE** **STROKE SIDE**

SCULLER **COXSWAIN** **COACH**

WEIGHT CATEGORY *(Please circle):* **LIGHTWEIGHT** **HEAVYWEIGHT**

I have read and accept the 2009 ACTRA Team Selection Policy and wish to nominate for the above mentioned team.

Signed: _____

Signed (Parent/Guardian if under 18): _____

Signed: _____ Club Management (Captain or similar)

Rowing Club: _____

This form is to be forwarded by **5pm Friday TBA** to: **Rowing ACT Email: actra@rowingact.org.au**



ROWING ACT

YOUTH CUP 2009

NOMINATION FORM

NAME: _____

ADDRESS: _____

TEL: _____ **EMAIL:** _____

DATE OF BIRTH: _____

MALE / FEMALE (Please Circle)

POSITION (Please circle): **BOW SIDE** **STROKE SIDE**

SCULLER **COXSWAIN** **COACH**

WEIGHT CATEGORY (Please circle): **LIGHTWEIGHT** **HEAVYWEIGHT**

I have read and accept the 2009 ACTRA Team Selection Policy and wish to nominate for the above mentioned team.

Signed: _____

Signed (Parent/Guardian if under 18): _____

Signed: _____ Club Management (Captain or similar)

Rowing Club: _____

This form is to be forwarded by **5pm Friday TBA** to: **Rowing ACT Email: actra@rowingact.org.au**