

School Representative Eights Competition 2022/23

ACT Schools Selection Process

Introduction

The sport of rowing does not currently offer a representative opportunity within school association sport. Other sports such as rugby union, swimming and athletics all provide the opportunity for their students to be recognised as association representatives and to compete for their associations. The introduction of the NSW School Representative Eights Competition will provide rowers and coxswains with similar association representative opportunities as other sports. This will allow higher level student athletes to be recognised and to compete for their association, thereby improving their transition into higher honours within our sport.

Crews and Competition

Two schoolgirl eights and two schoolboy eights will be selected from the ACT. They must be registered with ACT Rowing either with a school or club and in Years 10-12 2023.

Nominated crews will race in the Rowing NSW School Representative Eights race at the Kings/PLC/Rowing NSW regatta, currently scheduled for Saturday 25th February 2023. The representative race will be scheduled towards the end of the regatta to ensure students can compete in their usual races for their school earlier in the day and then for their associations at the end of the regatta.

Coaching and Resources

Schools and programs looking for students to represent the ACT in the Schools Representative Eights must provide Coaches to assist. One Coach for female athletes and one Coach for male athletes. Failure to provide adequate resourcing will preclude students' selection. This is to ensure safety and quality of experience as well as process for all athletes and Coaches involved.

Cost

The cost of attending the event is to be borne by individuals and not the schools or Rowing ACT. Costs incurred include the ACT Schools Rowing Uniform, travel and accommodation if required.

Nominations

To nominate, fill in the [NOMINATION FORM](#).

Nominations due (including coxswains): 5.00pm Friday 2nd December 2022.

Nominations include your personal most recent 2000m ergometer and the date undertaken (this will be corroborated with Heads of Rowing).

Coxswains to forward a voice recording of a recent race and date undertaken to their Head of Rowing to send to selectors. Nominations can be made from any Year, 10 or 11, 12 (2023).

ACT Schools Selection Panel

Selection decisions for each crew are made by the Selection Panel. The panel consists of the Head of Rowing from Canberra Girls Grammar School, Head Coach from Canberra Grammar School and Head Coach of Orana School. This crew and event are not organised by Rowing ACT.

The selection panel will consider:

1. Nomination - due 5pm Friday 2nd December, 2022.
 - a. Includes submission of most recent 2km erg score (completed in last 6 weeks), verified by relevant Head of Rowing.
2. Sculling race time result - athletes are asked to enter the WC1x or MC1x in the ACT Regatta on the 3rd December.
 - a. Note: overall time is the main component considered, not placing.
 - b. Racing in this event includes athletes in the training squad for continued consideration for selection.
3. Sweep technique and performance in training – Assessed in training by selection panel.
4. Coxswains - make a voice recording from a recent coxed race for submission.
 - a. Performance in training – Assessed in training by selection panel.
5. Sculling time trial times - Thursday 12th January (first boat starting at 7:00AM)
6. 2km Erg score completed by 21 January 2023 (4 week old minimum)

Important Dates

Date	Event	Location
5PM Friday 2nd December 22	Nominations for ACT Schools Rowing VIII close	Via Nomination Form
Saturday 3rd December 22	Race WC1x or MC1x at the ACT Regatta to be included in squad	Lake Burley Griffin
Monday 5th - 16 December 22	Squad Training - Time TBC (Aiming for two training sessions in this block)	CGS & CCGS TBC
Tuesday 10 January 2022	Squad Training - Time TBC	CGS & CCGS TBC

7AM, Thursday 12 January 22	Single Scull Time Trial (1800m)	Yarralumla Course
Due by 21 January 2022	2000m Ergo Score (4wk old min) (verified by the Head of Rowing)	
Tuesday 24 January - Friday 24 February 2022	ACT Schools crews training Sessions - Time TBC, max once per week.	CGS & CGGS TBC
25 February 2022	Rowing NSW School Representative Eight Race Kings/PLC/Rowing NSW Regatta	Penrith

Absence from Selection Event

If athletes are unable to attend a selection event, a letter of reason for absence must be submitted to the selection panel for consideration by the relevant Head of Rowing.

Uniform

Athletes should wear their school uniform at ALL training events. This includes adequate sun safe clothing, hat, sunglasses, drink bottle etc.