



National Training Centre Invitation Guidelines – Season 2025/2026 - Updated and approved June 2025

Rowing Australia's (RA) objective is, on an annual basis, to select the best possible team to represent Australia with the best chance of producing podium performances and winning Gold medals at the World Championships and the Olympic and Paralympic Games. The National Training Centre's (NTC's) play an integral role in supporting this objective through daily training environments providing world class coaching, support staff, equipment, and support.

This document outlines both the criteria and process for athletes seeking to be invited to be part of the RBNTC (Canberra) and HPNTC (Penrith). These centres are home to the Classic Men's program, Classic Women's program and PR3 Para Program.

RA recognises that athletes moving to the NTC's are committing fully to the achievement of their full athletic potential. We are equally committed to supporting our rowers to achieve their sporting goals, and to assisting the broader personal and professional development of our athletes.

In addition to supporting athletes to develop and progress to podium performances at the international level, athletes that are invited to train at the NTC will be provided with:

- resources and support to proactively pursue vocational, educational and professional opportunities through the RA Athlete Wellbeing and Engagement service;
- concentrated support to assist new athletes transitioning into the NTC, including the consideration of individual circumstances for athletes moving as part of Intake 2; and
- concentrated support to assist athletes departing the NTC to transition into other aspects of their rowing or personal lives.

An athlete that wishes to be considered for selection to the 2026 Senior National Team must also nominate for consideration to be invited to an NTC.

From the 2025 - 2026 season RA is bringing the NTC Invitation process inline with the National Team Selection process, NTC invitations will be offered after the December National Senior Selection Trials and Assessments, the commencement date will be 2 January. Therefore, there will no longer be an NTC Test Camp. The 2025 – 2026 season is a transition season and for continuity 2025 - 2026 NTC athletes who achieve a Benchmark standard at the 2025 World Rowing Championships will be offered an automatic invitation in commencing in October 2025, for 2025 NTC athletes not receiving an automatic NTC invitation in October, will hold their NTC status through to the 2025 December Trials and assessments before review.

Accordingly, we encourage all athletes who wish to be part of our 2026 Senior Teams and NTC environments to read in detail the following guidelines.



Invitations to the NTC's:

The priority for the NTC's for the 2025-26 season is to develop athletes capable of delivering medal winning performances at the 2026 World Rowing Championships and have the potential to medal at the 2028 Los Angeles Olympic and Paralympic Games.

The Performance Director will invite athletes to the NTC's for the 2025-26 season based on these Invitation Guidelines and an assessment of the athletes' ability to contribute to these priorities. The NTC placement will be for a period commencing from the date the athlete is required to attend the NTC and continuing until December after the 2026 World Rowing Championships. For the removal of any doubt, the NTC environment will be focused entirely on athletes and crews in selected Olympic and Paralympic Class boats post the 2026 Selection Trials. Individual plans will be determined for any NTC athlete not selected to the Australian Rowing Team through the 2026 Selection process. The maximum number of places available at each NTC will be determined by the Performance Director in their sole and absolute discretion.

Factors to be considered in determining the maximum number of places may include (amongst other things):

- (a) availability of funding;
- (b) program priorities;
- (c) availability of NTC resources.

All places at the NTC will be assessed annually, will be performance based and consistent with these Guidelines. All athletes will be considered as working towards selection and performance at the 2028 Los Angeles Olympic and Paralympic Games.

There will be two intakes for the 2025-26 season as follows:

Intake 1 (see Note E): The following athletes will be invited to train at the NTC as part of Intake 1:

The Benchmark Event Performance Standard is relevant to Intake 1, being the first round of invitations to the NTC (see Note E). The Benchmark Event Performance Standard is determined by the Performance Director in his sole and absolute discretion.

- (a) Olympic/Paralympic Class Boats: athletes that were selected onto the 2025 Australian Rowing Team and placed in the top 4 places at the Senior Benchmark Event (2025 World Rowing Championships) will receive an automatic invitation to the NTC. The Performance Director has sole discretion to extend this to top 6 places.
- (b) Paris Olympic athletes taking agreed time away: Paris 2024 athletes taking agreed time away will be considered for an invitation to the NTC based on their completion of an ergometer schedule between 1 July and 27 September 2025:
 - 1 x weekly 2x30'T2
 - 2 x monthly 30'R20*

*One of these 30'R20 ergometers has to be inside 3% of an athlete's PB (ie <3%) to be considered for an October NTC Invitation. Ergometer scores must be submitted via the Data Submission form

<https://forms.gle/ZW88kzdaPWbHVXRk8>



(c) Paris Paralympic athletes taking agreed time away: Paris 2024 athletes taking agreed time away will be considered for an invitation to the NTC based on their previous international record, training history and commitment to training.

Intake 2 (see Note I): The second intake will be determined by the performance of athletes invited to the December National Senior Selection Trials and Assessments. (see **Note F**). Intake 2 invitations to the NTC will be made on the following criteria:

- previous international performances.
- training history, past and current performances, interview and testing results during the December National Senior Selection Trials and Assessments.
- potential to contribute to medal performances in crews at the 2028 Los Angeles Olympic and Paralympic Games.

Invitations for athletes that are part of Intake 2 will be confirmed in the first instance by phone/in person, and subsequently via email. All athletes and coaches are encouraged to seek specific feedback regarding both the invitation process and outcome and how these may impact on future plans.



In exceptional circumstances, the Performance Director may, invite an athlete to train at the NTC outside of Intake 1 and Intake 2 (see **Note L**). The Performance Director may also hold back NTC positions and invite athletes to the NTC on a camp basis until National Team selection is completed where confirmation of NTC positions would be finalised.

Attendance at NTC's:

It is expected that athletes selected to train at an NTC will make every endeavour to relocate to the respective NTC to commence training by no later than the applicable NTC Commencement Date.

For the 2025-26 NTC season, this is:

- for Intake 1 and 2025 NTC Athletes: **20 October 2025**;
- for Intake 2 Athletes : **2 January 2026**

(see **Notes G, J and K** below).

Any factors preventing this should be discussed with the Performance Director as soon as possible. Athletes are required to continue training at the NTC for the duration of the NTC placement (with breaks for Christmas and as otherwise directed).

TAKE NOTE that failure to meet the requirement to attend a Mandatory Event (see Note K) on the required date (without an exemption being granted by the Performance Director) will result in the athlete being ineligible for:

- **selection to the Senior Australian Rowing Team for the 2025-26 season;**
- **potential support from RA or its NIN partners for the upcoming season based on the outcome of a review of Athlete Categorisation.**

Milestone (to be completed on or before the specified date)	2025-26 NTC Season
Senior Benchmark Event	2025 World Rowing Championships (21-28 September 2025)
Nomination Due Date: Athletes to submit nominations to be considered to train at an NTC and be considered for Selection to a Senior National Team (see Note C)	29 August 2025
Announcements: <ul style="list-style-type: none"> • Invitations to train at the NTC – Intake 1 Athletes (see Note E) 	3 October 2025
Announcement: Invitations to attend the December National Senior Selection Trials (see Note F)	28 November 2025
Mandatory Event: NTC Commencement Date for Intake 1 Athletes (athletes to be relocated and training full time) (see Notes G and K) and	21 September 2026
Mandatory Event: December National Senior Selection Trials and Assessments (see Notes H and K)	17-20 December 2025
Announcement: Invitations to train at the NTC – Intake 2 Athletes (see Note I)	20 December 2025
Mandatory Event: NTC Commencement Date for Intake 2 Athletes (see Notes J and K)	2 January 2026
Future dates:	21 September 2026, Start date NTC Intake 1, 2 January 2027 Start date Intake 2 20 September 2027, Start Date Intake 1, 2 January 2028 Start date Intake 2

Please Note: We intend to review these Guidelines in July each year but may review and update them at any time. Any updated version of these Guidelines will be notified to athletes by publication on the RA website. The updated version will take effect one day after publication or on the date specified in the update version (whichever is the later).

NOTE A: Benchmark Performance Standard

The Benchmark Performance Standard is relevant to Intake 1, being the first round of invitations to the NTC (see **Note E**). The Benchmark Performance Standard is determined by the Performance Director in their sole and absolute discretion.

For the 2025-26 season, the Benchmark Performance Standard is placing in top 4 at the 2025 World Rowing Championships (with Performance Director discretion of a top 5-6 placing)

NOTE B: Minimum eligibility requirements to attend the December National Senior Selection Trials and Assessments

Certain athletes must achieve the minimum eligibility requirements to be eligible to be invited to the December National Senior Selection Trials (see Note F below for details). Satisfaction of the minimum eligibility requirements by an athlete does not guarantee that athlete will be invited to attend the December National Senior Selection Trials.

The minimum eligibility requirements are determined by the Performance Director in their sole and absolute discretion.

The minimum eligibility requirements* to be invited to the December National Senior Selection Trials are:

Event	Date	Minimum Standard to be achieved				
5000m ergometer test	As per Event Requirements		Men	PR3 Men	Women	PR3 Women
		5000m (mm:ss.s)	16:35.0	18:28.0	18:35.0	21:05.4
5km Domestic on-water time trial	As per Event Requirements	A standard within 2% of the prognostic score of the average % of the three leading boats within the athlete's respective category in the athlete's State based Domestic 5km Time Trial				

*Coxswains are not required to meet the eligibility requirements.

NOTE C: Athletes to submit nominations to be considered to train at a NTC and be considered for Selection to a Senior National Team

Athletes must submit a nomination to be considered for an invitation to train at a NTC and be considered for Selection to the Senior National Team on or before the due date, and in the manner specified.

There will be one nomination process in each year which incorporates both a nomination to be considered for an invitation to train at a NTC and a nomination to be considered for selection to the Senior National Team. An athlete that wishes to be considered for selection to the Senior National Team must also nominate for consideration to be invited to an NTC.

Notwithstanding anything in these Guidelines, an invitation to train at an NTC is contingent on the athlete signing the RA Athlete Agreement.

The Performance Director may, in their sole and absolute discretion, accept a late nomination.

NOTE E: Invitations to train at the NTC – Intake 1 Athletes

An athlete who achieves the Benchmark Performance Standard (a top 4 finish at the 2025 World Rowing Championships), will automatically be invited to train at the NTC for the upcoming season (each as an **Intake 1 Athlete**).

After considering the recommendations of the relevant National Head Coach, the Performance Director may, in their sole and absolute discretion, invite (to train at the NTC for the upcoming season) any athlete or crew who finishes 5 – 6 at the 2025 World Rowing Championships (each also an **Intake 1 Athlete**).

NOTE F: Invitations to attend the December National Senior Selection Trials and Assessments:

The December National Senior Selection Trials will be used to determine further invitations to the NTC's for the upcoming season (Intake 2). In summary, an athlete who wishes to train at the NTC and who is not an Intake 1 Athlete must:

- (a) be invited to attend the December National Senior Selection Trials
- (b) attend and compete at the December National Senior Selection Trials and Assessments; and
- (c) be invited to train at the NTC following the December National Senior Selection Trials (**Intake 2 Athlete**).

Athletes will be invited by the Performance Director to attend the December National Senior Selection Trials in accordance with the following:

Invitations: The following athletes will be automatically invited to attend the December National Senior Selection Trials for the following season (Note: these athletes are not required to meet the minimum eligibility requirements set out in Note B):

- (a) athletes selected in the 2025 Australian Rowing Team;
- (b) athletes who trained at the NTC in the previous season but who were not selected in the previous Australian Rowing Team;

(for example, athletes who trained at the NTC for the 2024-25 season and who were not selected in the 2025 Australian Rowing Team will be invited to attend the December National Senior Selection Trials for the 2025-26 season)

Further Invitations: After considering the recommendations of the relevant National Head Coach, and subject to meeting the minimum eligibility requirements set out in Note B, the Performance Director may, in their sole and absolute discretion, issue further invitations to attend the December National Senior Selection Trials. In doing so, the Performance Director may take into account the following (amongst other things):

- (a) the contents of completed and returned Nominations;
- (b) performances in the November State based Time Trials;
- (c) performances in the November 5000m ergometer and water assessments conducted in State based testing;
- (d) previous international performance, including performance at Under 23 World Championships.

NOTE G: NTC Commencement Date for Intake 1 Athletes (athletes to be relocated and training full time)

Intake 1 Athletes will be required to commence at the NTC by no later than the NTC Commencement Date for Intake 1 Athletes (*for the 2025-26 NTC season this is 20 October 2025*), unless there are individual extenuating circumstances as agreed with the Performance Director in accordance with these Guidelines.

NOTE H: December National Senior Selection Trials and Assessments

The December National Senior Selection Trials and Assessments will be located at Nepean River, Penrith and/or Sydney International Regatta Centre in Penrith on 17-20 December 2025.. It is a mandatory event for athletes invited to attend, including Intake 1 Athletes.

During the December National Senior Selection Trials, athletes invited to attend the December National Senior Selection Trials may be required to:

- (a) prepare, train with and race against Intake 1 Athletes;
- (b) be interviewed by the Performance Director and/or NTC Coaches in order to assess factors such as attitude, coachability and compatibility.

Athletes may also be required to undertake additional assessments including physiological, strength and conditioning, ergometer testing, and psychological testing as determined by the relevant Head Coach and Performance Director.

NOTE I: Invitations to train at the NTC – Intake 2 Athletes

Additional invitations to train at the NTC will be made from the athlete group at the December National Senior Selection Trials and Assessments and on the following criteria:

- (a) previous international performance;
- (b) Athlete performances against RA Benchmarks;
- (c) performances, interview and testing results during the December National Senior Selection Trials and Assessments;
- (d) potential to contribute to medal performances in crews at the 2028 Los Angeles Olympic Games.

NOTE J: NTC Commencement Date for Intake 2 Athletes (athletes relocated and training full time)

Athletes who were members of the NTC for the previous season and have been invited back to the NTC as part of Intake 2, will be required to commence at the NTC by no later than the NTC Commencement Date for such athletes (*for the 2025-26 NTC season this is 2 January 2026*), unless there are individual extenuating circumstances as agreed with the Performance Director in accordance with these Guidelines.

Athletes who were not members of the NTC for the previous season and have been invited to the NTC as part of Intake 2, will be required to commence at the NTC by no later than the NTC Commencement Date for such athletes (*for the 2025-26 NTC season this is 2 January 2026*), unless there are individual extenuating circumstances as agreed with the Performance Director in accordance with these Guidelines.

NOTE K: Attendance at Mandatory Events

For each Mandatory Event, each invited athlete must attend the NTC on the date required. The Mandatory Events are:

- the NTC Commencement Date for Intake 1 Athletes (see Note G);
- the December National Senior Selection Trials (see Note H);
- the NTC Commencement Date for Intake 2 Athletes (see Note J); and
- the NTC Commencement Date specified in any Discretionary NTC Invitation given to an athlete (see Note L),

It is expected that athletes selected to train at the NTC will relocate to the NTC on the required date, or that which is determined by the Performance Director. Any issues preventing this should be discussed with the Performance Director as soon as possible. Failure to meet the requirement to attend a Mandatory Event on the required date (without an exemption being granted by the Performance Director) will result in the athlete being ineligible for selection to the Senior Australian Rowing Team for that season, and will result in a review of Athlete Categorisation.

Exceptional Circumstances: The Performance Director shall have the power to grant exemptions from the requirement to attend:

- (a) one or more of the Mandatory Events;
- (b) the NTC for the 2025-26 season,

based on Exceptional Circumstances. In these circumstances, the athlete will maintain their Athlete Categorisation.

Where any athlete seeks consideration of Exceptional Circumstances, a decision on a case by case basis will be made by the Performance Director at their sole and absolute discretion. In the circumstance where Exceptional Circumstances from the requirement to attend one more of the Mandatory Events are granted, the athlete if selected to the Senior National Team, will (notwithstanding the exemption) be required to move to the respective NTC immediately post National Trials and commit to all Senior National Team activity in preparation for the upcoming Benchmark Event.

Applications for exemption from the requirement to attend the NTC based on Exceptional Circumstances must be included in an athlete's Nomination and submitted by the Nomination Due Date.

NOTE L: Discretionary NTC Invitations

If an athlete does not receive an invitation to the NTC as an Intake 1 Athlete or an Intake 2 Athlete, the Performance Director may, after consideration with the relevant National Head Coach, and in his sole and absolute discretion, issue an athlete an invitation (if any) to train at the NTC. In doing so, the Performance Director may take into account the following (amongst other things):

- (a) the contents of completed and returned Nominations;
- (b) satisfaction of the minimum eligibility requirements (see Note B);
- (c) previous international performance, including performance at Under 23 World Championships. Athlete performances against RA Benchmarks, Categorisation Standards and Selection Requirements.

For the avoidance of doubt, an Athlete may receive a Discretionary NTC Invitation if they are granted an exemption from the requirement to attend the December National Senior Selection Trials due to Exceptional Circumstances.

Any athlete invited to train at the NTC under this Note L will be required to commence at the NTC by no later than the NTC Commencement Date specified in their invitation.

NOTE M: Right of Appeal

An athlete has no right of appeal against any of the following:

- (a) A decision not to invite an athlete to attend the NTC as an Intake 1 Athlete (see Note E), an Intake 2 Athlete (see Note I), or via Discretionary Invitation (Note L);
- (b) A decision not to invite an athlete to attend the December National Senior Selection Trials (see Note F);
- (c) The determination of the Benchmark Performance Standard (see Note A);
- (d) The determination of the minimum eligibility requirements (see Note B);
- (e) The determination of the maximum number of places available at each NTC (see Note D).

Athletes with questions regarding any of these decisions are encouraged speak to the RA Senior Ombudsman and then to seek clarification and feedback from the Performance Director.

Individual feedback for all athletes that attend December National Senior Selection Trials will be available from the respective NTC Head Coaches.

An athlete that has nominated for Senior A selection but does not receive an invitation to train at the NTC or to attend the December National Senior Selection Trials is still eligible to be invited to the selection trials for the Australian Rowing Team for that season via performance in the activities stated in the Selection Requirements.