

PLANNING FOR SUCCESS

TAKING THE FIRST STEP

Nominating for the Underage National Teams

It's vital that you familiarise yourself with the relevant selection documents on the Rowing Australia website:



- **National Selection Policy – Underage Teams**
- **Event Requirements** for respective teams
- **Nomination and Eligibility Requirements**



Establish clear and defined goals and ensure you **understand the time commitment required**.

Consider your school, university or work schedule and how this might be affected by the calendar of events and activities required for national team selection.



Map out your support network.

This could include your parents, coach, state pathway lead, siblings, friends, school Careers Advisor, training partners or state Athlete Wellbeing and Engagement Advisor, amongst others.



Officially indicate your interest in national team selection by completing the online '**Australian Rowing Team – Underage Teams Nomination Form**', available on the Rowing Australia website

Once you have considered and understood the requirements and expectations of selection, it is critical that you ask the right questions of yourself and others to ensure you are well prepared for the journey:



- ☐ Have I set clear and defined personal goals?
- ☐ Do I understand the time commitment and activities required?
- ☐ Have I read and understood the relevant Rowing Australia documents (Selection Policy, Event Requirements, Nomination and Eligibility etc)
- ☐ Have I spoken to the right people?
- ☐ Have I completed the online nomination form?

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