

## 2016 Event Requirements for U21 Australian Rowing Team

### **Background:**

The Rowing Australia (RA) Selection Policy 2013-2016 outlines the broad selection criteria for all rowers, coxswains and coaches and can be viewed on the RA website at [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au).

The vision of the RA High Performance Program is to be the number one rowing nation in the world.

The objective of the Selection Policy is to provide a framework that underpins the vision by selecting the Athletes and the boats that will give Australia the best chance of achieving its performance objectives of achieving medals, and most importantly Gold medals, at the Olympic and Paralympic Games.

This document operates as an appendix to the RA Selection Policy 2013-2016 and outlines the activities that rowers, coxswains and coaches must complete to be eligible for selection consideration for the Australian Under 21 (U21) Rowing Team for 2016.

The U21 Australian Rowing Team will compete against the U21 New Zealand Team in the Trans-Tasman Series. This series will consist of two rounds of racing, with both countries hosting one round. The winner of the Trans-Tasman Series will be determined by a cumulative point score from the two competition rounds.

The key purpose of the Trans-Tasman Series is to provide an opportunity for the best U21 athletes to gain high level competition experience between the World Championship age categories of Under 19 (Junior) and Under 23.

U21 athletes who seek U23 selection will need to satisfy the requirements set out in the U23 Event Requirements, which are available on the RA website (<http://www.rowingaustralia.com.au/national-team-selection-information/>). At the point where such athletes are no longer in contention for U23 selection, they must then satisfy the remaining requirements set out in the U21 Event Requirements for 2016.

All nominating athletes must be able to row sweep effectively even if they prefer to focus their main preparation and competition in sculling as all team members will compete in the eight.

**NB:** The details contained within these 2016 Event Requirements are subject to change. Without limitation Rowing Australia may amend the 2016 Event Requirements by announcing and publishing further or varied requirements and standards from time to time prior to the relevant event or trial and the publication or notification shall take effect in accordance with the 2016 Selection Policy 2013-2016.

### **Specific Details:**

#### **SEPTEMBER 2015**

October 2015 – March 2016	All nominees are strongly encouraged to participate in Domestic NTC Long Distance Time Trials, State Championships or regattas, ergometer testing and any other National testing requirements.
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#### **FEBRUARY 2016**

12 - 13 February	Nominees are strongly encouraged to compete in the NSW State Championships (refer Note 3)
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## MARCH 2016

7 March	<b>Closing date for completion of:</b> <ul style="list-style-type: none"><li>• <b>2016 Under 21 Nomination Form, 5pm AEDST</b></li><li>• <b>2016 Under 21 Coach Nomination Form, 5pm AEDST</b> (refer Note 1).</li></ul>
7 March	<b>Coxswain CV to be submitted to RA</b> (refer Note 7)
14 – 20 March	<b>Sydney International Rowing Regatta (National Championships)</b> (refer Note 4)
24 March	<b>2km Ergometer Trial</b> (refer Note 2)
24 March	<b>Invitation list of National U21 Trialists announced</b> (refer Note 5)

## APRIL 2016

6 – 7 April	<b>National Under 21 Selection Trials</b> (refer Note 5)
14 April	<b>Naming of 2016 Australian Under 21 Team</b> (refer Notes 9, 10)

## JULY 2016

30 June - 2 July	<b>Trans-Tasman Series: Round 1 – Penrith, Australia</b>
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## SEPTEMBER 2016

8 – 10 September	<b>Trans-Tasman Series: Round 2 - Lake Karapiro, New Zealand</b>
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### **Notes:**

- 1) Athletes attempting selection in the U21 Team must be 20 years of age or younger on 31 December 2016.
  - a) U21 Athletes who seek U23 selection will need to satisfy the requirements set out in the U23 Event Requirements, which are available on the RA Website. At the point where such athletes are no longer in contention for Senior A selection, they must then satisfy the remaining requirements set out in the U23 Event Requirements for 2016.
  - b) There are two parts to the RA 2016 Under 21 Nomination Form – Notification and Terms and Conditions. This Note relates to both Athletes and Coaches.
  - i) Both parts of the RA Under 21 Nomination Form must be completed electronically on the Rowing Australia website (<http://www.rowingaustralia.com.au/national-team-selection-information/>) before 5pm AEDST on Monday 7 March, 2016.
  - ii) Nomination Form (Terms and Conditions) for athletes aged under 18 years must be completed by the athletes' parent/guardian on the athletes' behalf.
  - iii) Please note that by competing at an RA Event, or any activity specified in these Event Requirements, you undertake and agree to abide and be bound by the terms and requirements of, amongst other things, the 2016 Selection Policy Handbook and its Appendices including, this Event Requirement, as well as the Nomination Form and RA Policies and Codes of Conduct.
- 2) **National Ergometer testing** is to be conducted in line with Australian Rowing Team Ergometer Testing protocols as outlined on the RA website at <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/>
    - a) 2km Ergometer Test (24 March)
    - i) This activity must be completed on this date and verified by State Head Coach.
      - ii) Must be completed by all National Team nominees.
      - b) Performances in 2km Ergometer Tests will be assessed relative to the following Senior National Ergometer Benchmarks:
        - i) **Benchmarks - National 2km Ergometer Trial**
          - (1) Heavyweight Women – 06:38.4
          - (2) Lightweight Women – 07:05.3
          - (3) Heavyweight Men – 05:48.1
          - (4) Lightweight Men – 06:08.9
      - 3) **NSW State Championships:** All athletes nominating for National Team selection are strongly encouraged to participate.
      - 4) The **Sydney International Rowing Regatta (National Championships)** will be the primary mechanism for achieving an invitation to the National Under 21 Selection Trials – see Note 5a for specific details.
        - a) Athletes must race in a small boat, either in the 1x or the 2-.
        - b) Athletes must race in their nominated weight category
        - c) Athletes nominating are required to race in the highest category for which they are seeking selection
        - d) Races will be conducted as a normal part of the National Championship Regatta.
        - e) Athletes must also race at least one big boat within this regatta i.e. fours, quads or eights.
      - 5) Invitations to attend the **National U21 Selection Trials** will be gained in one of the following ways:
        - a) Achievement of the following final positions at the National Championships:
          - i) U21 Women's Single Scull – top 4 athletes who nominated for selection
          - ii) U21 Women's Coxless Pair – top 4 crews where both athletes nominated for selection
          - iii) U21 Lightweight Women's Single Scull – top 5 athletes who nominated for selection

- iv) U21 Men's Single Scull – top 4 athletes who nominated for selection
  - v) U21 Men's Coxless Pair – top 4 crews where both athletes nominated for selection
  - vi) U21 Lightweight Men's Single Scull – top 5 athletes who nominated for selection
  - b) Further athletes will be considered from the U23 category of the Selection Trials that are eligible for the U21 category.
  - c) Further athletes may be invited to attend the selection trials at the Selectors' discretion based on performances at the National Championships or any of the other Selection Criteria in Part 3 of the Selection Policy.
  - d) The Australian U21 Team will be selected from a ranked order, determined by the racing at the National Under 21 Selection Trials.
  - e) Athletes who are also trialling for the Senior A and/or U23 team, that are ultimately unsuccessful in gaining selection in those teams, but are also eligible for the U21 team may be selected in the U21 team, based upon their ranking from the small boat racing.
  - f) Those athletes who are trialling for the Senior A and/or U23 team, that are ultimately unsuccessful in gaining selection in those teams, but are also eligible for the U21 team that commence trialling in a hybrid non-age eligible Senior, U23/U21 coxless pair, **will not be considered for the U21 team.**
  - g) Lightweight athletes, who wish to be considered for the U21 team, must trial in the single scull at FISA average weight (Men 70.0kg and Women 57.0kg)
  - h) Lightweight athletes who are trialling in sweep for the Senior A and/or U23 team, that are ultimately unsuccessful in gaining selection in those teams, but are also eligible for the U21 team, **will not be considered for the U21 team.**
- 6) **Lightweight athletes** are required to be within the communicated weight ranges for racing and any other National testing requirements.
- a) For racing at the National Championships athletes must abide by Rowing Australia rules.
  - b) For the March 2016 National 2km ergometer test athletes must not weigh more than the FISA maximum weight (i.e. Men 72.5kg and Women 59.0kg) when competing each test.
  - c) Lightweight athletes invited to participate at the National Under 21 Selection Trials are required to race all events at or below FISA average weight (i.e. Men 70.0kg and Women 57.0kg) – this may be achieved by crew average in crew boats. This weight stipulation includes single scullers as the priority boats selected will be crew boats and athletes must demonstrate their ability to perform at the weight requirement.
- 7) **Coxswains will be required to submit a coxing CV**, including two coaching referees by 5:00pm AEDST on 7 March, 2015 to the National Selectors through the RA Office ([nwagstaff@rowingaustralia.com.au](mailto:nwagstaff@rowingaustralia.com.au)). This should outline coxing history, past performance and relevant experience. Following the consideration of submitted information, coxswains may also be required to participate in a coxswain selection interview with designated selectors.
- 8) All athletes must complete all stipulated activities unless there are medical reasons or extenuating circumstances that prevent this. Rowing Australia is to be provided with an appropriate medical exemption form or notified of the particular extenuating circumstances as soon as is practicable before the activity. Applications for medical exemptions must be made in accordance with the RA Medical Management Policy.
- 9) Participants selected to compete at the U21 Trans Tasman Regatta must pay a seat fee contribution for international preparation and competition. The seat fee will be advised to the Participant by RA within a reasonable period following selection.
- 10) The following are basic determinants to be considered by selectors with regards to the nomination of coaches to the RA Board for endorsement:
- a) Satisfaction of the selection criteria as specified in the Rowing Australia Selection Policy
  - b) Performance of athletes competing at the trials under the direct responsibility of the coach
  - c) Previous performance history and conduct with National crews
  - d) Capacity to coach/deal with multiple categories/disciplines
  - e) Highly organised and structured in preparing and managing athletes throughout the training block in Australia and subsequent tour
  - f) Compliance with Rowing Australia Polices and regulations
- 11) Nomination of coaches to the RA Board for endorsement will occur at the trials in conjunction with the naming of nominated athletes. **All coaches recommended for selection will be required to attend an Orientation Program following the National Underage Selection Trials on Monday 11 April at SIRC.**