

National Training Centre Invitation Guidelines
Updated and approved 1 August 2018

RA recognises that athletes moving to the NTCs are committing fully to *CampaignNumberOne* and 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 in the NTC will be provided with:

- resources and support to proactively pursue vocational, educational and professional opportunities through the RA Athlete Welfare and Wellbeing Framework;
- 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.

This document outlines both the criteria and process for athletes seeking to be invited to be part of the Men's and Women's National Training Centres. We encourage all athletes who wish to be part of our NTC environments to read in detail the following guidelines.

Invitations to the NTCs:

The priority for the National Team Program for the 2018-19 season is the qualification of Olympic boat classes at the 2019 World Championships. The Performance Director will invite athletes to the NTCs for the 2018-19 season based on these Invitation Guidelines and an assessment of the athletes' ability to contribute to this priority. The NTC placement will be for a fixed period commencing from the date the athlete is required to attend the NTC and continuing until the date that invitations are announced in the following year. 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 2020 Tokyo Olympic Games.

There will be two intakes in each season.

Intake 1 (see Note E): The first intake will be for **Existing National Team Athletes** who competed in crews at the Senior Benchmark Event (i.e. the World Championships) and who:

- have achieved the 'Benchmark Event Performance Standard' in an Olympic Class boat at the Senior Benchmark Event (see Note A) and therefore receive an automatic invitation to the NTC for the following season; or
- in the opinion of the Head Coach and Performance Director have demonstrated performances that will contribute to the qualification of competitive Olympic Class boats for the 2020 Olympic Games. These invitations will be at the absolute discretion of the Performance Director and may be either individual athletes or crews that competed in the Senior Benchmark Event in either Olympic or non-Olympic boat classes.

Intake 2 (see Note I): The second intake will be determined by the performance of athletes invited to the NTC Testing Camps. (see Note F). Existing National Team Athletes that do not receive an invitation to the NTC as part of Intake 1 will automatically be invited to the NTC Testing Camp and are not required to achieve the Minimum Eligibility Requirements (see Note B) to attend an NTC Testing Camp in that year. Intake 2 invitations to the NTC will be made on the following criteria:

- previous international performances;
- performances, interview and testing results during the NTC Testing Camp.

Invitations for athletes that are part of intake 2 will be confirmed in the first instance by phone, 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 addition, and only in rare circumstances, the Performance Director may, based upon Head Coach recommendations, invite an athlete to train at the NTC outside of Intake 1 and Intake 2 (see Note L).

Attendance at NTC's:

It is expected that athletes selected to train at the NTC will make every endeavour to relocate to the NTC to commence training by no later than the NTC Commencement Date which for the 2018/19 NTC season is 8 October 2018 for Intake 1 Athletes and 9 November 2018 for Intake 2 Athletes (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).

Milestone (to be completed on or before the specified date)	2018/19 NTC Season	2019/20 NTC Season	2020/21 NTC Season
Senior Benchmark Event	2018 World Championships (9 – 16 September 2018)	2019 World Championships (25 August – 1 September 2019)	2020 Olympic Games (25 July – 1 August 2020)
Nomination Due Date: Athletes to submit nominations to be considered to train at a NTC and be considered for Selection to a Senior National Team (see Note C)	31 August 2018	16 August 2019	1 September 2020
Announcements: <ul style="list-style-type: none"> • Maximum number of places available at each NTC (see Note D) • Invitations to train at the NTC – Intake 1 Athletes (see Note E) 	21 September 2018	6 September 2019	5 September 2020
Announcement: Invitations to attend the NTC Testing Camp (see Note F)	5 October 2018	20 September 2019	25 September 2020
Mandatory Event: NTC Commencement Date for Intake 1 Athletes (athletes to be relocated and training full time) (see Notes G and K)	8 October 2018	23 September 2019	5 October 2020
Mandatory Event: NTC Testing Camp (see Notes H and K)	15 – 19 October 2018	30 September - 4 October 2019	5 October – 9 October 2020
Announcement: Invitations to train at the NTC – Intake 2 Athletes (see Note I)	26 October 2018	11 October 2019	16 October 2020
Mandatory Event: NTC Commencement Date for Intake 2 Athletes (athletes to be relocated and training full time) (see Notes J and K)	9 November 2018	25 October 2019	2 November 2020

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 Event Performance Standard

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.

Subject to there being at least seven (7) entries in the relevant event at the Senior Benchmark Event, the Benchmark Event Performance Standard is as follows:

- (a) Olympic Class Boats: athletes/crews that finish 3rd or higher at the Senior Benchmark Event in Olympic Class boats will automatically be invited to the NTC as part of Intake 1.
- (b) Non-Olympic Class Boats: there shall be **no automatic invitations** to the NTC as part of Intake 1 for athletes/crews competing in Non-Olympic Class Boats, regardless of their finishing position at the Senior Benchmark Event.

NOTE B: Minimum eligibility requirements to attend NTC Testing Camp

2. An athlete must achieve the minimum eligibility requirements to be eligible to be invited to the NTC Testing Camp. Satisfaction of the minimum eligibility requirements by an athlete does not guarantee that athlete will be invited to attend the NTC Testing Camp or to train at the NTC.
3. The minimum eligibility requirements are determined by the Performance Director in his sole and absolute discretion.
4. The minimum eligibility requirements to be invited to the NTC Testing Camp are:

Event	Date	Minimum Standard to be achieved				
5000m ergometer test	3 rd week September		Heavyweight Men	Lightweight Men	Heavyweight Women	Lightweight Women
		5000m (mm:ss.s)	16:25.8	17:24.1	18:44.7	19:47.2
These Minimum Standards equate to a standard within 6% of the Senior A Australian Rowing Team Ergometer Benchmarks for the athlete's respective category (available at http://www.rowingaustralia.com.au/wp-content/uploads/2016/12/2016-2020-Benchmarks-V2.1-1412161530.pdf)						
5km Domestic on-water time trial	4 th week September	A standard within 4% of the prognostic score of the leading boat within the athlete's respective weight category in the athlete's State based Domestic 5km Time Trial				

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

5. 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 a NTC.

6. Notwithstanding anything in these Guidelines, an invitation to train at an NTC is contingent on the athlete signing the RA Athlete Agreement.
7. The RA CEO may, in his sole and absolute discretion, accept a late nomination.

Note D: Maximum number of places available at each NTC

8. The maximum number of places available at each NTC will be determined by the Performance Director in his sole and absolute discretion.

9. Factors to be taken into account in determining the maximum number of places may include (amongst other things):
 - (a) availability of funding;
 - (b) program priorities;
 - (c) availability of NTC resources.

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

10. An athlete who achieves the Benchmark Event Performance Standard at the Senior Benchmark Event in an Olympic Class Boat, will automatically be invited to train at the NTC for the upcoming season (**Intake 1 Athlete**).

For example, an athlete who achieves the Benchmark Event Performance Standard at the 2018 World Championships (in the women's four or the men's four) will automatically be invited to train at the NTC for the 2018/19 NTC season as an Intake 1 Athlete.

As a further example, an athlete who achieves the Benchmark Event Performance Standard at the 2018 World Championships (in the women's lightweight single or the men's lightweight single) will NOT be invited to train at the NTC for the 2018/19 NTC season as an Intake 1 Athlete.

11. After considering the recommendations of the relevant National Head Coach, the Performance Director may, in his sole and absolute discretion, invite (to train at the NTC for the upcoming season) any athlete or crew that competed at the Senior Benchmark Event – even if that athlete or crew failed (for whatever reason) to achieve the Benchmark Event Performance Standard at the Senior Benchmark Event.

For example, an athlete who was selected in the Australian Rowing Team for the 2018 World Championships but failed to achieve the Benchmark Event Performance Standard (in the women's four or the men's four) may still be invited to train at the NTC for the 2018/19 NTC season as an Intake 1 Athlete.

NOTE F: Invitations to attend the NTC Testing Camp

12. The NTC Testing Camps will be used to determine further invitations to the NTCs for the upcoming season.
13. 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 NTC Testing Camp (**NTC Testing Camp Athlete**);
 - (b) attend and compete at the NTC Testing Camp; and
 - (c) be invited to train at the NTC (**Intake 2 Athlete**).
14. Up to 50 athletes of each gender (including both heavyweights and lightweights) who meet the minimum eligibility requirements to attend the NTC Testing Camp (see Note B) will be invited by the Performance Director to attend the NTC Testing Camp in accordance with the following:

Automatic Invitation: The following athletes will be automatically invited to attend the NTC Testing Camp for the following season:

- (a) athletes selected in the Australian Rowing Team for the Senior Benchmark Event who were not invited to train at the NTC as an Intake 1 Athlete. For clarity, these athletes are not required to achieve the minimum eligibility requirements set out in Note B;
(for example, athletes, including reserves, selected in the 2018 Australian Rowing Team for the 2018 World Cup Tour and/or the 2018 World Championships and who were not invited to train at the NTC for the 2018/19 season as an Intake 1 Athlete will be invited to attend the NTC Testing Camp for the 2018/19 season)
- (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 2017/18 season and who were not selected in the 2018 Australian Rowing Team will be invited to attend the NTC Testing Camp for the 2018/19 season)
- (c) athletes who won a medal at the preceding Under 23 World Championships;

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P +61 2 6214 3526 **F** *(for example, athletes who won a medal at the 2018 Under 23 World Championships will be invited to attend the NTC Testing Camp for the 2018/19 season).*

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Discretionary Invitation: After considering the recommendations of the relevant National Head Coach, the Performance Director may, in his sole and absolute discretion, issue further invitations to attend the NTC Testing Camp. 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 September State based Time Trials;
- (c) performances in the 5000m ergometer conducted in the September State based test;
- (d) previous international performance, including performance at Under 23 and Non-Olympic World Championships.

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

15. Intake 1 Athletes will be required to commence at the NTC by no later than the NTC Commencement Date (*for the 2018/19 NTC season this is October 8th*) for Intake 1 Athletes, unless there are individual extenuating circumstances as agreed with the Performance Director in accordance with these Guidelines.

NOTE H: NTC Testing Camp

16. The NTC Testing Camp will be located at the respective NTC (i.e. separate camps for men and women). It is a mandatory event for athletes invited to attend and also Intake 1 Athletes.
17. During the NTC Testing Camp, athletes invited to attend the NTC Testing Camp may be required to:
 - (a) prepare, train with and race against Intake 1 Athletes;
 - (b) be interviewed by the Performance Director and 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

18. Additional invitations to train at the NTC will be made from the athlete group at the NTC Testing Camp and on the following criteria:
 - (a) previous international performance;
 - (b) performances, interview and testing results during the NTC Testing Camp.

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

19. New NTC athletes as part of Intake 2, unless there are individual extenuating circumstances as agreed with the Performance Director, are requested to be ready to commence at the NTC by no later than the NTC Commencement Date for Intake 2 Athletes (*for the 2018/19 NTC season, this date is November 9th*).
20. 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 expected to remain at the NTC immediately post the NTC Testing Camp

NOTE K: Attendance at Mandatory Events

21. 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 NTC Testing Camp (see Note H);
 - the NTC Commencement Date for Intake 2 Athletes (see Note J); and
 - the NTC Commencement Date specified in the Discretionary NTC Invitation given to an athlete (see Note L),
22. It is expected that athletes selected to train at the NTC will relocate to the NTC on the required date. 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 also therefore become ineligible for support from RA or its SIS/SAS partners for the upcoming season.

23. **Exceptional Circumstances:** The Performance Director shall have the power to grant exemptions from the requirement to attend the Mandatory Events based on Exceptional Circumstances. Where any athlete seeks consideration of Exceptional Circumstances, a decision on a case by case basis will be made by the Performance Director at his sole and absolute discretion. In the circumstance where Exceptional Circumstances 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.
24. Applications for exemption from the requirement to attend the NTC on the basis of Exceptional Circumstances must be included in an athlete's Nomination and submitted by the Nomination Due Date.

NOTE L: Discretionary NTC Invitations

25. 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 considering the recommendations of 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 and Non-Olympic World Championships.

For the avoidance of doubt, an Athlete may receive a Discretionary NTC Invitation if he or she is granted an exemption from the requirement to attend the NTC Testing Camp due to Exceptional Circumstances.

26. 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

27. 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 NTC Testing Camp (see Note F);
 - (c) The determination of the Benchmark Event 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 to seek clarification and feedback from the Performance Director.

Individual feedback for all athletes that attend the NTC Testing Camp will be available from the respective NTC Head Coaches.

28. An athlete that has nominated for Senior A selection but does not receive an invitation to train at the NTC or to attend the NTC Testing Camp is still eligible to be invited to the selection trials for the Australian Rowing Team for that season.