



**2007-08 NSWIS / NSWRA Emerging Athlete Program
NSW “Blues Squad” Selection Document**

NSWIS Emerging Athlete Program Primary Purpose

Emerging athletes are the source of our future international level successes. Providing support to athletes progressing along the athlete pathway now will help secure better results in the future. The Emerging Athlete Program (EAP) is an integrated program for talented athletes identified as potential national representatives. The program is designed to identify, coach through camps, provide recognition and motivation for EAP athletes to achieve NSWIS/NSWRA and Australian Team selection standards in the future.

NSWIS / NSWRA Emerging Athlete Program – “Blues Squad” Aims

- To identify and select the best athletes [aged 16-20 years who are eligible for National Junior Team selection (U18), Interstate Youth 8 Team selection (U21), Youth Cup Team selection (U21) and Youth Olympics Team selection (U20)] and to identify coaches capable of assisting in the development of these athletes within NSW to participate in a state wide program aimed at:
 - § Improving the quality of athletes available to represent NSW in the Youth Cup (U21), Interstate Youth Regatta (U21 – Men’s and Women’s 8s), Youth Olympics (U20) and represent Australia in the World Junior Championships (U18)
 - § Encouraging and motivating suitable athletes to apply for RA’s ‘Breaking the Drought Program’
 - § To establish clear pathways for state and national team representation to school and club athletes and coaches.
 - § To encourage links between school and club rowing programs.

The following information outlines the process by which athletes are selected into the 2007-8 NSWIS/NSWRA Emerging Athlete Program – “Blues Squad”. The “Blues Squad” includes an U18 focus and U21 focus each year.

NB: NSWRA will select athletes for the U18 national junior selection regatta and RA will identify invited athletes for U23 and Open national selection regattas. Processes for selection of athletes to these regattas have been referred to in this document as they impact on NSWIS/NSWRA Blues Squad athlete selection.

“Blues Squad” - Size

A maximum of 15 male, 15 female and 2 coxswains (one female and one male) will be selected annually.

Athletes selected to the NSWIS / NSWRA Blues Squad are not NSWIS scholarship holders and will be encouraged to strive to meet NSWIS scholarship standards during their involvement with the EAP

All athletes must be Australian citizens residing in NSW and current financial members of the NSWRA.

Timeframe

Qualifying athletes will be involved with the NSW Blues Squad from 5th April 2007 to 31st March 2008 to complement the NSWRA State Teams Programs and RA U23 program.

“Blues Squad” Selection Criteria

To be eligible for consideration athletes must:

- be current registered members of the NSWRA
- be current registered members with an affiliated club
- attend nominated events and be available for training as agreed with participating coaches and NSW Elite Development Coordinator

The following selection criteria will be used by the (NSWRA) selectors to achieve a ranking for all eligible athletes nominating for consideration:

1. Assessment of anthropometric data (height, arm span, body mass etc.), VO2max and future potential as an elite athlete
2. Performance at the 2007 National Championships/Interstate Youth Regatta/National U18 & U23 Selection Regattas.
3. Meet and/or progressing towards selection benchmarks for March 2007 as detailed in NSWIS/NSWRA EAP – “Blues Squad” performance benchmarks document (attached)

NB: ‘Top TIPsters’ may be invited to train at targeted NSW Blues Squad training camps as determined by the NSW Elite Development Coordinator.

Selection into the State Team is independent from selection into the NSWIS / NSWRA Blues Squad. See the NSW State Teams Selection Policies for details/dates of selection to the State Team for Youth Nationals and Youth Cup (NSW Rowing website – www.rowingnsw.asn.au)

NSWIS/NSWRA “Blues Squad” Selection Process

Interested athletes, coaches and coxswains should follow the application procedures detailed below:

U18 athletes

Athletes, coaches and coxswains wishing to be considered for **NSWIS / NSWRA Blues Squad** inclusion must:

1. Have completed and signed the 2007 NSWIS / NSWRA Blues Squad application (available on the NSW Rowing website – www.rowingnsw.asn.au) and returned this to the NSWIS / NSWRA Elite Development Coordinator, Stani Slavova by fax on 02 9763 0250 or email stani.slavova@nswis.com.au by the 1st April 2007.
2. Athletes selected by NSWRA to attend RA National Junior (U18) Selection Regatta will automatically qualify for inclusion in the NSWIS / NSWRA Blues Squad
3. Athletes selected for the NSWIS / NSWRA Blues Squad will be announced on 5th April 2007.

NB: Please see training and competition requirements schedule for 2007 squad activities.

NSWRA selection of athletes for RA National Junior (U18) Selection Regatta

1. Ergometer test - Metropolitan based U18 athletes will be required to complete an ergometer test over 2000m at NSWIS on 19th March 2007 and 3rd April 2007. Regional based U18 athletes will be required to complete an ergometer test by 3rd of April in their home location under supervision. Ergometer scores must be recorded on a Concept 2 model D.
4. Sculling trials will be held on the 4th April at SIRC (4:00pm – 6:00pm)
5. Crew trials will be held on the 5th April at SIRC (3:00pm – 6:00pm)
6. Athletes selected by NSWRA/NSWIS for attendance at the RA National Junior (U18) Selection Regatta will be announced on 6th April 2007.

U21 athletes

Athletes, coaches and coxswains wishing to be considered for NSWIS / NSWRA Blues Squad inclusion must:

1. Complete and sign the 2007 NSWIS / NSWRA Blues Squad application (available on the NSW Rowing website – www.rowingnsw.asn.au). All application forms must be returned to NSWIS / NSWRA Elite Development Coordinator, Stani Slavova by fax on 02 9763 0250 or email stani.slavova@nswis.com.au by the 1st April 2007.
2. Ergometer Testing – U21 athletes will be required to complete an ergometer test over 2000m within the last 60 days of the closing date for nominations – 1st April 2007. Ergometer scores must be recorded on a Concept 2 model D.
3. U21 athletes will be selected for the NSWIS / NSWRA Blues Squad following the National Selection Regatta and Trials (12th – 16th April 2007).
4. Eligible U21 athletes who are not selected in the National U23/Senior Team will be considered for the NSWIS / NSWRA Blues Squad based on selection criteria outlined in this document and announced on 30th April 2007.

NB: Please see training and competition requirements schedule for 2007 squad activities.

Selection Ratification

Applications for the “Blues Squad” will be submitted to a selection panel comprising representatives of the EDC The NSWIS TC and the NSWRA Selectors. The selection panel shall consider the performance of all eligible athletes for selection based on the criteria listed above. Athletes will be notified of selection after approval from NSWIS and NSWRA.

NB: there are two selection phases, one for U18 athletes and one for U21 athletes.

Network Coaches

NSWIS Elite Development and Development Centre Coaches will be invited to participate in the Squad program. The Squad program emphasizes preparation for U18 and U21 athletes for targeted events as well as providing combined training opportunities across age groups.

Summary of Benefits

Athletes selected into the Blues Squad will be invited to train with identified coaches at a series of training camps and may receive some or all of the following benefits where budget allows:

Benefits	
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Certificate	ü
Uniform	
- Emerging Athlete Program T-shirt	ü
- NSWIS Cap	ü
Attendance at group training sessions / camps	ü
- Opportunity for athletes and coaches to attend centralised training sessions / camps - Opportunity for selection in State and National Teams	ü
Information about the relevant NSWIS squad sport program including selection criteria	ü
Education information including Drugs in Sport / Harassment Free Sport	ü
Copies of NSWIS publications and subscription to on-line NSWIS newsletters	ü

Program Key Performance Indicators

Each year NSWIS and NSWRA will assess the performance of the “Blues Squad” through a combination of:

- Number of athletes achieving “Blues Squad” entry benchmarks and progressive benchmarks as attached (2000m ergometer scores)
- Number of athletes selected to NSWRA state teams for Youth Cup & Age Nationals and performance at these events
- Number of athletes progressing to “Breaking the Drought” program
- Number of athletes selected to National teams
- Number of athletes achieving NSWIS scholarship status (2008/2009)
- The Review will start in February and finish within the 2 weeks following the annual interstate regatta.
- Detailed results by squad and athletes against KPI’s to be provided to the review panel by the EDC
- The review panel will consist of the JMC of NSWIS and NSWRA in conjunction with the NSWRA Selectors.

Attachment One**2007 NSWIS / NSWRA Blues – Training and Competition Opportunities**

U18 athletes vying for NSWRA selection for the RA National Junior Selection Regatta and NSWIS/NSWRA “Blues Squad” inclusion:

Date	Training / Competition
19 March & 3 April 2007	NSWIS lab testing (athletes Ergometer Testing)
4 April 2007	Sculling trials – Venue TBC
5 April 2007	Crew trials – Venue TBC
5 April 2007	U18 athletes for RA National Junior Selection Regatta and NSWIS/NSRA Blues Squad announced
6 – 12 April 2007	U18 NSWIS / NSWRA Blues Squad Training Camp – all crews
13 - 16 April 2007	RA National Junior Selection Regatta
2-3 June 2007 (combined U18 & U21)	Blues Squad Training Camp – small or big boats - technique/video analysis
23-24 June 2007 (combined U18 & U21)	Blues Squad Training Camp – big boat “Rowers Diets” NSWIS presentation
15 – 16 December 2007 (combined U18 & U21)	Blues Squad Pre Christmas Camp – big boat

U21 athletes vying for RA invitation to U23 National Selection Regatta, NSWIS/NSWRA “Blues Squad” selection and NSWRA Youth Cup (2007), NSWRA U20 Interstate Youth 8 Team (2007)

Date	Training / Competition
12 -16 April 2007	RA U23 National Selection Regatta and Trials (by RA invitation)
30 April 2007	U21 athletes announced in “Blues Squad”
2-3 June 2007 (combined U18 & U21)	Blues Squad Training Camp – small boats technique/video analysis
23-24 June 2007 (combined U18 & U21)	Blues Squad Training Camp – Big Boat “Rowers Diets” NSWIS presentation
Date TBC	NSWRA Youth Cup Team Selection
11 – 12 August 2007	NSW Youth Cup Training Camp
25– 26 August 2007	NSW Youth Cup Training Camp
31 August - 2 September 2007	RA Youth Cup Regatta – Nagambie, Victoria
15 – 16 December 2007 (combined U18 & U21)	Blues Squad Pre Christmas Camp – big boat

Approval of 2007-08 NSWIS / NSWRA Rowing Emerging Athlete Program Selection Criteria:

Signed by the NSW Institute of Sport

Charles Turner
Chief Executive Officer

Signed by the NSW Rowing Association

Chris Noel
President

Signed by Rowing Australia

Greg Howell
Elite Program Manager