

2009 STATE TEAM SELECTION POLICY

PREAMBLE

In season 2009 - 2010 Rowing NSW is seeking to select State squads as early as possible in order to give crews the opportunity to train and create effective combinations. This policy is aligned with the National philosophy of progressive athlete development, with this being reflected by the selection criteria. These squads will be continually monitored and reviewed by the selectors and appointed coaches and athletes and coxswains maybe removed from or included into the squads based on training and selection event performance. Rowing NSW will announce squads on 29 September 2009. The final crews will be announced at the conclusion of the NSW State Championships on Sunday 7 February 2010.

NOMINATION FORMS

- Athletes, coxswains, and coaches wanting to be considered for selection in the 2010 Rowing NSW State Team should submit a completed and signed Rowing NSW nomination by COB Tuesday 22 September 2009 to Rowing NSW.
- Nominations can be received via post, fax, email, or hand delivery to Rowing NSW.
- Nominations will be accepted from individuals and/or from clubs on behalf of their athletes, coxswains, and coaches (with consent of the individual athlete, coxswain, coach).
- Nominations will be extended for 2009 school leavers with a closing date of Friday 11 December 2009. However, these athletes may be disadvantaged as a result of not having participated in the prior squad training and are encouraged to nominate together with all other athletes.
- Nomination forms are available from Rowing NSW website or office.

ELIGIBILITY CRITERIA FOR SELECTION

All nominees must:

- Be a current registered member of Rowing NSW
- Adhere to the Rowing NSW Code of Conduct as required, and
- Be able to satisfy the State of Origin Rule of Rowing Australia Inc.
- A rower or coxswain shall be eligible for Youth events until 31 December of the year in which the rower or coxswain reaches the age of 20. All Youth athletes must be under the age of 21 prior to 31 December 2010.

ATHLETES AND COXSWAINS

Unless exempted at the absolute discretion of the Selection Panel, all nominating athletes and coxswains must:

- Be available, if invited, to attend all squad activities listed under the heading of Squads in this document
- Attend, participate, and satisfactorily complete the selection events nominated in this policy
- If required be available to participate in any trialling activities deemed necessary by the Selection Panel
- Adhere to the training requirements of the crew as set out by the coach

Additional coxswain selection criteria may include:

- Past and present performance in training and competition
- Data collected from any training sessions and subsequent coxswain trials
- Coach input and athlete consultation
- Proven ability to make weight for nominated category

COACHES

To be eligible for selection, coaches must:

- Have a demonstrated ability to coach crews at an elite competition level
- Be available for selection activities as required by this policy and subsequently by the Selection Panel during any selection trialling
- Allocate State squad and team coaching into coaches program where appropriate
- Have the ability to set the training requirements of the crew in consultation with Rowing Manager

EXEMPTIONS

There may be special circumstances under which the selectors will allow athletes exemption from one or more of the selection events. To request an exemption the following conditions must be met:

- The request for exemption must be made in writing to the Rowing NSW office
- The request for non-medical exemption must be made 7 days prior to the date of the event for which exemption is sought
- Requests for medical exemption must be received within 7 days of the event. A medical certificate must accompany requests for exemption based on injury or illness

NSW TEAM REQUIREMENTS

- Athletes and coxswains must comply with the reasonable direction or training requirements of selected crew coach in conjunction with the Rowing Manager
 - Failure to comply with such reasonable direction may lead to removal from the NSW State squad/team by the Selection Panel
 - Athletes, coxswains, and coaches are required to attend team events and functions. Notice of these events and functions will be given well in advance
- All nominees invited to form the squads will be required to attend, participate in, and complete the activities listed in the table below, subject to the exemption clause.

Date	Activity	Location
22/09/09	Nomination Form due	Rowing NSW Office
26/09/09	NSWIS-NRCE Time Trial, aligned with NRCE policy	Nepean River, Penrith
27/09/09 – 29/09/09	1 x 30 minute ergometer, rating capped at 20spm	Club-based
24/10/09	NSWIS-NRCE Time Trial, aligned with NRCE policy	Nepean River, Penrith
25/10/09 – 27/10/09	1 x 30 minute ergometer, rating capped at 20spm	Club-based
21/11/09	NSWIS-NRCE Time Trial, aligned with NRCE policy	Nepean River, Penrith
22/11/09 – 24/11/09	1 x 30 minute ergometer, rating capped at 20spm	Club-based
19/12/09	NSWIS-NRCE Time Trial, aligned with NRCE policy	Nepean River, Penrith
20/12/09 – 22/12/09	1 x 30 minute ergometer, rating capped at 20spm	Centralised location, TBA
22/01/10	NSWIS-NRCE Time Trial, aligned with NRCE policy	Nepean River, Penrith
23/01/10	RNSW Small Boat Regatta – must row designated small boat (1X/2-)	SIRC, Penrith
24/01/10	State Team Trialling and Training Day	TBC – SIRC or Nepean
04/02/10	2000m Ergometer –	Club-based

– 05/02/10	Open Rate	or NSWIS
06/02/10 – 07/02/10	NSW State Championships – Nominees for sweep oar events must contest a 2- event. Nominees for sculling events must contest a 1x event. Whilst not mandatory, it is in each athlete’s interest to also contest big boat events.	SIRC, Penrith

- All lightweight athletes must weigh-in in accordance with Rowing NSW Laws of Boat Racing for each event. These weights will be adjusted given the time of the year.
- Individual crew training dates will be confirmed with each crew coach and communicated upon announcement of the squads
- Athletes invited to participate in National Camps and activities may be granted exemptions for conflicting State team requirements

FINAL CREW SELECTION AND ANNOUNCEMENT

The squads and crews will be selected based on the following:

- Performance in all testing, trialling, and competition
- Current and past on-water and ergometer performances
- Capacity to meet squad and crew training commitments
- Capacity to maintain required training load
- Injuries which may limit testing, trialling, training, and competition
- Factors relevant to crew combinations such as physical and technical compatibility and crew harmony
- Coach input

At the completion of all selection events the selectors may schedule further trialling in all or some categories to finalise the crews. The final crews will be announced at the conclusion of the NSW State Championships Regatta.

PRESIDENT'S CUP (M1X) AND NELL SLATER TROPHY (W1X) SELECTION

The Selection Panel will consider the respective results from the Elite Men's and Elite Women's Single Scull event at the NSW State Championships Regatta as well as relevant Time Trial and ergometer performances.

SELECTION PANEL

The members of the Selection Panel are:

Stephen Handley	Chairman
Terry O'Hanlon	Panellist
Christopher Noel	Panellist
Marty Rabjohns	Panellist
Michael Smith	Panellist

CORRESPONDENCE AND COMMUNICATION DETAILS

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