

# Home International Regatta – Junior Selection Policy 2017

## Selection Process:

- All athletes should be registered online by Sunday 2<sup>nd</sup> July.

Athletes should regularly update their coordinators with their 2km test scores and race results through the season. [djb@kingschester.co.uk](mailto:djb@kingschester.co.uk) (Men's) & [emily.rose.doh@gmail.com](mailto:emily.rose.doh@gmail.com) (Women's)

- Athletes still involved with GB trials should also be registered and if released by GB their availability should be made known to coordinators by Saturday 8<sup>th</sup> July.
- All athletes must be available for the selection weekend, **Saturday 8<sup>th</sup> – Sunday 9<sup>th</sup> July.**
- Those who are successful from the trials process must be available to train and race from **Tuesday 11<sup>th</sup> – Sunday 23<sup>rd</sup> July.**

## Saturday 8<sup>th</sup> July

- All registered athletes are required to meet at the King's School Chester boathouse at 10am on Saturday 8<sup>th</sup> July.
- All athletes, sweep and sculling may be required to complete a 2000 metre ergo test at open rate.
- The results of this test or the latest submitted 2km score will be used to form the coxless pairs for the pairs matrix on Saturday between 14:00-17:00
- All scullers will compete twice over a 1200 metre course, free rate.

## Sunday 9<sup>th</sup> July

- Saturday 17:30pm/Sunday 10am meeting (TBC), based on the 2km metre tests and the pairs matrix/ 1x trial, and initial selection will be made and crew boats from those selected athletes will train between 10:30-16:00
- If required, a further pairs matrix and doubles trial will take place on Sunday am, followed by crew formations on Sunday afternoon.
- There will be a meeting at 14:00 on Sunday where the selected athletes will be announced. Following this the selected crews will have an outing with their crew coach.
- There will be a team meeting for all athletes and coaches at 16:30 (selected) before athletes and crews return to their training base.
- Appeals to be submitted within 24 hours of selection being made. Appeals procedure on the Welsh Rowing website.

## Tuesday 11<sup>th</sup> – Sunday 16<sup>th</sup>

- Crew training at each crews/ coaches individual base. Junior Men's main base will be Chester and Junior Women's squad will be based in Cardiff.

## Tuesday 18<sup>th</sup> – Wednesday 19<sup>th</sup> July

- All crews to report to Chester/ Cardiff for 10am for a squad finishing, two day camp.

## Thursday 20<sup>th</sup> – Sunday 23<sup>rd</sup>

- Travel to Strathclyde Country Park and Home Internationals Regatta competition

## Notes, Injury & pre-selection

- Athletes injured or ill during the selection weekend will be expected to attend the weekend with a doctor's note, upon recovery an athlete will be permitted to complete a 2000 metre test and trial for the squad.
- **Pre-Selection – the following boat types will be considered for pre-selection if they have deemed to have performed at the appropriate level in the specific boat type they wish to be considered for. 1x, 2- or 2x (100% crew) or 4-, 4+ or 4x (75% of the crew). "A" final performances at the National Schools Regatta, Met Regatta, Marlow Regatta or Henley Royal Regatta will be considered.**
- All efforts will be made by the coaching team to assist athletes in organising accommodation during crew formation and training however no official accommodation will be booked.
- Cost should be comparable to the 2015 HIR in Strathclyde (£340) and will be confirmed closer to selection. Every effort is being made by the team manager to keep costs as low as possible.

## Coxes

- Coxes are expected to send a recording of them coxing to the squad coordinator by Monday 3<sup>rd</sup> July. A maximum of 3 coxes will then be invited to the selection weekend for each squad.

## Junior Women Coordinators:

Tina Thomas- tinathomas91@hotmail.co.uk (07910 731128)

Emily Doherty- emily.rose.doh@gmail.com (07874 877529)

## Junior Men Coordinators:

David Blackham- DJB@kingschester.co.uk (07810 800500)