



## **Team Wales Junior Selection Policy Home International Regatta 2019**

### **1. Outline**

The purpose of this document is to set out what is required from Junior Athletes wishing to achieve selection for the Junior Teams at the Home International Regatta 2019 (Team Wales); to include details of registration, trial/seat-racing and selection.

This information is published on the Welsh Rowing website. Welsh Rowing supports the Home International Regatta as a performance and pathway event and therefore is committed to ensuring that a competitive Team is selected. Representation at the Home International Regatta is a National Level achievement and the standard for selection will be representative of that status.

### **2. Registration**

Athletes who wish to be considered for the 2019 Team will be able to register from now until the Registration Form closes at until midday 1<sup>st</sup> July 2019. The registration will allow athletes to indicate their preferred sweep side i.e. stroke or bow.

The registration form is available here: <https://form.jotformeu.com/90082635922356>

Athletes should be registered by their parent or guardian.

### **3. Eligibility**

To represent Wales at the Home International Regatta you must fulfil one of the requirements below and be able to provide evidence in support of your eligibility:

- Having been born in Wales.
- Having a parent or Grandparent born in Wales.
- Having resided for not less than six consecutive months in Wales and having been a member of a rowing club therein during that time.
- Where a rower lives in Home Country A and rows in Home Country B actively for more than six months that athlete may opt once to row for either country.
- Where a rower has competed for Wales before.
- Having had 5 years of primary or secondary education in that country.

Rowers will be asked to submit proof eligibility on the registration form.



#### **4. Selection Process**

The Team Coordinators will use data from Ergo Submissions and Monitored Events (as detailed in sections 5 and 6) to assess Athlete capabilities. This data will enable the Coordinators to engage in discussions with coaches about potential individual and crew selections. There will be a Final Trial in Salford in July for invited athletes and details of the trial format will be distributed nearer the time. Athletes competing at Final trials will be given a list of the other athletes attending no less than 2 days beforehand.

Athletes seeking selection must meet the eligibility criteria and adhere to Ergo Submission requirements. Athletes will need to demonstrate their individual capabilities plus their crew compatibility (across ergo tests and regattas). Coordinators can consider crew compatibility and/or seat racing.

Coxswains should also attend the Monitored Events and will be asked to submit 1 race recording (multi-lane or side-by-side river race) plus 1 recording of a training session by June to the relevant coordinator.

Each Coordinator will present the names of their selected Athletes for their Team to the HIR Committee for Ratification. The Final Selection Announcement of the Junior Team will take place on Tuesday 10<sup>th</sup> July by the Team Manager. Athletes (and their parent(s) and coach) will be emailed by the Team Manager confirming their selection. Athletes (and their parent(s) and coach) who have not been successful will also be informed by email by the Team Manager. In the unlikely event that the Team Manager is unable to make the Final Selection Announcement by close of 16<sup>th</sup> July, all Athletes (and their parent(s) and coach) will be notified by email and informed of when to expect the announcement. Following the Final Team Announcement, the Team will be published on the Welsh Rowing website.

If the Coordinators require a Final Trial in order to give more selection data then it will take place on Sunday 14<sup>th</sup> July at Salford. Coordinators will contact Athletes directly to invite them to Final Trials or to inform them that they have not made this stage.

Athletes in the GB system that are identified as eligible for Team Wales may be invited into the Team.

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. For crew boats the following percentages of Welsh eligible athletes will be considered- 2x or 2-, 4-, 4+ or 4x at least 50% of the crew. "A" final performances at the National Schools Regatta, Met Regatta, Marlow Regatta, Henley Women's Regatta or Henley Royal Regatta will be considered.



## 5. Monitored Events

Our list of monitored events is below. You will be required to pass on information to your Coordinator as to which events you are entered into so that performances can be monitored.

- Schools Head of the River
- Wallingford Regatta
- Henley Women's Regatta
- National Schools Regatta
- Marlow Regatta
- Henley Royal Regatta
- Junior Scullers Head

## 6. Ergo Submissions

The Ergo Submission dates will follow the Team GB Junior system as it is an established programme. This is so it causes minimal disruption to clubs' yearly training planner and allows milestones to be set for Junior Athletes.

**February 5k @ 26** – Ergo Submission

**March 2k free rate** – Ergo Submission

**June 2k free rate** – Ergo Submission

Ergo Scores must be submitted by email to the relevant Coordinator with the Coach who witnessed cc'd.

## 7. Training Camp

Potential athletes for the Team will be invited to attend a Training Camp in the run up to HIR. Details of the training camp will be provided nearer the time.

## 8. Development Days

The Welsh Rowing Development Coaches will be running a series of development days over 2019, junior athletes with ambitions to row for Wales are invited to attend these.

## 9. Appeals

The Welsh Rowing Appeals process is available on the website.



**KEY  
DATES**

24 <sup>th</sup> of January -1 <sup>st</sup> of July (midday)	Registration
14 <sup>th</sup> July	Final Trials
16 <sup>th</sup> July	Final Selection Announcement
27 <sup>th</sup> July	HIR, Strathclyde (we will be travelling on 25 <sup>th</sup> July)