



Team Wales Junior Selection Policy Home International Regatta 2020

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 2020 (Team Wales) and will include details of registration, trials/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 selection will be representative of that status.

2. Registration

Athletes who wish to be considered for the 2020 Team will be able to register interest from now until the registration closes at midnight July 5th 2020. The registration will allow athletes to indicate their preferred sweep side i.e. stroke or bow side.

The registration form is available via this link: <https://form.jotform.com/92464280873161>

Athletes should be registered by their parent or guardian. Athletes should be J16, J17 or J18 in the 2020 Season.

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

We will use data from verified ergo submissions, data collected from a water-based assessment/time trial in March and monitored events (as detailed in sections 5 and 6) to assess



Athlete capabilities. This data will enable the selector to engage in discussions with coaches about potential individual and crew selections. There will be a final trial on the 12th 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.

This year we will also be considering the results of an additional water-based assessment/time trial being run in March in Cardiff in the selection process. This is to give athletes, particularly those who race predominantly in crew boats through the season, the chance to demonstrate their speed on the water in small boats. Although it is not compulsory to attend, we would encourage athletes to take up this additional opportunity.

Athletes seeking selection must meet the edibility criteria adhere to the ergo submission requirements. Athletes will need to demonstrate their individual capabilities plus their crew compatibility (across ergo tests and regattas). We will consider crew compatibility and/or seat racing/trial results.

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.

The final selection announcement of the Junior Team will take place on 14th July by Welsh Rowing. Athletes (and their parent(s) and coach) will be emailed confirming their selection. Athletes (and their parent(s) and coach) who have not been successful will also be informed by email. In the unlikely event we are unable to make the final selection announcement by close of 14th 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.

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 e monitored.

- Schools Head of the River
- Junior Scullers Head
- Wallingford Regatta
- National Schools Regatta
- Marlow Regatta



- Henley Women's Regatta
- Henley Royal Regatta

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 – 5000m @ rate 26

March – 2000m free rate

June – 2000m free rate

Submission process: ergo scores (a screenshot of the ergo memory screen) must be emailed to admin@welshrowing.com with the Athletes Coach who witnessed the score CC'ed to verify.

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. Appeals

The Welsh Rowing appeals process is available on the website.

9. Key Dates

30/01/2020	Registration Opens
End of February 2020	5000m Ergo Score Submission
End of March 2020	2000m Ergo Score Submission
28/03/2020	Small Boats Water Assessment/Time Trial
End of June 2020	2000m Ergo Score Submission
12/07/2020	Final Trials- Saltford Rowing Centre
14/07/2020	Final Selection Announcement
15/07/2020-23/07/2020	HIR Junior Team Training Camp
25/07/2020	HIR, Strathclyde (travelling on 23/07/2020)