



**Team Wales: Home International Regatta 2021**  
**2020-2021 Season Performance Strategy for Junior Rowers**

# Contents

## **Overview**

### **Section 1: Targets**

- **Scope**
- **Objectives**

### **Section 2: Selection**

- **Overview**
- **Pre-Selection**
- **Eligibility**
- **Registration**
- **Monitored Events**
- **Ergo Submissions**
- **Provisional Development Days/Camps and Water Assessments/Trials**
- **Coxes**
- **Appeals**

## Overview

Future dates and the upcoming season are currently very difficult to predict. This document is intended to give an overview of Welsh Rowing's hopes for the season ahead in regard to junior rowing. However, there may be elements described within this document that have to change due to the situation with Covid-19.

If you are interested in representing Wales, **we would ask you to register your interest early so that we can keep in contact with you** regarding any changes to this document or events we have planned throughout the season.

## Section 1: Targets

### Scope

The purpose of this strategy is to set out what is required of junior athletes wishing to achieve selection for the Welsh Junior Teams at the Home International Regatta 2021 and will include details of registration, eligibility, trials/seat-racing and training camps/development opportunities this season.

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 of selection will be representative of that status.

### Objectives

Welsh Rowing's objective is to improve the standard of rowing across Wales and the performance of the Welsh Team at the Home International Regatta.

To accomplish this, Welsh Rowing wishes to engage with eligible junior athletes of, or working towards the standard required for selection, throughout the season and provide support to these individuals.

## Section 2: Selection

### Overview

Junior Coordinators will use data from verified ergo submissions, data collected from water-based assessments/ trials and monitored events 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 July for invited athletes to attend and details of the trial format will be distributed nearer the time.

Different to previous seasons, Coordinators will also be considering the results of an additional water-based assessment being run in February in the selection process. This is to give athletes, particularly those who race predominantly in crew boats throughout 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 eligibility criteria and adhere to the 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/trial results.

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 13 July 2021 by Welsh Rowing. Athletes (and their parent(s)/guardians and coach) will be emailed by Welsh Rowing confirming their selection. Athletes (and their parent(s)/guardians and coach) who have not been successful will also be informed by email by Welsh Rowing. In the unlikely event that Welsh Rowing is unable to make the final selection announcement by close of 13 July 2021, all athletes (and their parent(s)/guardians 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 11<sup>th</sup> July 2021**. 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 performance at the National Schools Regatta, Met Regatta, Marlow Regatta, Henley Women's Regatta or Henley Royal Regatta will be considered.

### **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.

## Registration

**Athletes who wish to be considered for the 2021 Team will be able to register an expression of interest from now until the registration closes on 31<sup>st</sup> March 2021 - please note this date has been brought forward to allow for greater contact with athletes throughout the season.**

The registration will allow athletes to indicate their preferred discipline (sweep or sculling) and sweep side i.e. stroke or bow side.

The registration form is available via this link: <https://form.jotform.com/201613628163349>

Athletes should be registered by their **parent or guardian**.

## 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
- Junior Scullers Head
- Wallingford Regatta
- National Schools Regatta
- Marlow Regatta
- Henley Women's Regatta
- Henley Royal Regatta

## Ergo Submissions

The ergo submission dates will follow the Team GB Junior system to allow juniors interested in rowing for Wales to be considered in both processes.

To be submitted by	Ergo Distance	Max Rate
October 2020*	N/A	N/A
December 2020*	N/A	N/A
February 2021	5000m	26
March 2021	2000m	Free rate
June 2021	2000m	Free Rate

\*This year we will not be requesting ergo submissions in the first half of the season. This is to enable athletes to return to training in a safe way with a phased approach.

**Submissions:** all ergo scores must be emailed to [admin@welshrowing.com](mailto:admin@welshrowing.com), with the Athletes Coach who witnessed the score CC'ed to verify. Submissions must include a screenshot of the ergo memory screen as evidence.

### Provisional Development Days/Camps and Water Assessments/Trials\*

To aid in the development of junior talent, Welsh Rowing plan to run the following Development Days/Camps and Water Assessments/Trials:

Date	Event	Eligibility/Selection
September-October 2020	Outreach Days – Development Coaches to visit Junior Athletes in Home Club setting	J15-J18 Athletes Welsh Eligible Based on discussion with athletes coaches/previous erg and water data
October 2020	Junior Development Day (Water based in 1x)	J15-J18 Athletes Welsh Eligible 1x Required Invitation to attend based on PB 2000m scores (must be achieved in the last 18 months)
December 2020	Junior Land Camp	J15-J18 Athletes Welsh Eligible Invitation to attend based on PB 2000m scores (must be achieved in the last 18 months)
February 2021	HIR Junior Water Assessment (Time Trial Format)	Welsh Eligible 1x or 2- Required
March/April 2021	Junior Training Camp	J15-J18 Athletes Welsh Eligible Invitation only, based on ergo score submissions, water performances at monitored events and water assessments
July 2021	HIR Final Junior Trials	Welsh Eligible 1x or 2- Required Invitation only, based on ergo score submissions, water performances at monitored events and water assessments
July 2021	HIR Wales Junior Team Training camp	Selected athletes for Wales Junior Team
TBC 2021	Match Racing Event	Invitation only

\*Given the uncertainty we find ourselves in, the above events are all currently **provisional**.

### Coxes

Coxwains should attend monitored events and submit results to the Junior Coordinators.

Coxwains are also asked to submit the following:

- one race recording (multi-lane or side-by-side river race)
- one recording of a training session

**Submission Deadline:** End of June 2021 to the relevant Coordinator.

## **Appeals**

The Welsh Rowing appeals process is available on the website.