



Team Wales Junior Selection Policy Home International Rowing Regatta 2023

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 2023 (Team Wales); to include details of registration, trials dates and pre-regatta training camp information.

2. Registration

All athletes who wish to be selected for Wales for the Home International regatta should do so at the earliest opportunity, preferably September, ahead of the first Camp & Ergo submission in October 2022, by registering themselves on this form: <https://form.jotform.com/222352351988360>

Those athletes who wish to be considered for the 2023 Team will be able to register from now until the Registration Form closes at **midnight Sunday 28th May 2023**. Athletes should be registered by their parent or guardian. The entry deadline for the selection trial will also be **Midnight Sunday 28th May 2023**.

3. Selection Process

Athletes seeking selection must demonstrate their ability on the water and ergo and meet the eligibility criteria for Wales. Athletes will need to demonstrate their individual capabilities or crew compatibility at the Selection Trial.

For the 2022-23 season, **the Welsh Junior Team Selection Trial will be an invite only trial**. We will be monitoring key events in the rowing calendar up to the selection date as well as information gathered on Welsh Junior training days and camps, as well as ergo data. We will use this information to select athletes for the selection trial.

Athletes should update William.king@welshrowing.com with their scores and results throughout the season.

4. The Welsh Junior Team Trial:

Athletes who wish to represent Wales at the HIR-Regatta 2023, will be invited to attend the Selection Trial on the 31st May - 1st June 2023 (Location TBC). The format of racing will be a free rate, 1500m time trial in either a 1x or a 2-. Following this Time Trial, the selection committee will select a number of athletes, either directly to the team or to attend further crew boat testing.

The format of the selection day will allow athletes to trial in both sculling and sweep disciplines should they see fit. However, athletes may be selected to race in both disciplines at the regatta.

We would encourage coaches to form composite pairs for the initial stage of the trial to encourage stronger crews being able to compete for The Welsh Team. Welsh National Coaches may advise coaches/athletes on this towards the date of the trial. Coaches of individual athletes should be proactive in sourcing a competitive pairs partner for their athlete(s).

For this year's trial, there will be no facilitating athletes, all athletes attending the trial will need to meet the Welsh eligibility criteria.

5. Selection & Submissions Dates:

Please see the list below, for provisional dates for erg submissions, training camps and selection events. We have tied in the erg submission dates with the GBRT Junior Selection process to avoid having to over test the athletes and also get athletes not involved in the GBRT Trial process used to the testing schedule if they wish to trial for GB in future seasons.

SEPT	
1st	Welsh Junior HIRR & BS Registration Open
OCT	
Sat 1 - Sun 2	U19 Water Camp - Cardiff
Mon 24	GBRT Rower Registration & 2k @ r24 Erg Submission Deadline
Sat 29 - 30	U19 Camp + Gloucester Head
NOV	
06-Nov	J16 Camp – Location TBC
Sat 19 - 20	Welsh Indoor Championships
DEC	
Sun 11	U19 Water/Indoor Camp + GBRT Erg Assessment
Mon 12	5k @ r26 Erg Submission Deadline
JAN	
Fri 20 - 22	U19 Water/Indoor Camp – Location TBC
FEB	
Mon 6	5k @ r26 Erg Submission Deadline
Sat 11 - 12	U19 Water/Indoor Camp
MAR	
Sat 4 -5	U19 Water Camp + Belgium Match Trial* (TBC)
Thurs 23rd	2k @ Free Rate Erg Submission Deadline
APR	
Mon 10 – 12	U19 Belgium Match (TBC)*
MAY	
Wed 31st May – 1st June	Welsh Junior Trials + 2k @ Free Rate Erg Submission Deadline
JULY	
Sat 8- 9	Additional testing/training camp
Sun 16 - Sun 23	HIRR Training Camp
22-Jul	HOME INTERNATIONAL REGATTA CORK (date TBC)

* The trial for this event is independent of the HIR Trial and is subject to the event being confirmed.

6. Coxes:

For selection Coxes should submit at least one race recording (multi-lane or side-by-side river race) by the trial date on 31st May 2023, to william.king@welshrowing.com. Cox recordings will be assessed by an independent Judge to decide who is selected for the team. Cox's will not automatically qualify if coxing a selected 'crew'. Coxes are encouraged to collect recordings throughout the season. And will be required to attend the trial.

7. Ergo Standards:

In order to promote a higher standard across the board for our Junior Team, we expect our Junior Team athletes to have the following ergo standards (below). Athletes below this standard will not be excluded from the trial. However, this should very much be a target to be far beneath, if wishing to be selected for the National Team, and to be successful at the regatta.

	2km Free Rate	5km @ r26
Junior Men	< 6:30	< 17:40
Junior Women	< 7:30	< 19:50

8. Team Announcement

The Final Selection Announcement of the Junior Team will take place on or before Tuesday 6th June 2023 by Welsh Rowing. Athletes (and their parent(s) and coach) will be emailed by Welsh Rowing confirming their selection. Athletes (and their parent(s) 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 6th June, 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.

Athletes in the GB system that are identified as eligible for Team Wales may be invited directly into the Welsh Team, without having to attend the trial.

9. 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 of eligibility on the registration form.

10. Pre HIR-Regatta Training Camp

Athletes selected for the Team will be invited to attend a residential Training Camp in the run up to HIR. It is expected all athletes will attend the camp. This camp will likely be held from the 16th July through to the HIR Regatta on the 22nd July (date TBC).

11. Other

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. There is no guarantee of a full Welsh team being sent, this will depend on the number and quality of athletes trialling for Wales.

Please be aware there is a cost to compete for Wales at the HIR Regatta 2023 in Ireland, an estimate for this is currently being confirmed and will be circulated as soon as possible.

The Welsh Rowing Appeals process is available on the [website](#).