



**Team Wales: Home International Rowing Beach Sprints
2023 Season Performance Strategy for Junior and Senior Rowers**

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Overview

Future dates and the upcoming season are currently still difficult to predict. This document is intended to give an overview of Welsh Rowing's hopes for the season ahead regarding the Junior and Senior Coastal Home International Rowing Beach Sprints.

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 athletes wishing to achieve selection for the Welsh Teams at the Home International Rowing Beach Sprints 2023 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 Rowing Beach Sprints as a performance and pathway event and therefore is committed to ensuring that a competitive team is selected. Representation at the Home International Rowing Beach Sprints 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 coastal sculling across Wales and the performance of the Welsh Team at the Home International Rowing Beach Sprints.

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

Section 2: Selection

Overview

The team for the event contains:

| Junior | Senior |
|---------------------|------------------------|
| 2 females | 2 females |
| 2 males | 2 males |
| 1 coach – Will King | 1 coach – James Walker |
| 2 Boat Handlers | |
| 1 Team Manager- TBC | |

The events within HIR Beach Sprints 2023 are:

| Junior | Senior |
|---------------|---------------|
| JW1x | W1x |
| JM1x | Open1x |
| Mix2x | Mix2x |

Selection Decisions & Process

Athletes and boat handlers considering selection for the Welsh Team will need to register for the Welsh Team and submit an entry form to the trial (links below). The data submitted on the entry form and gathered from monitored events may be used to select athletes to attend the trial, in the case we are oversubscribed.

The trial format will consist of a time trial in a 1x followed by crew testing in a 2x, for the top athletes from the TT. Further and more detailed information will be provided to those athletes selected to attend the trial on 5th August (location Colwyn Bay – TBC).

Athletes seeking selection must meet the eligibility criteria and adhere to the submission requirements.

The coaches will present the names of their selected athletes for their Team to the Home International Rowing Selection Committee for ratification. The final selection announcement of the Teams will take place on or before 9th August 2023 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 9th August 2023, 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.

The selection committee will be made up of the individual selected coaches, at least one member of Welsh Rowing staff and the Team Manager with the meetings being overseen by the Selection Committee Chairperson.

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.
- Be a resident in Wales for 6 of the 12 months prior to the HIRR and be a member of a club in Wales during that time.
- Having had 5 years of primary or secondary education in that country.
- Having competed for that country previously, subject to the requirement associated with competing for different countries in subsequent years.

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

Registration

Athletes who wish to be considered for the 2023 team will be able to register an entry for the trial on 5th August 2023, from now until the registration closes at midnight on 31st July 2023 - please note athletes are encouraged to register early to receive greater contact with Welsh Rowing throughout the season.

The registration form is available via this link: <https://form.jotform.com/WelshRowing/WELSH-HIR-BS-TRIAL>

Junior athletes should be registered by their **parent or guardian**.

Boat handlers wishing to be selected should also register via the above link and select 'boat handler'. Please note there is no Welsh eligibility rule for these roles. Boat handling roles will be selected from their experience and event history provided on the entry form.

Monitored Events

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

- Welsh Rowing Beach Sprint Championships- 13/14 May 2023, Saundersfoot
- English Rowing Beach Sprint Championships – 20/21 May 2023, Studland
- British Rowing Beach Sprint Championships- 29/30 July 2023, Exmouth
- Any/all of the British Rowing Trial events and/or Training days/Weekends.

Land Score Submissions

All rowers registering will be required to provide erg data on the entry form. This may be used to limit numbers invited to any final trial.

Potential Pre HIR Training Days

Once a team is selected, we will look to hold training days for the team in the lead up to the event. We would most certainly aim to do this the day prior to the event (Friday 9th September) as well as any other suitable days between the trial and the regatta.

Other

Please be aware there will be a cost to attend the trial and to represent Wales at the HIR Beach Sprint Regatta 2023. The costs for these are currently TBC. The costs include accommodation, food and transport during the event as well as Welsh Rowing Kit.

Appeals

The Welsh Rowing appeals process is available on the website.