



## **Team Wales Senior Selection Policy Home International Regatta 2023**

### **1. Outline**

The purpose of this document is to set out what is required from Senior Athletes wishing to achieve selection for the Senior Teams at the Home International Regatta 2023 (Team Wales); to include details of registration, trial/seat-racing and selection.

This information will be 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 2023 Team will be able to register from now and the registration form will remain open until midday 4<sup>th</sup> July 2023.

Early registration allows us to monitor your performances throughout the season and is advised.

Registration form: <https://form.jotform.com/222503481843352>

### **3. Eligibility**

To represent Wales at the Home International Regatta athletes 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.
- Additionally, para rowers will need to hold a valid British Rowing or World Rowing Sport class (PR not AR)

### **4. Selection Process**

The Team Coaches 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 Coaches to engage in



discussions about potential individual and crew selections. There will not be an Open Trial for the Senior Team selection. If required (at the discretion of the Coaches), there will be a Final Trial in July for invited athletes and details of the trial format will be distributed.

Athletes seeking selection must meet the eligibility criteria and should adhere to the Ergo Submission requirements. Athletes will need to demonstrate their individual capabilities plus their crew compatibility (across ergo tests and regattas). Coaches 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 ergo submission to the relevant Coach.

Each Coach will present the names of their selected Athletes for their Team to the Committee for Ratification. The Final Selection Announcement of the Senior Team will take place on Tuesday 12th July by Welsh Rowing. Athletes will be emailed by Welsh Rowing confirming their selection. Athletes 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 12th July, all Athletes 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 a Final Trial is required, in order to make selection, then it will take place on one day over the weekend of 9/10th July at a venue TBD. Coaches 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 Rowing system that are identified as eligible for Team Wales may be invited into the Team.

The Selection Committee's decision on selection is final.

## **5. Monitored Events**

Our list of monitored events is below. You will be required to pass onto your Coordinator which events you are entered into so that performances can be monitored. Athletes are expected to be able to compete in small boats (1x, 2-, 2x) in order to indicate their ability.

- Wallingford Regatta
- Henley Women's Regatta
- Marlow Regatta
- BUCS Regatta
- GB Trials/Assessments
- Met Regatta
- Henley Royal Regatta
- Ghent May Regatta



Please note that results from other smaller, regattas may support results at monitored events, results from smaller regattas only will not be enough to show you are capable of performing at National Level. Results from winter heads in small boats should be included on registration form.

## **6. Ergo Submissions**

Athletes must submit their most recent ergo scores when registering for the team. Athletes should look to include a 2k score with details of the date this took place and the name of the coach who witnessed it. Ergo scores that take place after registration but before the close of registration should be emailed to the relevant coordinator together with the date and the name of the coach who witnessed.

## **7. Holding Camp**

Athletes may be expected to attend a holding camp in Cardiff/London or at their crew's base/club in the week leading up to the HIR. It is intended that the Senior Team crews will train in their boats on the weekends following HWR/HRR leading up to the HIR to allow minimal impact on work/jobs. Where crew logistics allow training can/may take place on weekdays, but this will not be a deciding factor in selection.

## **8. Appeals**

The Welsh Rowing Appeals process is available on the Welsh Rowing website.

## **KEY DATES**

23rd of February -4th of July (midday)	Registration
9/10th July	Final Trials if needed
12th July	Final Selection Announcement
22nd July	HIR, Lough Rinn, Ireland