



## **Team Wales Senior Selection Policy Home International Regatta 2024**

### **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 2024 (Team Wales); to include details of registration, trials 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 2024 Team will be able to register from now and the registration form will remain open until midday 7<sup>th</sup> July 2024.

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

Registration form: <https://forms.office.com/e/u2JsmGGtDu>

### **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.
- 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 the previous 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**

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 may be a Final Trial in July (date TBC) 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 if required.

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 17th 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 17th 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 and social media.

If a Final Trial is required, in order to make selection, then it will take place in July (exact date and venue TBC). Coaches will contact Athletes directly to invite them to Trial 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/Coach which events you are entered into so that performances can be monitored. Athletes are ideally expected to be able to compete in small boats (1x, 2-, 2x) in order to indicate their ability.

Please note selection for the Men's Lightweight 1x and Women's Lightweight 1x will be based on results from the 2024 BUCS and Met Regattas.

- Wallingford Regatta
- Henley Women's Regatta
- Marlow Regatta
- BUCS Regatta (LWT 1X events)
- GB Trials/Assessments
- Met Regatta (LWT 1X events)
- 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 either Cardiff/London/Chester or at their crew's base/club in the weeks 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.



## **9. 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 2024 in Scotland, an estimate for this is currently being confirmed and will be circulated as soon as possible. Based on previous editions this will likely be between £400 - £600 but may be higher or lower.

## **KEY DATES 2024**

1st January to 7th of July (midday) - Registration Open

8th July – Provisional Team Announcement

17th July – Final Team Selection Announcement

22nd-26th July – Wales Team Training camp and travel to Scotland

27th July - HIR Regatta Strathclyde - Scotland