

Welsh Rowing U19 Trials

31st May & 1st June - NWSC Nottingham

INTRODUCTION

The purpose of this document is to set out what is required from Junior/U19 athletes wishing to achieve selection for Team Wales at the Home International Regatta 2023. This will include details of how to register for the trial, the format, selection and further information.

The trial will be over two days, with the sculling team selection taking place on day 1 (31st May) and the sweep rowing team selection taking place on day 2 (1st June). This is to allow athletes to be able to trial for both teams should they see fit.

For the Home International Regatta each nation is only permitted to select a maximum: 4 scullers & 10 Sweep rowers for men and women, plus 2 coxes for the whole team. Each athlete must race at least twice over the course of the day, including the 2000m regatta and the 500m Regatta. Athletes can race across both disciplines (sculling and sweep boats) for the regatta.

REGISTRATION & ENTRY

Athletes will need to register for the trial on this link here: <https://form.jotform.com/WelshRowing/WELSH-U19-HIRR-TRIAL-ENTRY-FORM>

All athletes attending the trial will need to have registered their Welsh eligibility for the 2022-23 season either alongside their trial entry or having done it previously this season. The link to complete that if not done so already is here: <https://form.jotform.com/WelshRowing/WELSH-U19-REGISTRATION>

Athletes will need to select which day they are registering for: Sculling, Sweep, Both or as a Cox. If you will be entering the trial in a pair for the sweep trial, each athlete will need to enter individually but note the name of their pairs partner if already known. If you do not have a pre-arranged pairs partner, I may suggest a partner for you and I will certainly help you find one and match those with other sweep athletes who have registered to trial.

Athletes and coaches should be advised, your pairs partner does not need to be from the same club as you, and composite crews are very much allowed and advised. It is recommended you find the fastest pair combination for the trial regardless of club, to enable a quicker combination of the day.

The initial stage of the sculling trial will be in a 1x, therefore no 2x partner or other is required. Only the individual entry.

The expected cost of the trial will be £30 per person for each day or £45 per person if attending both days of the trial

The deadline to register for the trial will be: Monday 22nd May 2023.

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 and/or crew compatibility at the trial.

For the 2022-23 season, the Welsh Junior Team Selection Trial will be an invite only trial.

To be clear, all athletes wishing to be considered for the team and to be invited to trial will need to register on the link above. Only those who have registered will be invited to trial. You will not be invited if you have not registered as we will assume you are not intending to attend.

Athletes will be told if they are invited or not, in the days following the close of entries. This will be on or before Thursday 25th May 2023.

Invitations for rowers will be based on the following:

- Water and Ergo speed data from your entry or other
- Event results throughout the season
- Information gathered from Welsh U19 Training camps/days.
- GB U19 & J16 trials results
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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 (Holme Pierrepont - Nottingham). 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 competitive athletes to attend further crew boat testing later that same day. From this testing we will select our Welsh Regatta Squad.

The additional testing will be in crews and will take the shape of seat racing or matrix's, from which we will gather the information to determine the fastest crews for the regatta.

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

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

COX SELECTION

For selection, Coxes should submit at least one race recording (multi-lane or side-by-side river race) by close of entries to william.king@welshrowing.com.

Coxes will be ranked based on their recording, and any other relevant information necessary gathered throughout the season. Cox recordings will be assessed by an independent Judge. We will select the top 2 ranked coxes regardless of gender. There is no intention to have a male and female cox, only the best performing coxes based on the data we have.

Coxes are encouraged to collect recordings throughout the season. And will be required to attend the trial.

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 may be asked to submit proof of eligibility prior to selection or at the Regatta itself.

ADDITIONAL INFORMATION

If you are unable to attend the trial, you should let William King know as soon as possible.

All athletes should be aware, we have signposted the weekend of 8th/9th July for a final or late entry trial if required. This will also likely act as a training weekend for the squad ahead of travel in any case so a date to keep free.

We reserve the right to bring in an athlete at a later stage (after the initial Selection) if they are likely to improve the performance of the team. This may arise due to: An athlete not gaining selection for Great Britain and now being eligible for the Welsh HIR team. An exceptional athlete who was unable to attend the trial on 31st May/1st June for whatever reason. Or, an athlete of exceptional ability registering their Welsh eligibility too late (within good reason). In most cases athletes may have to race-off for their place in the team. This will be at the coaches discretion.

The Trial Day:

Each day is expected to be a full day 8:30 – 5pm (TBC). Athletes should come prepared for this with adequate food/water/clothing.

Accommodation will not be provided by Welsh Rowing. Athletes competing both days or travelling the day previous will need to make their own arrangements.

Further details of the day and more specific information will be sent to those athletes invited to the trial.

ERGO STANDARDS

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	< 20:00

TEAM ANNOUNCEMENT

The Final Selection Announcement of the Junior Team is expected to 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.

PRE HIR TRAINING CAMP & COSTS

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 22rd July. Please make us aware in your entry if you already know this won't be possible. Please also be aware of the associated costs to represent Wales at the HIR Regatta will likely be in the region of £500 or more (TBC).

Any further questions, please get in touch with Will King.

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