



**Team Wales: Home International Rowing Beach Sprints  
2022 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 in regard to 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 2022 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:

<b>Junior</b>	<b>Senior</b>
2 females	2 females
2 males	2 males
1 coach	1 coach
1 boathandler	1 boathandler
1 Team Manager- Sam English	

The events within HIR Beach Sprints 2022 are:

<b>Junior</b>	<b>Senior</b>
JW1x	W1x
JM1x	Open1x
Mix2x	Mix2x

### **Selection Decisions**

The coaches will use data from verified land data, data collected from water-based assessments/trials and monitored events to assess athlete capabilities and make selections. This data will enable the coaches to engage in discussions with coaches about potential individual selections. Athletes will also be considered on the basis of crew compatibility.

### **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 1st August 2022 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 1<sup>st</sup> August 2022, 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 Sam English as 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.
- 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 eligibility on the registration form.

## Registration

Athletes who wish to be considered for the 2022 team will be able to register an expression of interest from now until the registration closes on 5th July 2022 - 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/220263241126341>

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

Boat handlers and coaches should email [admin@welshrowing.com](mailto:admin@welshrowing.com) with an expression of interest by 28<sup>th</sup> February 2022 outlining their suitability for the position. Please note there is no Welsh eligibility rule for these roles.

## 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- 7/8 May 2022, Saundersfoot
- British Rowing Beach Sprint Championships- 25/26 June 2022, Saundersfoot
- As the coastal calendar for 2022 is still in development, any Open event may be considered, please inform [admin@welshrowing.com](mailto:admin@welshrowing.com) of your intentions to enter events, and results.

## Land Score Submissions

All rowers registering will be required to complete a run-erg-run test. This may be used to limit numbers invited to any final trial. To complete this please view this video:

[https://drive.google.com/open?id=12ov9xfbDynNvdq\\_Es15qgCKkYk0VRf8V](https://drive.google.com/open?id=12ov9xfbDynNvdq_Es15qgCKkYk0VRf8V)

Athletes should ensure the coach has their submissions for the following.

To be submitted by	Repetitions
March 2022	1 (Your PB)
June 2022	1 (Your PB)

*Submissions:* all scores must be emailed to [admin@welshrowing.com](mailto:admin@welshrowing.com), with the Coach who witnessed the score CC'ed to verify.

## Provisional Development Days/Camps and Water Assessments/Trials

To aid in the development of Beach Sprint talent, Welsh Rowing plan to run the following progressive Outdoor Training days culminating in the final trials:

Date	Event	Eligibility/Selection
March 2022	Training Day	Welsh Eligible
April 2022	Training Day	Welsh Eligible
July 30/31 <sup>st</sup> 2022	Final Trials	Welsh Eligible

		Invitation only, based on submissions and water performances at monitored events and previous training days.
6/7 August 2022	Training Camps	Selected Team Wales athletes only
13/14 August 2022	Training Camp	Selected Team Wales athletes only
18-20 August 2022	Home International Regatta Beach Sprints	Selected Team Wales athletes only

### **Appeals**

The Welsh Rowing appeals process is available on the website.