



# WELSH ROWING U19 PATHWAY 2023-24



## U19 NATIONAL TEAM

Athletes selected for a Welsh Rowing Team at an International Regatta or Event. Most commonly, The Home International Rowing Regatta & Beach Sprint Regatta, The Commonwealth Games & other international representation. An athlete will be a National Team member, from the time selection is officially announced, until the end of the event they are selected for.

Athletes selected for the U19 National Squad, are those that fit certain criteria (see below) and require invitation to the squad. Athletes who make up the U19 National Squad, will have access to more regular training with Welsh National Coaching staff, pre-selection for Welsh Rowing Training Camps, along with further support where necessary.



## U19 NATIONAL SQUAD



## JUNIOR TALENT POOL

Athletes in the Junior Talent Pool are likely to possess the potential to represent Wales in future seasons, but do not yet meet the criteria for the National Squad. Athletes, from this group will need to apply and be invited to attend U19 Training Camps, and Welsh Team Trials. They will receive club/school visits from the National Coach and additional support when required.

Junior Pathway athletes will predominantly be a group of athletes from J16 and below. These will be athletes who show potential to represent Wales further into the future across various formats. There will be separate training camps and opportunities for this group of athletes, away from the U19 National squad & Talent Pool. Athletes, from this group will need to apply and be invited to attend U19 Training Camps, and Welsh Team Trials.



## JUNIOR PATHWAY ATHLETES



## WELSH U19 IDENTIFIED ATHLETE

A Welsh Identified athlete is any athlete who is eligible to represent Wales in Rowing, at either of the Home International Regatta's or the Commonwealth Games. Athletes should register their eligibility on our U19 Identified Athlete form. Once registered, athlete's may be invited to join one of the above squads.



## **Selection Criteria:**

### **Athletes must:**

- Be an U19 athlete (be in school year 13 or below; or have a birthday after 1<sup>st</sup> September 2005) for the 2023-24 season.
- Register as a Welsh Identified Athlete first, before applying for the Welsh National Squad. (both links at bottom)

### **Athletes will need to meet one or more of the below Criteria:**

- Represented Great Britain at any of the following events (including reserves): U19 World Championships, Coupe De La Jeunesse Regatta, U19 European Championships, World/European/Coupe De La Jeunesse Beach Sprint Championships, J16 (GB vs France Regatta).
- Competed for Wales at either the HIR Regatta or HIR Beach Sprint Regatta in 2023.
- Erg standards: U19 Men 2000m: <6:30, U19 Women 2000m: <7:30. Completed within the last 6 months.
- Medal in any 'championship' event at National Schools Regatta 2023.
- Athletes invited directly by the National Team Coach.

### **Athlete Characteristics**

- Athletes aspiring to represent Wales or Great Britain in the upcoming Season(s).
- Dedicated to improving their performance on and off the water, with the ambition to achieve national and international success through continuous application of high-level training.
- Show they are trainable and willing to learn.
- Be a team player; encourage, enthuse, and inspire all athletes within the Welsh Rowing pathway and their home clubs.

### **Additional Information:**

Athletes may be invited to this group based on their performances, or if athletes believe they meet the criteria they may apply to be part of the squad by emailing: [william.king@welsrowing.com](mailto:william.king@welsrowing.com) athletes who have the erg data only, will not automatically be selected to the national squad, and will be accepted by the national coach.

The U19 National Squad has a limited number of spaces: 24 male, 24 Female & 5 coxes.

Athletes' places in this squad are not final; any member of the squad not showing the required athlete characteristics, or no longer meeting the performance standards consistently will be removed or replaced at the coach's discretion.

Athletes outside of the National Squad will be placed in either the Talent Pool or Pathway Athlete Group by the National Coach.

### **Application Links:**

Welsh Identified Athlete Registration: <https://form.jotform.com/WelshRowing/WALES-U19-TEAM-REGISTRATION-2023-24>

Welsh National Squad Application: <https://form.jotform.com/WelshRowing/WALES-U19-NAT-SQUAD-APPLICATION>