

2017 EVENT REQUIREMENTS

Women's Interstate Eight

DATE: October 2016
REFERENCE: Event Requirements – Women's Interstate Eight
EVENT: 2017 Interstate Regatta

This document should be read together with the Rowing New South Wales (RNSW) Selection Policy.

1. NOMINATIONS

Participants must nominate for selection. The completed nomination form should be lodged with RNSW by 5:00 PM on Friday 20th January 2017. Early nomination is encouraged and Participants may only be included in preliminary squads if they have lodged a completed nomination form with Rowing NSW.

A club may submit a nomination on behalf of a Participant in which case the Participant must confirm their nomination in writing if requested to do so by the Selectors or otherwise prior to final team selection.

2. PREPARATION SQUAD TRAINING

The objective of Squad training is to develop crew combination and provide the selectors and crew coaches the opportunity to assess and rank athletes in a crew environment for the purpose of selection. Squad training sessions may include training activities and/or competition on which the final selection of the team may be based.

Participation in each Squad Session is performance-based. The crew coaches, with the approval of the Selectors, may invite other Participants to participate in Squad Training sessions based on their ranking in competition, testing and previous performance as set out in the Selection Policy and this Event Requirements document. Selectors may adjust the composition of squads after each squad training session based upon the performance of a Participant and the overall performance of the squad.

Squads will be reviewed regularly and where necessary, updated squad lists will be posted on the Rowing NSW website. The initial squads will be formed in late October 2016. Squad inclusion is strictly performance-based; these performances may include, but are not limited to the events listed in the calendar below. After consultation with high performance team coaches, a plan of proposed squad sessions will be emailed to all squad members by the crew coaches.

The following Participants will be included into the initial squad:

- a) All eligible and active members of the 2016 NSW Queen's Cup crew
- b) All eligible and active members of the 2016 NSW Women's Youth eight crew
- c) All eligible and active members of the 2016 Australian National, Senior A, U23, and U21 Team.
- d) Other athletes based upon previous performances as agreed by the crew coaches, in consultation with the Selectors.

Following inclusion in the Preparation Squad, athletes are expected to compete in the activities listed in the Preparation squad activities, unless an exemption is lodged in accordance with section 4 of this document.

3. STATE TEAM ELIGIBILITY

All athletes must complete State Selection Activities as listed in the Event Requirements. All athletes must have nominated in accordance with section 1. All athletes must complete the State Selection Activities noted herein.

4. SELECTION ACTIVITIES

Selection activities which are identified as compulsory must be undertaken by all athletes seeking selection except in circumstances set out in clause 10.3. In case of illness and/or injury, or other events that may be considered by the Selectors are the NTC Time Trials; Small Boat regatta results and/or other Nationally Accredited events. If any athlete is prevented completing an activity by the NRCE, selectors may waive this activity.

Athletes seeking exemption must do so in writing to the Chairman of Selectors at least 48 hours prior to the event or with a medical certificate within 24 hours of the compulsory event stating the reasons why exemption is sought. All exemptions must be signed by the Club Captain, Club President, or a similar Officer of the Club that the athlete is representing (non-coaching).

5. 2000m ERGOMETER TESTING

All athletes must complete an ergometer test to be eligible for selection. In addition to the scheduled ergometer testing and at any time between 29th November 2016 – 17th February 2017, participants may update their best score from time to time by undertaking a 2000 meter ergometer test under the direct personal supervision of their coach. In order for the Selectors to verify this score, the score must be submitted through the Rowing NSW website by the Participant who completed the test.

All 2000 meter ergometer testing will be in accordance with the National Testing Protocols

6. FINAL CREW SELECTION

The final crew will be determined by the results of the activities outlined in section 3: State Team Eligibility. The Selectors may weigh the performance of the 2- above that of the 1x.

After consideration of

- the Selection Activities
- previous Queens Cup and/or National team performances
- any additional trialling at camps
- ergometer testing

If there is a need to separate two or more athletes of equal ranking, the Selectors will consider those particular athletes' performance in only the above mentioned activities in the order of priority listed.

7. SELECTION PANEL CONTACTS

The 2016/17 RNSW Selection Panel consists of the following members:

Terry O'Hanlon – Chairman of Selectors rowing@goh.net.au
Gillian Campbell Campbells@rowperfect.com.au
Nick Baxter npgbaxter@yahoo.com.au

Notes:

National Ergometer testing to be conducted in line with National Training Centre (NTC) protocols, as outlined on RNSW website.

Those athletes who are not considered NSW-based athletes, are those athletes who are eligible to represent NSW that are currently based in training environments outside of NSW. This may include athletes training at the Australian Institute of Sport, or other State Institutes of Sport within Australia.

Some athletes, coxswains and coaches, may be required to attend selection activities outside of the Event Requirements. These training activities will be at the discretion of the Selectors and a minimum of 48 hours' notice may be given to those athletes, coxswains and coaches required.

Rowing NSW sets out dates for testing and trials for various boat selections. These may be subject to change where Rowing NSW accommodates aspects of the national training and selection system. If changes are required, they will be prominently featured on the Rowing NSW website.

PREPARATION SQUAD ACTIVITIES

24th September 2016	Athletes encouraged to compete in NTC Time Trial, Nepean River
29th October 2016	Athletes encouraged to compete in NTC Time Trial, Nepean River
19th November 2016	Athletes encouraged to compete in NTC Time Trial, Nepean River
10th December 2016	Athletes encouraged to compete in NTC Time Trial, Nepean River

STATE SELECTION ACTIVITIES

28th January 2017	RNSW Small Boat regatta <ul style="list-style-type: none">• 1x OR 2- Event to be communicated to the Selectors.
29th January 2017	NSW Championships <ul style="list-style-type: none">• Athletes must compete in at least two (2) events, one of which must be a large sweep boat.• Selectors may weigh the performance of the 2- above the performance of the 4-, which may be weighed above the 8+.
Any time between 29th November 2016 – 17th February 2017.	<ul style="list-style-type: none">• Ergometer 2000m Test
	Seat Racing
	Past Performance