



## 2021 SOUTH AUSTRALIAN STATE TEAM SELECTION POLICY & KEY DATES

This policy covers the selection of crews and coaches to represent South Australia at the 2021 Rowing Australia Interstate Regatta and Pathway Regatta. The role of the Rowing SA State Team Selection Panel is to select the best performing crews and coaches to represent South Australia at these regattas.

The objective of this State Team Selection Policy (STSP) is to provide a framework that underpins this aim, by selecting the athletes and coaches that will give South Australia the greatest chance of achieving its best performance at the Interstate Regatta and Pathway Regatta. All crew and coach selections are to be submitted by the Selection Panel for endorsement by the Rowing SA Board.

The 2021 State Team Selection Panel consists of:

- Jason Lane (SASI Head Coach)
- Fearnley Szuster
- Peta White
- Hugo Langsford
- Jon Trovas

### NOMINATION CRITERIA

Nominating individuals must:

1. Be a current financial and registered member of Rowing SA, or another State Rowing Association.
2. Adhere to the Rowing Australia Rules of Racing, State and Territory of Origin (7.3, Rule Book 2018 edition).
3. Nominate by the due dates stated in the selection criteria (see Appendices for key dates).
4. Agree to abide by all Rowing SA Policies.
5. Be available for a minimum of 80% of the weekly training sessions (except for extenuating circumstances e.g. interstate rowing event) and all selection events as outlined, refer to Appendix 1 & 2. (Weekly Friday training 5.30am-7.15am)
6. Attend an online or face-to-face State Team briefing (invitation to be sent to all nominees).
7. Sweep rowers will be required to nominate for either bow side or stroke side. Athletes will initially be considered for the side in which they nominate, further trialling will be subject to the sectors discretion.
8. All athletes will be required to provide their personal best 2km ergo time performed within 6 months of nominating.
9. Youth and Pathway athletes will be required to confirm their competency rowing sweep and have their coach endorse their 2km ergo time and sweep competency.

### SELECTION CRITERIA

1. Nominating athletes will be required to train as part of the state team training squad at the STSP discretion.
2. Athletes will be required to attend selection events at the discretion of the STSP. Invitations to selection events will be distributed based on performances at selection events and training within the state team training squad.
3. Youth athletes nominating for senior selection must complete senior selection requirements – if removed from the senior selection process, youth athletes are able to continue under the youth selection requirements.
4. Athletes will be selected in crews based on results from the seat racing as highest priority. If two athletes are considered approximately equal after this event, a countback of results will take place beginning with the next highest priority event and continuing down.
5. The final crews may be required to perform a speed trial to be considered for recommendation to the Rowing SA Board.
6. Once selected all athletes must commit to racing at the National Championships in Club or School crews prior to the Interstate Regatta.

Please refer to Appendix 1 & 2 for a summary of the selection process and key dates.

Please note: Men's Single Scull, Women's Single Scull, PR3 Men's Single Scull, and PR3 Women's Single Scull selection will be initially based on placings at the NSW State Championships in their corresponding category, however performance at National Championships may also be considered.

## LIGHTWEIGHT ATHLETES CRITERIA

For the Interstate Regatta, male athletes are not permitted to exceed 72.5kg with a crew average of 70kg and female athletes are not permitted to exceed 59kg with a crew average of 57kg.

1. Lightweight nominees are to comply with the nominated weight limits at all selection events (please see selection event table Appendix 1).
2. Lightweight athletes not committed to racing at crew average weight (M=70kg / W=57kg) must advise selectors of their nominated weight on nomination.
3. Lightweight athletes must demonstrate an ability to achieve and perform at the selection weight. e.g. previous history and/or weight management plan. Selection is conditional on adherence to the plan through to the Interstate Regatta.

## COXSWAIN CRITERIA

The following may be considered for selection:

1. Target weight of 55kg for December seat racing.
2. Voice recording of a race submitted with nomination.
3. GPS tracking during Friday state training sessions.
4. Voice recording and assessment of crew and boat control during a race or training.

Coxswains must demonstrate an ability to achieve weight. e.g. previous history and/or weight management plan. Coxswain performance will be assessed during all state team training.

## PARA ATHLETES EVENT CRITERIA

Para-athletes must be classified and be granted a National Review, National Confirmed, International Review or International Confirmed Sport Class Status for Para Rowing to be eligible to for selection.

## EXEMPTIONS

1. Athletes based at the National Training Centre will be granted exemption from State Team Selection Trials.
2. Interstate-based SA State of Origin athletes must attend or participate in all selection events. Where possible, alternative selection processes may be organised at the discretion of the STSP. All interstate athletes must participate in seat racing outlined in Appendix 1 unless exempt.
3. Athletes with school or work travel commitments during selection events may apply for special consideration to the selectors.
4. In the case of illness or injury, athletes will be required to undergo an examination by a medical practitioner or other relevant health professional, and the following additional requirements may apply:
  - Athletes may be required to see a designated health professional for ongoing injury or illness monitoring/treatment.
  - Athletes may be required to provide medical clearance to return to the selection process.
  - Athletes will be required to consent to the provision of confidential information from any such practitioner or professional to the selectors.
5. Athletes with medical exemptions will only proceed through the selection process at the selectors' discretion and with appropriate medical clearance.
6. Athletes with medical exemptions will be required to complete testing to progress to the next stage of the selection process, subject to selectors' discretion.

## COACHES SELECTION CRITERIA

1. Coaches must have experience in managing and coaching a crew.
2. Nominations will be considered based on the applicant's recent coaching record and achievements.

Coaches must:

- Have the necessary communication skills to successfully communicate aims, objectives and the required commitment to the athletes.
- Hold minimum NRCAS L1 accreditation, but desirable to hold NRCAS L2 accreditation or equivalent qualifications or experience.
- Have a current 'Working With Children Check' (WWCC) screening clearance to satisfy SA legislative requirements, and any other requirements as requested by Rowing SA.
- Be a compatible coach to work with the nominated crew.
- Demonstrate a commitment to the Rowing SA Code of Conduct and the Rowing Australia Coach Code of Ethics.
- Attend an interview as part of the selection process.

## SELECTORS' DISCRETION

1. The selectors are obliged to follow the selection criteria and processes.
2. The selectors may apply a standard which calls for a value judgment and overall assessment of the relevant criteria.
3. The exercise of their discretion must be rational, logical, defensible, accountable, and most importantly, fair to all athletes.
4. Nominations submitted after the due date will be accepted at the discretion of the selectors.

## CODE OF BEHAVIOUR

We seek to provide a safe and fair environment for everyone involved in State Team Selection. To achieve this, we require certain standards of behaviour of athletes, their coaches, officials, administrators, parents/guardians (of child participants) and spectators. All athletes, their coaches, officials, administrators, parents/guardians and spectators must abide by the Rowing Australia Member Protection Policy dated 30 June 2020 - <https://rowingaustralia.com.au/wp-content/uploads/2020/07/RA-MPP-Version-9.pdf>

In addition:

- Athletes and their coaches are not to interfere with the selector's process during selection events.
- Athlete's coaches will not be permitted into the ergo room during the mandatory ergo tests.
- Should an athlete, coxswain or coach have a concern with the selection process they should email the selection panel at [stsp@rowingsa.asn.au](mailto:stsp@rowingsa.asn.au).

## APPEAL PROCESS

Should an athlete, coxswain or coach consider that, to their detriment, natural justice has not been applied during the selection process, then that athlete can lodge in the first instance an appeal to the Rowing SA State Team Selectors **within 48 hours** of being notified that they are no longer part of the trial or selection process, or that they have not been selected into a crew, if it is considered that:

1. The selectors have acted in a biased fashion and/or
2. The established criteria and processes have not been followed.

RSA appeals process refer to RSA By-Laws Section 14 – <https://rowingsa.asn.au/wp-content/uploads/2018/08/By-Laws.pdf>

**EMAIL CONTACT FOR SA STATE SELECTION PANEL 2020/21:** [stsp@rowingsa.asn.au](mailto:stsp@rowingsa.asn.au)

## APPENDIX 1 – INTERSTATE REGATTA CREW SELECTION PROCESS & KEY DATES

### MEN

Kings Cup – Men's Eight  
 Penrith Cup – Men's Lightweight Coxless Four  
 Presidents Cup – Men's Single Scull  
 PR3 Men's Single  
 Wilkinson Cup – Men's Youth Eight (Under 21 as of 31/12/21)

### WOMEN

Queens Cup – Women's Eight  
 Victoria Cup – Women's Lightweight Coxless Quad Scull  
 Nell Slatter Trophy – Women's Single Scull  
 PR3 Women's Single  
 Bicentenary Cup – Women's Youth Eight (Under 21 as of 31/12/21)

Priority	Date	Requirement	Event	Location	Boat	Notes
	Monday 17 August		Coach, athlete and coxswain nominations open			
	Saturday 29 August	Encouraged	4.8km TT	West Lakes	1x/2-	
	Sunday 20 September		Coach, Athlete (excluding Youth) and Coxswain nominations close			
	Saturday 26 September	Encouraged	4.8km TT	West Lakes	1x/2-	
	Monday 12 October 6.30pm	Mandatory	In person or online briefing	City Club TBC		
	Friday 23 October 2020		Youth Athlete nominations close			
6	Saturday 24 October	Mandatory	4.8km TT	West Lakes	1x/2-	Weight recorded, LM 74.2kg LW 60.4kg Results are to be considered for invite to further trials
	Friday 30 October		State Team Training Commences			Trainings to be held in 2020 on: Friday 30 October Friday 6, 13, 20, 27 November
5	Monday 9 November	Mandatory	5km Ergo Test	At set venue TBC		Weight recorded, LM 74.2kg LW 60.4kg Results are to be considered for invite to further trials
4	Saturday 21 November	Mandatory	4.8km TT	West Lakes	1x/2-	Weight recorded, LM 74.2kg LW 60.4kg Results are to be considered for invite to further trials
	Saturday 21 November		Coach Interviews	West Lakes		State team coaching interviews
3	Monday 14 December	Mandatory	5km Ergo	At set venue TBC		Weight recorded, LM 74.2kg LW 60.4kg Results are to be considered for invite to further trials
2	Thursday 17 December	Invitation	4.8km TT	West Lakes	1x/2-	Weight recorded, LM 74.2kg LW 60.4kg Results are to be considered for invite to further trials
1	Saturday 19-Tuesday 22 December	Invitation	2km small boat race / Seat racing	West Lakes	1x/ 4-/4+/2x	Weight recorded, LM 74.2 kg LW 60.4kg Results are to be considered for invite to further trials Please ensure availability until 12pm on all days

	Monday 18 January	Mandatory	Monitoring 2km Ergo	At set venue TBC		Weight recorded, LM 74.2kg LW 60.4kg
	Sunday 31 January	Invitation	State Team Training Day	Murray Bridge		Full day attendance required
	Friday 5 February		State Team Training Commences			Trainings to be held in 2021 on: Friday 5, 12, 19, 26 February Friday 5, 12 March
	Fri 5- Sun 7 February	Mandatory (for 1x's)	M1x, W1x, PR3M1x, PR3W1x	Penrith - NSW State Champs	1x	Single scull nominees only
	Fri 12 February	Mandatory (if required)	Final crew selection	West Lakes	State boat	LM 72.5kg LW 59kg
	Monday 15 March (NOT YOUTH)	Mandatory	Monitoring 2km Ergo	At set venue TBC		LM 72.5kg LW 59kg
	In March but up until Monday 15 March inclusive (YOUTH ONLY)	Mandatory	Monitoring 2km Ergo	Supervised Submission details TBC		LM 72.5kg LW 59kg
	Sunday 28 March	Mandatory	Interstate Regatta	Lake Barrington	State boat	LM 70.0kg Crew Av. LW 57.0kg Crew Av.

## APPENDIX 2 - PATHWAY CREW SELECTION PROCESS & KEY DATES

Priority	Date	Requirement	Event	Location	Boat	Notes
	Monday 7 September		Coach, athlete and coxswain nominations open			
	Sunday 4 October		Coach nominations close			
	Monday 9 November	Mandatory	Pathway Briefing in person or online	TBC		
	Sunday 22 November		Athlete and coxswain nominations close			
	January	Mandatory	2km erg	Supervised by Coach		
	Sunday 14 February	Invitation	Pathway Seat Racing	West Lakes		
	Easter Long Weekend	Invitation	Pathway Camp	Murray Bridge		
	29 March – 11 April	Invitation	Pathway Training Period – Sessions to be advised	West Lakes		
	11-13 April	Invitation	Pathway Regatta	Penrith		