



2022 SOUTH AUSTRALIAN INTERSTATE REGATTA STATE TEAM SELECTION POLICY & KEY DATES

This policy covers the selection of crews and coaches to represent South Australia at the 2022 Rowing Australia Interstate Regatta. The role of the Rowing SA State Team Selection Panel (STSP) is to select the best performing crews and coaches to represent South Australia at this regatta.

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

The 2022 State Team Selection Panel consists of:

- Jason Lane
- Andrew Stunell
- Fearnley Szuster
- Peta White

Will Mailing will carry out a formal consultative role as coxswain advisor to the Selection Panel as well as provide mentoring to coxswains.

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 Appendix 1 for key dates).
4. Agree to abide by all Rowing SA Policies.
5. Be available for training sessions (except for extenuating circumstances e.g. competing at an interstate rowing event) and all selection events as outlined (see Appendix 1 for key dates).
6. Attend an online State Team briefing on Monday 18 October, 6.30pm (invitation to be sent to all nominees upon nominating).
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 selectors discretion.
8. All athletes will be required to provide their personal best 2km ergo time performed between 1 January 2021 and their date of nomination.
9. Youth 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 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 a race in a November regatta.
4. Voice recording and assessment of crew and boat control during a Friday state training session.
5. Interview with selectors on Saturday 30 October 2021 at West Lakes.
6. Crew/athlete feedback.
7. Coxswain advisor/consultant feedback.

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 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 will 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 qualification/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.
- Not show preference nor favour their own athletes.

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.

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 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 2021/22: 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 31/12/22)

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 31/12/22)

Priority	Date	Requirement	Event	Location	Boat	Notes
	Monday 13 September		Coach, athlete and coxswain nominations open			Athletes and Coxswains: NOMINATE HERE Coaches: NOMINATE HERE
	Week commencing Monday 13 September	Encouraged	5km Ergo Test	Own Club and supervised by your coach		to be submitted between Monday 13 – Sunday 19 September Link to submit result
	Saturday 25 September	Encouraged	4.8km TT	West Lakes	1x/2-	RSA Winter Membership required for entry – to be attained by your club
	Sunday 17 October		Coach, athlete and coxswain nominations close			
	Monday 18 October 6.30pm	Mandatory	Online briefing, Q&A	Online		Invitation to be sent to your email address following your nomination submission
6	Saturday 23 October	Mandatory	4.8km TT	West Lakes	1x/2-	Weight recorded, LM 74.2kg LW 60.4kg
	Saturday 23 October	Invited	Coach Interviews	RSA Indoor Rowing Room, West Lakes		Coaches will be invited to interviews based on their nomination submission
	Saturday 30 October	Invited	Coxswain Interviews	RSA Indoor Rowing Room, West Lakes		Coxswains will be invited to interviews based on their nomination submission
	Friday 5 November		Invited coaches, athletes and coxswains to commence State Team Training			Trainings to be held in 2021 on: Friday 5, 12, 19, 26 November 10, 17 December
5	Wednesday 10 November	Mandatory	5km Ergo Test	Pulteney Boat Shed (Torrens)		Weight recorded, LM 74.2kg LW 60.4kg https://www.trybooking.com/BUSLI
4	Saturday 20 November	Mandatory	4.8km TT	West Lakes	1x/2-	Weight recorded, LM 74.2kg LW 60.4kg
3	Friday 17 December	Mandatory	4.8km TT	West Lakes	1x/2-	Weight recorded, LM 74.2kg LW 60.4kg
2	Saturday 18 December	Mandatory	2km small boat race	West Lakes	1x/2-	The selectors will enter athletes in a Mens/ Womens 1x or 2- Event. This will be a Heat and Final format. Athletes will be required to notify selectors by 9am Friday 17 December if competing in a 2-, otherwise entry will be automatically in the 1x event. Weight recorded, LM 74.2 kg LW 60.4kg

1	Sunday 19-Tuesday 21 December	Invitation	Seat racing	West Lakes	2x4-/4+	Weight recorded, LM 74.2 kg LW 60.4kg Please ensure availability until 12pm on all days
	Week commencing Monday 24 January	Mandatory	2km Ergo Test	Own Club and supervised by your coach		Weight recorded, LM 74.2kg LW 60.4kg to be submitted between Monday 24 – Sunday 30 January Link to submit result
	Sunday 30 January	Mandatory	State Team Training Day	Murray Bridge		Please ensure availability until 12:30pm
	Friday 4 February		State Team Training continues for invited athletes and coxswains			Trainings to be held in 2022 on: Friday 4, 11, 18, 25 February Friday 4, 11, 18 March
	Fri 11- Sun 13 February	Mandatory (for 1x's)	M1x, W1x, PR3M1x, PR3W1x	Penrith - NSW State Champs	1x	Single scull nominees only
	Sunday 20 February	Mandatory	State Team Training Day	Murray Bridge		Please ensure availability until 12:30pm
	Monday 21 March (NOT YOUTH)	Mandatory	Monitoring 2km Ergo	Own Club and supervised by your coach		LM 72.5kg LW 59kg Link to submit result
	In March but up until Monday 21 March inclusive (YOUTH ONLY)	Mandatory	Monitoring 2km Ergo	Own Club and supervised by your coach		Link to submit result
	6pm Sunday 20 March		State Team Dinner	OAR Cafe		
	Sunday 3 April	Mandatory	Interstate Regatta	Penrith, NSW	State boat	LM 70.0kg Crew Av. LW 57.0kg Crew Av.