

Please Note: Rowing South Australia ("RSA") will review these Event Requirements by no later than October of each year but may review and update these Event Requirements at any time, including by announcing and publishing further or varied requirements and standards prior to the relevant event or trial and the publication or notification shall take effect in accordance with the RSA Selection Policy.

**BACKGROUND**

The RSA State Team Selection Policy outlines the broad selection criteria for all rowers, coxswains and coaches and can be viewed on the [RSA website](#). This document operates as an appendix to the Selection Policy and outlines the activities that coaches must complete to be eligible for selection consideration for the Interstate State Team.

All coaches must complete all activities stipulated in these Event Requirements unless there are Extenuating Circumstances (as defined in the Selection Policy) that prevent this.

**EVENT REQUIREMENTS- ACTIVITIES & KEY DATES**

Activity	Type	See note(s)	Date
Nominations open for athlete, coxswain, and coaches		1 & 2	17 <sup>th</sup> October 2022
October Time Trial	Encouraged		22 <sup>nd</sup> October 2022
November Time Trial (Coxswain Workshop 1 - Post TT)	Encouraged	9	19 <sup>th</sup> November 2022
Nominations close for athlete, coxswain, and coaches		1 & 2	4 <sup>th</sup> December 2022
State Team Information Session	Mandatory		5 <sup>th</sup> December 2022
December Time Trial	Encouraged	3	17 <sup>th</sup> December 2022
Coaches Announced			24 <sup>th</sup> January 2023
State Team Training Day 1	Mandatory	8a	29 <sup>th</sup> January 2023
Coxswain Workshop 2	Mandatory (for coxed boats)	9	5 <sup>th</sup> February 2023
State Team Training Day 2	Mandatory	8a	19 <sup>th</sup> February 2023
<b>SENIOR</b> Seat Racing (if required) and/or Speed Order (if required)	Mandatory	6	<b>Senior</b> 3 <sup>rd</sup> – 4 <sup>th</sup> March 2023
<b>YOUTH</b> Seat Racing (if required) and/or Speed Order (if required)			<b>Youth</b> 5 <sup>th</sup> – 6 <sup>th</sup> March 2023
Crews Announced			9 <sup>th</sup> March 2023
State Team Training Day 3	Mandatory	8a	12 <sup>th</sup> March 2023
State Team Presentation Event			19 <sup>th</sup> March 2023
Australian Rowing Championships	Mandatory	7	27 <sup>th</sup> March - 2 <sup>nd</sup> April 2023

- 1. ELIGIBILITY:** Coaches seeking selection must fulfil all requirements in the [RSA Selection Policy](#).

Coaches must hold a current Coaches Accreditation under the [National Rowing Coaching Accreditation Scheme](#). A minimum level 1 is required but level 2 or 3 is desirable.

- 2. NOMINATIONS:** Coaches seeking selection are required to Nominate via the [RSA Website](#).

Nominations Close: 11:59pm on Sunday the 4<sup>th</sup> of December 2022.

Coaches must submit a coaching CV, including one coaching referee and current Coaches National Accreditation Level. The CV should outline coaching history, past performance, relevant experience and boat preference. Following the consideration of submitted information, coaches may also be required to participate in a coach's selection interview.

- 3. ENCOURAGED AND COMPULSORY EVENTS:** Encouraged events are strongly recommended. While not compulsory, the results of these activities may be considered in forming selection decisions.

Mandatory Selection Events apply to all Coaches. Coaches who cannot participate in any of the mandatory selection activities must apply for an exemption for each activity that they are unable to participate in. Where able nominating Coaches must notify their inability to attend any mandatory selection events prior to selection.

- 4. SELECTION:** Coaches will be selected as a team under the guidance of the Head Coach. All coaches will work with and report to the Head Coach along with the other selectors where necessary.

The selectors will select a strong cohesive coaching team which will be selected to ensure quality coaching across all boats. Coaches may or may not be selected for a specific crew depending on the nominated coaching pool. Coaches may be allocated more than one crew.

A Coach nominee who shows great potential, active involvement, and a desire to learn may be selected as a Development Coach for a crew or the Coaching Team. They will be educated further to help their development, strengthen their skills and gain experience. Coaches are welcome to nominate for these Development Coach positions directly through the same process at point 2.

- 5. ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the [RA website](#).

- (a) Encouraged 5000m and January 5000m:** Coaches are not to attend these erg tests as they are completed at the athlete's personal club/school. Only if the selected coach is the coach of the nominated athlete in their regular program should they supervise them.

- 6. SEAT RACING:** State Team Coaches are expected to be available for seat racing to assist the Selectors in the organisation and delivery of the trials. Coaches are to remain objective and not operate outside of the selector's instructions.

- 7. AUSTRALIAN NATIONAL CHAMPIONSHIPS:** State Team coaches are expected to attend the Australian National Championships and be available for pre row/s in the days leading up to the race.

- 8. TRAINING:** Coaches are expected to attend and organise all trainings.

- (a) Training days:** are mandatory and are used for selection. All training days will be on a Sunday.

- (b) West Lakes Trainings:** are compulsory with a minimum of one per week with exception e.g. State championship weeks. Senior Team trainings will need to be organised by the coaches in collaboration with the athletes. Youth coaches have set training days but can add more in collaboration with the schools and athletes.

Below are the set training days. Note additional trainings may be scheduled by coaches as required and in consultation with athletes. This will be managed by the coach and communicated via email.

Training	Time	Date
State Team Training Day 1	7:00am-2:00pm	29 <sup>th</sup> January 2023
West Lakes Training (youth)	5:30-8:00am	3 <sup>rd</sup> February 2023
West Lakes Training (youth)	5:30-8:00am	17 <sup>th</sup> February 2023
State Team Training Day 2	7:00am-2:00pm	19 <sup>th</sup> February 2023
West Lakes Training (youth)	5:30-8:00am	10 <sup>th</sup> March 2023
State Team Training Day 3 (Senior only)	7:00am-2:00pm	12 <sup>th</sup> March 2023
West Lakes Training (youth)	5:30-8:00am	17 <sup>th</sup> March 2023

- 9. COXSWAIN WORKSHOPS:** are to help inform and educate coxswains on what is expected of a State Team Coxswain and help their development. Coaches are required to attend mandatory workshops and provide feedback as part of the coaching team where possible.

- (a) Coxswain Workshop 1:** is aimed at providing details as to what a successful coxswain application includes, what selectors are looking for and an opportunity for Q and A. This is encouraged for nominated coaches to attend.

- (b) Coxswain Workshop 2:** (Invited) is aimed at providing feedback from the workshop speaker, coaches and selectors on past trainings including the State Team Training Day 1. This will include athlete feedback and recording analysis. Selected coaches are required to attend and assist with coxswain development.

10. **BENCHMARKS:** will be used to help make selection decisions by the selectors. Refer to the [RSA benchmarks policy](#) for more information.

- (a) Selectors reserve the right to not select a crew if there is a failure to meet minimum benchmarks.

11. **OTHER REQUIREMENTS:** Coaches will need to fulfil the following criteria.

- (a) Organise boats and other equipment in line with the [RSA Equipment Policy](#).
- (b) Within reason, be available and participate in meetings with the Head coach, Coaching Team, and Selectors where necessary.
- (c) Work as a part of the Coaching Team, one vision one team.
- (d) Communicate professionally and appropriately with all stakeholders including but not limited to;
  - i. Athletes
  - ii. Parents
  - iii. Coaches
  - iv. Selectors
  - v. Rowing SA including the Board
  - vi. Media outlets
- (e) Remain objective, unbiased and respect and uphold the decisions of the Selectors.
- (f) Respect confidentiality, especially in regard to selection decisions and information as well as athlete medical and personal information.