

EVENT REQUIREMENTS

2023 INTERSTATE STATE TEAM
Coxswain (Senior and Youth Eights)

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 and coxswains and can be viewed on the [RSA website](#). This document operates as an appendix to the Selection Policy and outlines the activities that coxswains must complete to be eligible for selection consideration as a Coxswain.

Please note athletes who are also seeking Australian Rowing Team selection will need to satisfy the requirements set out in the corresponding Event Requirements set by [Rowing Australia](#).

All Coxswains 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 th October 2022
October Time Trial	Encouraged	4 & 5	22 nd October 2022
November Time Trial (Coxswain Workshop 1 - Post TT)	Encouraged	4, 5 & 6a	19 th November 2022
Nominations close for athlete, coxswain, and coaches		1 & 2	4 th December 2022
State Team Information Session			5 th December 2022
December Time Trial	Mandatory	5	17 th December 2022
State Team Training Day 1	Mandatory	10a	29 th January 2023
Coxswain Workshop 2	Mandatory	6b	5 th February 2023
State Team Training Day 2	Mandatory	10a	19 th February 2023
South Australian Rowing State Championships	Mandatory	7, 11a	25 th -26 th February 2023
SENIOR Seat Racing (if required) and/or Speed Order (if required)	Mandatory	8, 11b	Senior 3 rd – 4 th March 2023
YOUTH Seat Racing (if required) and/or Speed Order (if required)			Youth 5 th – 6 th March 2023
Crews Announced			9 th March 2023
State Team Training Day 3	Mandatory	10a	12 th March 2023
State Team Presentation Event			19 th March 2023
Australian Rowing Championships	Mandatory	9, 11c	27 th March - 2 nd April 2023

- 1. ELIGIBILITY:** Coxswains seeking selection must fulfill all requirements in the [RSA Selection Policy](#).
- 2. NOMINATIONS:** Coxswains seeking selection are required to Nominate via the [RSA Website](#). The Selectors may, at their discretion, accept late nominations up to the completion of the selection events.

Nominations Close: 11:59pm on Sunday the 4th of December 2022.

Coxswains must submit a coxing CV, including two coaching referees, and one recent coxswain recording. The CV should outline coxing history, past performance, and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit further recordings and/or participate in a coxswain selection interview.

- 3. GENERAL CRITERIA:** As far as is practical, for NTC based Coxswains, the results from the National Senior A Selection Event Requirements listed as Mandatory activities in the RSA Selection Requirements will be used as the basis to select these athletes into the South Australian team.
- 4. ENCOURAGED AND COMPULSORY EVENTS:** Encouraged events are not compulsory but are strongly recommended. While not compulsory, the results of these activities may be considered in forming selection decisions. These activities should form an important part of each coxswain's program and are designed to assist the coxswain to achieve their best performance outcome as well and get to know the athletes.

Mandatory Selection Events apply to coxswains. Coxswains 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.

- 5. 4.8KM TIME TRIALS:** are to be attended by Coxswains when Mandatory. Coxswains will be assisting athletes get onto the water and RSA with timing.
- 6. COXSWAIN WORKSHOPS:** are to help inform and educate coxswains on what is expected of a State Team Coxswain as well as;
 - (a) Coxswain Workshop 1:** provide more details as to what a successful coxswain application includes, what selectors are looking for and an opportunity for Q and A.
 - (b) Coxswain Workshop 2:** (Invited) provides feedback from workshop speaker, coaches and selectors on past trainings including the State Team Training Day 1. This will include athlete feedback and recording analysis. Coxswains must have recordings of state team training Day 1 available.

- 7. SOUTH AUSTRALIAN STATE CHAMPIONSHIPS:** All nominees are required to participate in the South Australian State Championships.

- (a) Coxswains are required to steer an Eight.
- (b) A live tracker must be attached to the boat and recorded.
- (c) A voice recording of the race is required

- 8. SEAT RACING/SPEED ORDER:** The Selectors reserve the right at their sole discretion to choose the crew combinations and the matrix of seat racing. Selectors reserve the right to conduct a Speed order trial where seat racing is not required or after the crew has been selected. Coxswains must be available for seat racing across all days.

- 9. AUSTRALIAN NATIONAL CHAMPIONSHIPS:** All successful athletes are required to compete in the Interstate Regatta and at least one other event at the National Championships unless otherwise negotiated with the selectors.

- 10. TRAINING:** All nominees expected to be completing a full training load and training outside of state team event requirements.

- (a) Training days:** are mandatory and are used for selection. All training days will be on a Sunday. Coaches and selectors will use this opportunity to look at the crew cohesion and adjust seating orders to determine the optimum configuration. Coxswains will be swapped between crews.
- (b) West Lakes Trainings:** are compulsory. Senior trainings will be negotiated and communicated by the coaches and youth trainings are as listed below.

Below are the set training days. Please note additional trainings may be scheduled as required. This will be managed by the coach and communicated via email. Any additional trainings to these dates are not a part of selection and depend on athlete availability.

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

- 11. WEIGHT:** Coxswains have a target weight of 55kg at the following events;

- (a) South Australian State Championships
- (b) Seat Racing/Speed Order Trials
- (c) Australian Rowing Championships