

EVENT REQUIREMENTS

2023 MASTERS STATE TEAM
COACHES AND SELECTORS

Please Note: Rowing South Australia ("RSA") will review these Event Requirements by no later than December 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 and selectors must complete to be eligible for selection for the Masters State Team.

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

As **3.1.b** states in the Selection Policy 'In accordance with the [RSA By Laws](#) the selection panel for the Masters State Team will be comprised of three Selectors as follows:

- i) the nominated Chair of Selectors;
- ii) one nominated selector; and
- iii) the lead coach/s (act as one person/one vote).

EVENT REQUIREMENTS- ACTIVITIES & KEY DATES

Activity	Selectors (i, ii)	Coaches (iii)	See note(s)	Date
Nominations open for Selectors				2 nd February 2023
Nominations open for Coaches				14 th February 2023
Nominations Close for Selectors				22 nd February 2023
Selectors Announced				1 st March 2023
Nominations open for athletes and coxswain				1 st March 2023
1000m Erg Test (Part of Nomination)	Not Required	Not Required		1 st March - 13 th April 2023
Nominations Close for Coaches				8 th March 2023
March West Lakes Regatta	Not Required	Not Required		11 th March 2023
Coaches Announced				16 th March 2023
Nominations close for athletes and coxswain				13 th April 2023
Masters and Grade Regatta	Encouraged	Encouraged		15 th April 2023
Masters, 3 rd Grade and Novice State Championships	Mandatory	Mandatory		22 nd -23 rd April 2023
Seat Racing (if required) and/or Speed Order (if required)	Mandatory	Mandatory		29 th -30 th April 2023
Crews Announced				3 rd May 2023
Selected Squad Training Commences	Encouraged	Mandatory		4 th May 2023
State Team Presentation Event	Encouraged	Encouraged		TBD May 2023
Australian Masters Rowing Championships - Sydney	Encouraged	Mandatory		1 st June-4 th June 2023

- 1. ELIGIBILITY:** Coaches and Selectors 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 and Selectors seeking selection are required to Nominate via the [RSA Website](#).

Selectors Nominations Close: 11:59pm on Wednesday the 22nd of February 2023.

Coaches Nominations Close: 11:59pm on Wednesday the 8th of March 2023.

- (a) 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 with the selectors.
- (b) Selectors** must submit a CV, including one referee. The CV should outline history, skills, relevant experience and highlight any conflicts of interest. Following the consideration of submitted information, nominees may also be required to participate in a selection interview with one or more members of the Board and the RSA CEO.

- 3. ENCOURAGED AND COMPULSORY EVENTS:** Encouraged events are recommended but not mandatory.

Nominees are required at mandatory events. Mandatory events are outlined on the list of Event Requirements including the minimum number or type of selectors required at any event.

- 4. SELECTION:** The two selectors will be selected by the RSA Board. The Coaches will be selected by the selectors. Once selected the coaches will become the final selector. Coaches may be designated a crew or multiple crews. All coaches will work with and report to the other selectors where necessary.

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

Selectors are not required at erg testing as athletes will be completing testing at their respective clubs. Selectors/Coaches are required to analyse erg data.

Should the selectors require further erg testing sufficient notice must be provided and follow the protocols above.

- 6. MARCH WEST LAKES REGATTA:** Selectors are not required to attend as only results are required to be analysed.

- 7. MASTERS AND GRADE REGATTA:** Selectors are encouraged to attend but only results are required to be analysed.

- 8. MASTERS, 3RD GRADE & NOVICE STATE CHAMPIONSHIPS:** Selectors are required to attend, and results are required to be analysed.

- 9. 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.

- 10. AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS:** Coaches are required to attend the AMRC. It is encouraged for other selectors to attend AMRC to manage any relevant changes to crews due to injury, illness etc.

- 11. TRAINING:** Trainings will be organised by coaches in consultation with crews.

Trainings will be organised by coaches in consultation with crews. Training will commence on the 4th of May with the selected crews or earlier if seat racing is not required. Athletes must be available (within reason) for trainings up until the conclusion of the AMRC.

- 10. OTHER REQUIREMENTS:** Coaches and selectors will need to fulfil the following criteria.

- All selected coaches hold one selection vote. Coaches/selectors must, to the best of their ability select a D grade crew where possible.
- Organise boats and other equipment in line with the [RSA Equipment Policy](#).
- Within reason, be available and participate in meetings with the Coaching Team, CEO and Selectors where necessary.
- Work as a part of the Coaching/selectors Team, one vision one team.
- Communicate professionally and appropriately with all stakeholders including but not limited to;
 - Athletes
 - Parents
 - Other selectors/coaches
 - Rowing SA including the Board
 - Media outlets
- Remain objective, unbiased and respect and uphold the decisions of the Selectors.
- Respect confidentiality, especially in regard to selection decisions and information as well as athlete medical and personal information.