

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 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 coxswain must complete to be eligible for selection for the Masters Men's and Women's Eight.

All coxswain 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	Coxswain	See note(s)	Date
Nominations open for athletes and coxswain		1,2,3,4,5	1 st March 2023
Nominations close for athletes and coxswain			13 th April 2023
March West Lakes Regatta <i>and/or</i> Masters and Grade Regatta	Encouraged	7	11 th March 2023 15 th April 2023
Masters, 3 rd Grade and Novice State Championships	Mandatory	8	22 nd -23 rd April 2023
Seat Racing (if required) and/or Speed Order (if required)	Mandatory	9	29 th -30 th April 2023
Crews Announced			3 rd May 2023
Selected Squad Training Commences	Mandatory	11	4 th May 2023
State Team Presentation Event	Encouraged		TBD May 2023
Australian Masters Rowing Championships - Sydney	Mandatory	10	1 st June-4 th June 2023

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

Coxswains must submit a coxing CV, including one coaching referee, 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.

Nominations Close: 11:59pm on Thursday the 13th of April 2023.

3. **AGE REQUIREMENTS:** Coxswain for the Masters State team are not restricted by age, for example a school student of either gender can cox a masters crew.
4. **SELECTION:** Coxswain selection is solely up to the Coaches and Selectors and be determined by;
 - (a) Their coxing CV, skills and history
 - (b) Rapport with the athletes
 - (c) Target weight of 55kg
 - (d) Application of knowledge and ability to command a crew and steer straight.
 - (e) Communication and commitment to training .

Should the selectors require more information after the interview stage they will inform nominees of the next requirements with due notice.

5. **INTERSTATE NOMINEES:** Athletes who have also nominated for the Interstate State Team will need to communicate this upon nomination with the selectors. Athletes are required to fulfil the Interstate requirements as a priority. Any conflicting priorities must be discussed with the selectors in advance. It is at the selectors discretion to dismiss, extend or replace requirements in these circumstances.
6. **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 such as rapport with athletes.

Mandatory Selection Events apply to all coxswain. Coxswain 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.

7. **MARCH WEST LAKES REGATTA OR MASTERS AND GRADE REGATTA:** Coxswain are encouraged to participate and cox at least one crew. Coxswains are encouraged to record the race as a backup for the Master's State Championships should a recording error occur. Priority is the Master's State Championships recording.

8. **MASTERS, 3RD GRADE & NOVICE STATE CHAMPIONSHIPS:** Coxswain are required to participate and cox at least one crew. Coxswains are to submit an audio recording of the race to the Selectors.
9. **SEAT RACING/SPEED ORDER:** Coxswains are required for seat racing. 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:** All successful coxswain are required to compete in the Masters Interstate Race and at least one other event at the Masters Rowing Championships unless otherwise negotiated with the selectors.
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.