

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 must complete to be eligible for selection consideration for the Pathway 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	1 st January 2023
Nominations close for athlete, coxswain, and coaches		1 & 2	9 th February 2023
Pathway State Team Information Session	Mandatory		13 th February 2023
South Australian Rowing State Championships			25 th -26 th February 2023
Seat Racing (if required)	Mandatory	6	5 th -6 th March 2023
Head of the River			18 th March 2023
Winning HOR Crew and Pathway Crew invitations sent out			19 th March 2023
Coaches Selected			19 th March 2023
Acceptance of invitations			28 th March 2023
2 nd round of Crew invitations sent out (if required)			29 th March 2023
Coaches Development Session	Mandatory	8b	TBD
Pathway Training Commences	Mandatory	9	5 th April 2023
Pathway State Team BBQ and Presentation	Mandatory		TBC 21 st April 2023
Pathway Regatta (Including travel and training)	Mandatory	7	TBC 25 th -28 th 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 Thursday the 9th February 2023.

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.

Note: the winning Head of the River crew coaches will not have needed to nominate and will automatically be invited with their crew.

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:** The selectors will select 1 coach for the Men's and Women's pathway crews respectively.

There will also be a Pathway State Team manager who will oversee logistics and general management. This person will be selected by RSA and will only be open for nomination if required.

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

- (a) **January 2000m:** 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. **PATHWAY REGATTA:** State Team coaches are expected to attend the Pathway Regatta and travel with the team. They are expected to organise pre-rows and general team management. The Pathway Regatta is held within the Underage Selection Trials.

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

- (a) Organise boats and other equipment in line with the [RSA Use of boats and Equipment Policy](#).
- (b) Within reason, be available and participate in meetings and development sessions with the 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.

9. **TRAINING:** Coaches are expected to attend and organise all trainings. All trainings will be at West Lakes and will commence on the 5th of April. This will be an intensive training block of approximately 2 weeks leading up to the Pathway Regatta.

Coaches will use this opportunity to look at the selected crew cohesion and adjust seating orders to determine the optimum configuration.

Below is an **example** of Training Schedule once training commences on the 5th of April. Please note this is after school rowing obligations conclude. Any additional trainings/changes to these dates will be managed by the coach and communicated via email.

Note this is a guide and can be changed depending on coaches and athlete availability and weather. 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.

- (a) Head of the River winning Crew Coaches may set their own training schedule but it is recommended to align a few sessions to allow crews to train side by side.

DRAFT Pathway Training Program 2023							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
APRIL	3	4	5	6	7	8	9
Session 1 7:00am			Training Commences		Row	Row 1 Row 2	
Session 2 4:15pm			Row	Row			
APRIL	10	11	12	13	14	15	16
Session 1 7:00am	Cross Train 60'			Cross Train 60'	Row	Row 1 Row 2	
Session 2 4:15pm		Row	Row/Erg				
APRIL	17	18	19	20	21	22	23
Session 1 7:00am	Cross Train 60'			Cross Train 60'	Row Load Trailer		
Session 2 4:15pm		Row	Row/Erg				
APRIL	24	25	26	27	28	29	30
Session 1 7:00am	Travel to Sydney	Row	Row Heats	Row Finals			
Session 2 4:15pm	Row	Row		Travel to Adelaide			