



2025 State Team Policy

2025 EVENT REQUIREMENTS MASTERS STATE TEAM COACHES AND SELECTORS

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. Chair of Selectors (appointed by the RSA Board);
- ii. the lead coach/s (where only one coach is appointed, an additional selector shall be appointed by the RSA Board)

However, if insufficient nominations are received for Selectors, the RSA Board may modify this structure to have at least one independent person (as determined by the RSA Board) work with the selected coaches (as selector) to ensure that the Selection Policy is adhered to.

EVENT REQUIREMENTS- ACTIVITIES & KEY DATES

Activity	Selectors	Coaches	See note(s)	Date
Nominations open for Selectors/Coaches/athletes				27 th January 2025
1000m Erg Test (Part of Nomination)	Not Required	Not Required	5	27 th January – 2 nd March 2025
Nominations Close for Selectors/Coaches				5 th February 2025
February West Lakes Regatta	Mandatory	Mandatory	6	8 th February 2025
Nominations close for athletes and coxswain				2 nd March 2025
1000m Erg Test	Upon request by selectors	Not Required	5	3 rd – 7 th March 2025
March West Lakes Regatta	Mandatory	Mandatory	6	8 th March 2025
Seat Racing and/or Speed Order	Mandatory	Mandatory	7	9 th March 2025
IF REQUIRED: Seat Racing and/or Speed Order (morning by negotiation/availability)	Mandatory	Mandatory	7	10-14 th March 2025
Crews Announced				21 st March 2025
State Team Presentation Event <i>Following the Masters State Championship Regatta</i>	Encouraged	Mandatory		12 th April 2025
Australian Masters Rowing Championships (Sydney International Regatta Centre, NSW)	Encouraged	Mandatory		29 th May – 1 st June 2025

Please Note: Rowing South Australia ("RSA") will review these Event Requirements by no later than January 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.



2025 State Team Policy

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](#).

Nominations Close: 11:59pm on Monday the 5th of February 2025.

(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.

(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:** Coaches and Selectors will be selected by the RSA Board. 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 RSA website](#). Ergo tests are not permitted to be completed on sliders. 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. **FEBRUARY & MARCH WEST LAKES REGATTAS:** Selectors are required to attend, and results are required to be analysed.

7. **SEAT RACING/SPEED ORDER:** The Selectors reserve the right at their sole discretion whether to conduct seat

racing/speed order and to choose the crew combinations and the matrix of seat racing should this occur. Selectors reserve the right to conduct a Speed order trial where seat racing is not required or after the crew has been selected. The Selectors reserve the right to nominate a priority crew depending on a crew's prognostic speed.

8. **AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS:** Coaches are required to attend the AMRC. The cost of attendance will be up to the individual.

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

a. **Pre-Selection:** Squads will be required to train during the selection process. Trainings will be organised by the Coach in consultation with crews. Coaches must make reasonable effort to be available for trainings.

b. **Post-Selection:** Trainings will be organised by coaches in consultation with crews. Coxswains must be available (within reason) for training up until the conclusion of the AMRC.

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

a. All selected coaches hold one selection vote. Coaches/selectors must select a D grade crew where possible.

b. Organise boats and other equipment in line with the [RSA Equipment Policy](#).

c. Within reason, be available and participate in meetings with the Coaching Team, CEO and Selectors where necessary.

d. Work as a part of the Coaching Team, one vision one team.

e. Communicate professionally and appropriately with all stakeholders including but not limited to;

- i. Athletes
- ii. **Parents**
- iii. Other selectors/coaches
- iv. Rowing SA including the Board
- v. Media outlets

f. Remain objective, unbiased and respect and uphold the decisions of the Selectors.

g. Respect confidentiality, especially in regard to selection decisions and information as well as athlete medical and personal information.