

SOUTH AUSTRALIA

JUNIOR

HIGH-PERFORMANCE

PATHWAY

2026-2027

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VISION



The Rowing SA Junior High-Performance Pathway seeks to build a clear, connected pathway that identifies and develops South Australia's most promising young rowers, keeps them in the sport beyond school, and prepare them to represent South Australia and Australia with distinction.

Delivered by Rowing SA in partnership with the South Australian Sports Institute (SASI), the Pathway brings together the state's top junior rowers through one streamlined selection process, leading to three programs: the **Pathway State Team**, the **Australian U19 Team Trials** group and the **International Tour**.

ONE TEAM

Athletes, coaches, parents, schools, clubs, SASI and Rowing SA working together, with a shared commitment to a positive, safe and high-performing State Team environment.

NEW FOR THE 2026-2027 SEASON

The selection process has been reimagined for the 2026–27 season to give athletes, coaches and schools a better experience and more certainty throughout the process.

A BETTER ATHLETE EXPERIENCE

Athletes will have more opportunities for learning and development throughout the Trial and Training Days.

LONGER-TERM ENGAGEMENT

Athletes and schools are engaged from November, rather than a rushed trial between Nationals and the Pathway Regatta.

STRONGER SCHOOL AND CLUB PARTNERSHIPS

Schools and clubs nominate athletes and stay engaged throughout the process.

BROADER SELECTION CRITERIA

Selection now considers on-water performance, including time trials and seat racing, alongside erg data and coach feedback.

TRANSPARENT, INDEPENDENT SELECTION

Nominees can track their own results compared to other athletes, and coaches are appointed by an independent panel.

EARLIER CERTAINTY FOR FAMILIES

The travelling squad is named on February 3rd, so families and supporters can plan travel early.



PATHWAYS STATE TEAM

DEVELOPMENT AND RETENTION

Who it's for: South Australia's most promising school-age rowers and coxswains (U19 and U17), and developing coaches.

Aim: To give athletes and coaches their first experience of state representation and a national selection process, strengthen the connection between school, club and state programs, and keep talented athletes in rowing after school. We aim to race competitively at the Pathway Regatta, but performance is one outcome of a development program, not its sole purpose.

AUSTRALIAN U19 TEAM TRIALS

PERFORMANCE

Who it's for: High-level junior athletes with the potential to be selected in a Junior Australian Team.

Aim: To prepare these athletes for the Under 19 Australian Team Selection Trials, with the training environment, coaching and racing experience to compete at national selection level and take the next step in the high-performance pathway.



INTERNATIONAL TOUR

PERFORMANCE

Who it's for: Athletes who have narrowly missed selection in a Junior Australian Team, or who have the potential to make an Australian team within the next one to two years.

Aim: To give these athletes international racing experience and continued high-performance development, keeping them engaged and progressing towards future national selection.

NOMINATION PROCESS

Nominations will be made by each school's Head Coach or Rowing Director, or by a club representative - *not* by athletes directly. This keeps schools and clubs accountable for who they put forward.

1 School/Club submits nominations Up to 8 athletes of each gender (includes both U19 and U17 rowers) plus coxswains. Online form due Friday 13 November, 5:00pm	2 Parent/Guardian confirms nomination Each family receives a link to confirm and give consent. Due Friday 20 November, 5:00pm.	3 Selection activities begin Nomination complete following Step 2. Trial and Training Day #1 Sunday 29 November.
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WHAT YOU NEED TO KNOW

- **Eligibility:** An athlete is U19 up until 31 December of the year they turn 18. An athlete is U17 up to 31 December of the year they turn 16. *An athlete from a school program turning 19 in Year 12 is eligible for the Pathways Team but not an U19 Team.*
- **Erg testing:** To be completed following Rowing Australia protocols and supervised or ratified by the club or school coach. Results are submitted by the nominating coach/director along with a photo of the erg screen.
- **Coxswains:** Provide a summary of recent crews coxed and results, one coaching referee and one recent race recording (2026). Target weight 55 kg at seat racing and the Pathway Regatta.
- **Mandatory activities:** Nominees who cannot attend/complete a Mandatory Event must apply for an exemption *before* the activity, using the online Exemption Request form.
- **Transparency:** Results of selection or performance events will be shared with the nominees after each activity. Medical and personal information remains confidential. Consent from athletes and parents/guardians will be collected with nominations.
- **Medical, dietary and uniform details:** Collected through the parent or guardian confirmation, for safety and team management only.

If you are an athlete keen to be involved, we encourage you to talk with your coaches early.

TIMELINE 2026

Event	Date	Location	Description
Nominations Open <i>Key Date</i>	Mon 12 October	Online	Nomination form on Rowing SA website.
Erg Monitoring 2000m R24 <i>Mandatory Event</i>	2 - 13 November	Club or School	Submitted with nomination.
Nominations Close <i>Key Date</i>	Fri 13 November 5:00pm	Online	School/Club Head Coach or Director submits up to 8 athletes per gender for consideration.
Parent/Guardian Confirmation Due <i>Key Date</i>	Fri 20 November 5:00pm	Online	Completed by family of nominated athletes.
State Team Culture, Values, Behaviour Development and Goal Setting Session <i>Recommended</i>	Friday 20 November	Venue TBC	Nominees strongly encouraged to attend.
Jnr HP Pathway Trial and Training Day One <i>Mandatory Event</i>	Sunday 29 November 12-5pm	West Lakes	Session One: Time Trials 2 x 1500m Time Trials in 1x or 2- Session Two: Crew Boat Training.
National Time Trial <i>Recommended</i>	Saturday 19 December 7am	West Lakes	Nominees encouraged to attend in small boats, alongside Senior State Team athletes.

The 29 November and 19 December time trials do not carry weight in final selection, but results may inform invitations to the next stage, depending on the number of nominations received.

TIMELINE 2027

Event	Date	Location	Description
Erg Monitoring 2000m Open <i>Mandatory Event</i>	1 - 29 January	Online	Can be completed individually. Results submitted by coach.
Jnr HP Pathway Trial and Training Day Two <i>Mandatory Event</i>	Sunday 31 January 7am-12pm	West Lakes	Session One: Seat Racing Final selection for Pathways Squad Session Two: Crew Boat Training
Pathways Team Squad Announcement <i>Key Date</i>	Wednesday 3 February	-	Squad of 34 confirmed to travel and compete at the Rowing Australia Pathways regatta.
Erg Monitoring 2000m Open <i>Mandatory Event</i>	1 February - 8 March	Club or School	Submitted by coach.
South Australian Rowing Championships <i>Recommended</i>	19 - 21 February	West Lakes	Nominees encouraged to compete.
Rowing SA State Team Presentation <i>Mandatory Event</i>	14 March	Venue TBC	Presentation of the 2027 SA State Team and Pathways Squad
Pathways Team and Aus U19 Trials training window <i>Mandatory Event</i>	30 March - 9 April	West Lakes	Crew composition for Pathways Regatta and entries for U19 trials finalised during this window.
Pathways Team Crews Announcement <i>Key Date</i>	Saturday 3 April	-	Confirmation of crews: U19 8+, U19 4x, U17 4x.
U19 Trials Only: 2000m Erg Test <i>Mandatory Event</i>	Monday 5 April	SASI	Submitted to RA with entry for trials.
Rowing Australia Pathways Regatta <i>Competition</i>	11 - 13 April	SIRC, Sydney	Rowing Australia to confirm dates.
Australian U19 Team Trials <i>Competition</i>	10 - 15 April	SIRC, Sydney	Rowing Australia to confirm dates.

PATHWAYS TEAM

South Australia's Pathway State Team races against teams from the other states at the Rowing Australia Pathway Regatta in April, held alongside the trials for the U19 Australian Team. Its aims are to develop athletes and coaches, strengthen the connection between school, club and state programs, and keep talented athletes in rowing after school.

THE TEAM

- **Three crews per gender:** U19 8+, U19 4x and U17 4x.
- **Travelling squad:** 32 athletes plus coxswains, named on 3 February after seat racing on 31 January.
- **Final crews:** decided through seat racing in the 30 March – 9 April training window and announced on 3 April.
- **Training:** mandatory in the training window during the Term 1 school holidays.



TRIP DETAILS

Dates: 10th - 13th April (TBC by Rowing Australia)

Location: Sydney International Regatta Centre, Penrith NSW

Cost: \$1800 (approx.)

Flights, accommodation and catering organised by Rowing SA

AUSTRALIAN U19 TEAM TRIALS

The Junior Trials group is for high-level junior athletes with the potential to be selected in an Australian U19 Team. Its aim is to prepare these athletes for the Under 19 Australian Team Selection Trials, giving them the training environment, coaching and racing experience to compete at national selection level and take the next step in the high-performance pathway.

The Trial and Training Days offer these athletes the opportunity to train with others at the same level and test crew combinations for racing or trialling opportunities. Athletes attending trials must also meet Rowing Australia's selection requirements.



BENCHMARKS

2026 Average 2000m Erg

- Trialling group: 7:17.2 (women), 6:19.5 (men)
- Selected for Aus U19 Team: 7:11.3 (women) (no men selected)
- Selected for 'Aus Junior B' Team: 7:17.2 (women), 6:17.5 (men)

SA U19 TEAM INTERNATIONAL TOUR

First run in 2026, the international campaign sees South Australian athletes compete at an international regatta during our winter. It is for athletes who have narrowly missed selection in a Junior Australian Team, or who have the potential to make an Australian team within the next one to two years. Its aim is to give these athletes international racing experience and continued high-performance development, keeping them engaged and progressing towards future national selection.

THE TOUR

- Athletes from the Junior Trials and Pathways State Team groups are eligible to be considered for selection following the Rowing Australia events in April.
- The team will consist of four female and four male athletes, plus potentially one coxswain.
- Target regatta, dates and costs to be confirmed.



Only athletes who have been nominated and taken part in the Junior High-Performance Pathway will be considered for the International Tour.

OUR COMMITMENTS

- **Values.** Everyone in the pathway upholds the Rowing SA Values of Respect, Integrity, Diversity and Excellence, and the Code of Conduct.
- **Safety.** Child safeguarding and athlete welfare come first, and all coaches hold a current Working with Children Check.
- **Fair, transparent selection.** Selection follows the 2027 Selection Policy and Pathway Event Requirements. Coaches and Selectors are selected by an independent panel.
- **Raising a concern.** If you have a concern about a selection decision, the Appeals Policy sets out the steps, starting within 48 hours of being notified.

Full details are in the 2027 Selection Policy and the Pathway State Team Event Requirements on the Rowing SA website: rowingsa.asn.au



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