

Event Requirements 2012 – Under 23 Team

Background:

The Rowing Australia (RA) Selection Policy 2010 - 2012 outlines the broad selection criteria relevant to rowers and coxswains, and can be viewed on the RA website www.rowingaustralia.com.au.

This document operates as an appendix to the RA Selection Policy 2010 – 2012 and outlines the activities that athletes and coxswains respectively must complete to be eligible for selection consideration for the Under 23 Team for 2012.

As was the case in 2011, the NRCE has further expanded its development pathway, and is enhancing the selection process to provide opportunities for USA based Australian athletes to be selected in a limited number of Under 23 boat classes in 2012. RA refers USA based athletes to the specific details on pages 2 and 3 of this document (under the heading “Specific Details – Under 23 Athletes based in the USA”), which outlines the compulsory activities required to be completed by US based athletes to be considered for selection.

Specific Details – Athletes based in Australia:

October 2011:

October 2011	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
10 – 12 October 2011	National Power Profile Ergometer Testing (refer to note 4)
17 – 21 October 2011	National 7 x 4min Step Test (refer to note 5)
19 – 23 October 2011	Domestic NTC Long Distance Time Trial (refer to note 3)
28 October 2011	Closing date for completion of Athlete Nomination Form – Notification (refer to note 8)

November 2011:

November 2011	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
23 - 27 November 2011	Domestic NTC Long Distance Time Trial (refer to note 3)

December 2011:

December 2011	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
5 – 7 December 2011	National Power Profile Ergometer Testing (refer to note 4)
14 - 18 December 2011	Domestic NTC Long Distance Time Trial (refer to note 3)

January 2012:

January 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
30 January – 1 February 2012	National Power Profile Ergometer Testing (refer to note 4)

February 2012:

February 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
February 2012	Athletes are strongly encouraged to compete in State Championships or Regattas

March 2012:

March 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
5 - 11 March 2012	National Championships (Champion Lakes, Perth); <ul style="list-style-type: none"> • Athletes to race a small boat of 1x or 2- in nominated weight category • Races will be conducted as a normal part of the National Championship Regatta • It is encouraged that athletes of Under 23 age race within Under 23 category • Athletes must also race at least one big boats within this regatta i.e. fours, quads or eights
14 March 2012	Initial Invitation list of National Under 23 Trialists announced; <ul style="list-style-type: none"> • The National Selectors will confirm in which boat class each athlete will commence the trialling process • The National Selectors will also confirm pair combinations if applicable • (refer to note 9)

April 2012:

April 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
9 - 11 April 2012	National Power Profile Ergometer Testing (refer to note 4)
13 April 2012	Final Invitation list of National Under 23 Trialists announced; <ul style="list-style-type: none"> • The National Selectors will confirm at this time which boat class each additional athlete will commence the trialling process • The National Selectors will also confirm pair combinations if applicable • (refer to note 9)
20 - 28 April 2012	National Selection Trials – Under 23 (see notes below) Venue is Sydney International Regatta Centre
28 April 2012	Target date for announcement of 2012 National Under 23 Team

Specific Details – Under 23 Athletes based in the USA:

October 2011:

October 2011	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
28 October 2011	Closing date for completion of Athlete Nomination Form – Notification (refer to note 8)

November 2011:

November 2011	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
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December 2011:

December 2011	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
5 – 7 December 2011	National Power Profile Ergometer Testing (refer to note 4)

January 2012:

January 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
30 January – 1 February 2012	National Power Profile Ergometer Testing (refer to note 4)



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February 2012:

February 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
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March 2012:

March 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
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April 2012:

April 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
9 - 11 April 2012	National Power Profile Ergometer Testing (refer to note 4)

May 2012:

May 2012	Full completion of all NRCE HP Development Monthly Monitoring (refer to note 2)
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June 2012:

1 June 2012	Final Invitation list of USA based Under 23 Trialists announced
8 - 10 June 2012	US based U23 National Selection Trials at US venue TBA

Notes:

1. The Rowing Australia Olympic Selection Handbook supersedes this Event Requirements for athletes that are in the Olympic Shadow Team. At which point athletes are removed from the Olympic Shadow Team this Event Requirements must be followed for athletes seeking Under 23 Selection in 2012.
2. NRCE HP Development Program Monthly Monitoring;
 - a. All athletes are required to complete all monitoring for the months stipulated above, and ensure the NRCE receives all appropriate information.
 - b. Please refer to the NRCE document "HP Development Program Monthly Monitoring Protocols" that outlines the monitoring activity and reporting process.
 - c. Athletes should contact their respective State HP Development Coordinators to assist with the facilitation of this monitoring process.
3. Domestic NTC Long Distance Time Trials are to be conducted as follows:
 - a. Athletes to race in single sculls over as close as practicable to 5 kilometres.
4. National Ergometer testing to be conducted in line with NRCE Power Profile Ergometer Testing protocols updated August 2010, as outlined on RA website.
5. National 7 x 4 minute Step Test to be conducted in line with the NRCE Step Test protocols, as outlined on the RA website. This testing is compulsory for all Tier 1 and Tier 2 scholarship athletes, and optional for all other athletes.
6. All athletes must complete all stipulated activities unless there are medical reasons or extenuating circumstances that prevent this. The NRCE is to be provided with an appropriate medical exemption form or notified of the particular extenuating circumstances as soon as is practicable.
7. Athletes attempting selection in the Under 23 Team must be 22 years of age or younger on 31 December 2012.
8. There are two parts to the Nomination Form – Notification, and Terms and Conditions.
 - a. The Nomination Form (Notification) should be completed electronically and returned in accordance with that form.
 - b. The Nomination Form (Terms and Conditions) should be completed, signed and returned in accordance with RA directions. Signed Nomination Forms (Terms and Conditions) can be sent to RA by e-mail (nrce@rowingaustralia.com.au), fax (02 6256 5955) or post (PO Box 245 Belconnen ACT 2617).
 - c. Please note that by competing at an RA Event, you undertake and agree to abide and be bound by the terms and requirements of, amongst other things, the Selection Policy, this Event Supplement, the Nomination Form and the RA Policies.
9. Invitations to attend the National Selection Trials will be gained in one or more of the following ways :
 - a. Achievement of the NRCE Benchmark ergometer standards for tests competed in 2012 for either the 6km or 2km tests. Refer to the RA website for NRCE Benchmarks.
 - b. Achievement of the following final positions at the National Championships:
 - i. Under 23 Women's Single Scull – top 5 nominated athletes

- ii. Under 23 Women's Coxless Pair – top 3 crews with both athletes nominated
 - iii. Under 23 Lightweight Women's Single Scull – top 4 nominated athletes
 - iv. Under 23 Men's Single Scull – top 5 nominated athletes
 - v. Under 23 Men's Coxless Pair – top 5 crews with both athletes nominated
 - vi. Under 23 Lightweight Men's Coxless Pair – top 4 crews with both athletes nominated
 - c. As a wild card entry based on Selector discretion, and may include performances in domestic regattas such as State Championships.
10. Invitations to attend the Under 23 National Selection Trials in the USA for USA based athletes will be based on Selector discretion. The Selectors will invite those athletes who in the Selectors' view have the potential / capability to most likely to be successful in future Olympics Games. However, in order to be eligible for invitation to the Under 23 National Selection Trials in the USA, athletes must complete all specified activities outlined on pages 2 and 3 of this document (under the heading "Specific Details – Under 23 Athletes based in the USA"), including completing Power Profile Ergometer Testing, plus completing and submit monthly scores on the HP Development Program Month Monitoring (which provide feedback on training progress).
11. Lightweight athletes are required to be within the following weight ranges for racing, time trials, and any national testing, including HP Development Program Monthly Monitoring ergometer components of 100m, 500m, and 30 minute fixed rate:
 - a. For October 11 – no specified weight, however weights must be recorded and sent to the NRCE when completing racing or testing.
 - b. For the November - December 11 - athletes must not weigh more than plus 6% of the FISA average weight (i.e. Men 74.2kg and Women 60.4kg). Hydration status at time of weight-in must also be provided, and is to be conducted following the NRCE Hydration Measurement Protocols.
 - c. For the January and February 12 athletes must not weigh more than plus 5% of the FISA average weight (i.e. Men 73.5kg and Women 59.9kg). Hydration status at time of weight-in must also be provided, and is to be conducted following the NRCE Hydration Measurement Protocols.
 - d. For racing at the National Championships athletes must abide by Rowing Australia rules. Hydration status at time of weight-in for the heats of the Under 23 lightweight men's coxless pairs and Under 23 lightweight women's single scull must also be provided, and is to be conducted following the NRCE Hydration Measurement Protocols.
 - e. For the April 2012 National Power Profile Ergometer Testing Week athletes must not weigh more than the FISA maximum weight (i.e. Men 72.5kg and Women 59.0kg) when completing each test. Hydration status at time of weight-in must also be provided, and is to be conducted following the NRCE Hydration Measurement Protocols.
 - f. Lightweight athletes invited to participate at the Selection Trials are required to inform the selectors of their nominated racing weights, and then race at those nominated weights. This must occur:
 - i. not less than 24 hours before the first weigh-in for the Selection Trials; and
 - ii. at any other time when requested by the Selectors.
 - iii. All lightweight crews must race at or below the FISA crew average (Men: 70kg and Women: 57kg), and the Selectors may require you to provide a urine sample to assess hydration status at the time of weigh-in.

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- g. The NRCE will publish further details (including race schedules) at least 24hrs before the start of the Selection Trials.
 - h. Once athletes are selected into Australian representative squads they will be notified of required weights for National Race Series and other testing.
12. Boats targeted to compete at the Under 23 World Championships:
- a. Under 23 Women's Coxless Four
 - b. Under 23 Women's Double Scull (or Quad Scull if Selectors believe there is appropriate athlete depth)
 - c. Under 23 Lightweight Women Double Scull
 - d. Under 23 Men's Coxless Four (or Eight if Selectors believe there is appropriate athlete depth)
 - e. Under 23 Men's Double Scull (or Quad Scull if Selectors believe there is appropriate athlete depth)
 - f. Under 23 lightweight Men's Coxless Four
 - g. any small boats considered to be fast enough by the National Selectors
 - h. Under 23 selections of Australian athletes based in USA considered for remaining boat classes not selected with Australian based athletes.
13. Prior to the naming of any crews in the National Under 23 Team, crews will need to demonstrate their ability/potential to be top 6 at the 2012 Under 23 World Championships.
14. It is anticipated that the National Selection Trials for invited Under 23 USA based athletes will be conducted on the Eastern Seaboard of the United States. It is further anticipated that specific details of location, costs and selection process will be outlined to nominating USA based athletes by 31 March 2012.
15. State High Performance Development Coordinators' names and contact details are as follows:
- a. Queensland – Andy Cruickshank
M: 0424 587 769; E: andrew.cruickshank@rowing.ausportnet.com
 - b. New South Wales – Adi Fawcett
M: 0417 475 179; E: adi.fawcett@rowing.ausportnet.com
 - c. ACT - Gordon Marcks,
M: 0407 787 270; E: gordon.marcks@act.gov.au
 - d. Tasmania – Ron Batt
M: 0410 583 474, E: Ron.Batt@tis.tas.gov.au
 - e. Victoria – Simon Gadsden
M: 0412 017 750; E: simon.gadsden@rowing.ausportnet.com
 - f. South Australia – Christine McLaren
M: 0413 042 176; E: christine.maclaren@rowing.ausportnet.com
 - g. Western Australia - TBA