



Rowing Australia **2007 – 2008 Event Supplement for:**

Senior Team: **WORLD CHAMPIONSHIPS (NON OLYMPIC), LINZ, AUSTRIA, 17TH – 20TH July 2008.**

Under 23 Team: **WORLD UNDER 23 CHAMPIONSHIPS, BRANDENBURG, GERMANY, 22ND – 27TH July 2008.**

Junior Team: **WORLD JUNIOR ROWING CHAMPIONSHIPS, LINZ, AUSTRIA, 17TH – 20TH July 2008.**

The Selection Criteria in Part 4 of the Selection Policy include, amongst other things:

- (a) satisfaction by Participants of the requirements of this Event Supplement; and
- (b) performance of Participants in trialling and competition specified in the Event Supplement.

Athletes and Coaches should also familiarise themselves with the other Selection Criteria in Part 4 of the Selection Policy.

General Information	Senior A (Non Olympic), Under 23, Junior
Nominations close	<ul style="list-style-type: none"> ▪ Senior A and Under 23 Nomination forms due by: 5pm Friday 9th November 2007. ▪ Junior Nomination forms due by: 5pm Sunday 18th February 2008. ▪ Nomination forms to be sent either by fax or mail to Rowing Australia (Fax: 02 6256 5955 or PO Box 245 Belconnen ACT 2617) ▪ Provision for Electronic return is being finalised and nominees will be updated if and when available.
Tour Information	<ul style="list-style-type: none"> ▪ Senior A and Junior World Championships: 22nd – 27th July 2008, Linz, Austria. ▪ Under 23 World Championships: 17th – 20th July 2008, Brandenburg, Germany.. ▪ Detailed touring information will be available in further correspondence and documents from the HPU and team management. ▪ The proposed tours include approximately a one week training camp in central Europe prior to their Championship. (ie a 2 week tour.) ▪ The tours are self funded after a subsidy from Rowing Australia and may vary between \$6,000 - \$8,000 seat fee. ▪ Where performances warrant an opportunity may exist for athletes to be selected on more than one team due to the location and proximity of the events. ▪ Athletes are required to be available to resume training and preparation in Australia one month after the final of their regatta for the following season.
Eligibility requirements	<ul style="list-style-type: none"> ▪ Australian Citizen ▪ A rower ceases to be a Junior on the 31st December the year they turn 18. ▪ A rower ceases to be an Under 23 on the 31st December the year they turn 22. ▪ Coaches must satisfy relevant police checks. ▪ Coaches must meet the relevant NCAS levels for their category as found in the Selection Policy. ▪ Must be a member of an affiliated State Rowing Club and must not have any outstanding financial obligations to RA, the SIS/SAS, the SSO or their club. ▪ Meet the requirements under this event supplement
Priority Boats and or Category Progression	<ul style="list-style-type: none"> ▪ No priority Boats nominated. ▪ Team priority crew selection will take place based on the “Objective” of the Selection Policy to: “select the best possible team to represent Australia with the best chance of winning medals at international events.” ▪ This may mean taking a national approach to team selection. ▪ Underpinning crews to the Olympic Games crews and for future development will be strongly considered for selection. (eg; WL4x, WL1x, ML1x, etc.). ▪ <i>Where athletes are involved in selection activities associated with the 2008 Senior A (Olympic Games) Event Supplement then these activities may take precedent and act as an exemption for activities within this Event Supplement. (Approval for exemption must be sought in writing from the High Performance Director.)</i>

2007 – 2008 NATIONAL PLAN

<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Venue</u>	<u>Senior A Notes</u>	<u>U23 Notes</u>	<u>Junior</u>
September (07)	15 th – 16 th	NTC Time Trial (Long distance, nominally 5km)	NTC's	<ul style="list-style-type: none"> ▪ All nominating athletes to compete (2007 Snr A Team exempt) ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: No weight limits ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5 pm, Monday the 17th September 2007. 	<ul style="list-style-type: none"> ▪ All nominating athletes to compete (2007 Snr A Team exempt) ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: No weight limits ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5 pm, Monday the 17th September 2007. 	<ul style="list-style-type: none"> ▪ No requirement to participate but welcome.
October (07)	13 th – 14 th	NTC Time Trial (Long distance, nominally 5km)	NTC's	<ul style="list-style-type: none"> ▪ All nominating athletes to compete. ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: No weight limits ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5pm, Monday the 15th Oct 2007. 	<ul style="list-style-type: none"> ▪ All nominating athletes to compete. ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: No weight limits ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5pm, Monday the 15th Oct 2007. 	<ul style="list-style-type: none"> ▪ No requirement to participate but welcome.
November (07)	10 th – 11 th	NTC Time Trial (Long distance, nominally 5km)	NTC's	<ul style="list-style-type: none"> ▪ All nominating athletes to compete. ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5pm, Monday the 12th November 2007. ▪ Non Olympic category only nominees do not need to progress to the National Time Trial and Camps. 	<ul style="list-style-type: none"> ▪ All nominating athletes to compete. ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5pm, Monday the 12th Nov 2007. ▪ Under 23 category only nominees do not need to progress to the National Time Trial and Camps. 	<ul style="list-style-type: none"> ▪ No requirement to participate but welcome.

	12 th – 16 th	Ergometer Test 7 x 4 min.	NTC's Labs	<ul style="list-style-type: none"> ▪ HPD and NHC's to determine testing group. ▪ Protocol as advised by RA ▪ Concept 2 Model D or E. (see drag) ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ Results to HPD and SSSM Coordinator by 5pm, Wednesday the 29th November, 2006 on the pro forma provided by RA. 	<ul style="list-style-type: none"> ▪ HPD and NHC's to determine testing group. ▪ Protocol as advised by RA ▪ Concept 2 Model D or E. (see drag) ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ Results to HPD and SSSM Coordinator by 5pm, Wednesday the 29th November, 2006 on the pro forma provided by RA. 	<ul style="list-style-type: none"> ▪ No requirement.
	26 th – 30 th	Ergometer Test 6km	NTC's	<ul style="list-style-type: none"> ▪ All nominating athletes to complete. ▪ Concept 2 Model D or E. (see drag) ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ Results to HPD and SSSM Coordinator by 5pm, Monday the 3rd December, 2007 on the pro forma provided by RA. 	<ul style="list-style-type: none"> ▪ All nominating athletes to compete. ▪ Concept 2 Model D or E. (see drag) ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ Results to HPD and SSSM Coordinator by 5pm, Monday the 3rd December, 2007 on the pro forma provided by RA. 	<ul style="list-style-type: none"> ▪ No requirement.
December (07)	8 th – 9 th	NTC Time Trial (Long distance, nominally 5km)	NTC's	<ul style="list-style-type: none"> ▪ All nominating athletes not invited to the National Time Trial and Camp to compete. ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5pm, Monday the 10th December 2007. 	<ul style="list-style-type: none"> ▪ All nominating athletes not invited to the National Time Trial and Camp to compete. ▪ All athletes (Men and Women) to compete in 1x. ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ All participating athletes' weights to be recorded. ▪ Results to be sent to HPD, NHC's and SSSM by 5pm, Monday the 10th December 2007. 	<ul style="list-style-type: none"> ▪ No requirement to participate but welcome.
January (08) / February (08)	30 th – 3 rd	Ergometer Test 6km	NTC's	<ul style="list-style-type: none"> ▪ All nominating athletes to complete. ▪ Concept 2 Model D or E. (see drag) ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ Results to HPD and SSSM Coordinator by 5pm, Monday the 4th 	<ul style="list-style-type: none"> ▪ All nominating athletes to complete. ▪ Concept 2 Model D or E. (see drag) ▪ Lightweights: plus 6% FISA ave. - (W) 60.42kg (M) 74.2kg ▪ Results to HPD and SSSM Coordinator by 5pm, Monday the 4th 	<ul style="list-style-type: none"> ▪ No requirement.

				February, 2008 on the pro forma provided by RA.	February, 2008 on the pro forma provided by RA.	
March (08)	3 rd – 9 th	National Championships (1 st Selection Regatta)	Penrith (NSW)	<ul style="list-style-type: none"> All nominating athletes to compete. Women: 1x or 2-; Men: 1x or 2- Big boats 2x or 4- (see note 1) Lightweight: As per RA Championship rules. See note 1) below for further details. 	<ul style="list-style-type: none"> All nominating athletes to compete. Women: 1x or 2-; Men: 1x or 2- Big boats 2x or 4- (see note 1) Lightweight: As per RA Championship rules. See note 1) below for further details. It is recommended the U23 athletes compete in your age category 	<ul style="list-style-type: none"> All nominating athletes to compete. Athletes who have commitment clashes must seek an exemption from the HPD in writing prior to the National Championships. See note 3) below for further details.
	17 th	Ergometer Test 2km	NTC's	<ul style="list-style-type: none"> All nominating athletes to complete. Concept 2 Model D or E. (see drag) Lightweight: FISA max. (W) 59kg (M) 72.5kg Results to HPD, NHC's and SSSM by 5pm Tuesday the 18th March 2008 on the pro forma provided by RA. 	<ul style="list-style-type: none"> All nominating athletes to complete. Concept 2 Model D or E. (see drag) Lightweight: FISA max. (W) 59kg (M) 72.5kg Results to HPD, NHC's and SSSM by 5pm Tuesday the 18th March 2008 on the pro forma provided by RA. 	<ul style="list-style-type: none"> All nominating athletes to complete. Concept 2 Model D or E (see drag) Results to HPD, NHC's and SSSM by 5pm Tuesday 18th March on the pro forma provided by RA. Athletes with commitment clashes must request an exemption from the HPD prior to the 17th March and must complete the test prior to the 3rd April in the manner described above.
April (08)	11 th – 13 th	2 nd Selection Regatta	Penrith SIRC (NSW)	<ul style="list-style-type: none"> Athletes invited to participate by the National Selectors based on the criteria in 4.1.1 and 4.1.2 of the Selection Policy. Women: 1x or 2-; Men: 1x or 2- Big boats 2x or 4- as determined by the selectors. Lightweights: nominated weights to FISA regulations See note 2) below for further details. 	<ul style="list-style-type: none"> Athletes invited to participate by the National Selectors based on the criteria in 4.1.1 and 4.1.2 of the Selection Policy. Women: 1x or 2-; Men: 1x or 2- Big boats 2x or 4- as determined by the selectors. Lightweights: nominated weights to FISA regulations See note 2) below for further details. 	<ul style="list-style-type: none"> See age category entry below.

	14 th – 20 th	Selection Trials	Penrith SIRC (NSW)	<ul style="list-style-type: none"> ▪ Athletes invited to participate by the National Selectors based on the criteria in 4.1.1 and 4.1.2 of the Selection Policy. ▪ Trial boats and distances at the discretion of the selectors. ▪ See note 3) below for further details. ▪ The selectors reserve the right to nominate crews or squads to the RA Board at the conclusion of the selection trial on April the 20th 2008. ▪ See note 6) below for further details regarding details of selection progression from these trials. 	<ul style="list-style-type: none"> ▪ Athletes invited to participate by the National Selectors based on the criteria in 4.1.1 and 4.1.2 of the Selection Policy. ▪ Trial boats and distances at the discretion of the selectors. ▪ See note 3) below for further details. ▪ The selectors reserve the right to nominate crews or squads to the RA Board at the conclusion of the selection trial on April the 20th 2008. ▪ See note 6) below for further details regarding details of selection progression from these trials. 	<ul style="list-style-type: none"> ▪ N/A.
	11 th – 14 th	Junior Selection Regatta and Trials	Penrith SIRC (NSW)	<ul style="list-style-type: none"> ▪ N/A 	<ul style="list-style-type: none"> ▪ N/A 	<ul style="list-style-type: none"> ▪ All nominating athletes to compete. ▪ All to row small boat 1x or 2-; then big boats of own choice. ▪ Selector's big boat (2x,4x,4-,M4+,8+) trials as required. ▪ See notes 5) and 7) below for further details.

NOTES:

Lightweight athletes may make a request for consideration for specific weight adjustment to the published weights where other than FISA average weight is required. This request must be made to the High Performance Director prior to the event for specific consideration and evidence in support must be provided from a recognised medical practitioner or science network provider. Approval must be granted and written consent provided for the weight adjustment to be accepted under this policy.

- 1) 1st SELECTION REGATTA (NON OLYMPIC SENIOR A / UNDER 23 / JUNIOR) 3rd - 9th MARCH 2008 (NATIONAL CHAMPIONSHIPS – PENRITH, NSW)
- All nominating athletes to compete.
 - The National Selection small boat (1x, 2-) events (Non Olympic Senior A / Under 23) will be conducted as part of the normal National Championship program (schedules to be published in due time by NSWRA.)
 - All athletes [Snr A / U23 (HW & LW)] to compete in: Women 1x or 2-; Men 1x or 2-. No age restriction is placed on the small boat entry for selection purposes except to be eligible by age in the Under 23 category. Athletes must meet the race schedules as determined by the pre set race order timetable if entering other events.

- All athletes are required to race in a 2x or 4- as part of the National Championship program. Lightweights (Snr A / U23) may race in lightweight or heavyweight division in the big boats (2x, 4-) only. No age restriction applies apart from eligibility.
 - Lightweights to race as per Rowing Australia rules in all lightweight boats.
 - Entries need to be received through NSWRA as a normal Championship entry.
- Further details in regards the event and race schedules will be published by the High Performance Unit in due time of the event.

2) 2nd SELECTION REGATTA (SENIOR A / UNDER 23) 11^h – 13th APRIL 2008 (SIRC)

- Only Athletes invited by the National Selectors based on the criteria in 4.1.1 and 4.1.2 of the selection policy [and any additional special requirements] will compete at the 2nd Selection Regatta. Those Athletes will compete for Senior A and or Under 23 selection in accordance with the selectors' invitation. The basis for invitation by the National Selectors will be from the criteria contained in 4.1.1 and 4.1.2 in the Selection Policy. Invitations will be offered after the 2km Ergometer test on the 17th March 2008. Only Athletes who have completed the selection requirements, or have been formally exempted, in this Event Supplement are eligible for invitation. (NB: Athletes may be exempt from activities in this Event Supplement if they have been involved in similar activities as part of the Event Supplement for the Senior A Team – Olympic Games. They must request such an exemption in writing from the High Performance Director.)
- Athletes to compete in:
Senior A / Under 23
 - 1) Small Boats - Women 1x or 2-; Men 1x or 2- (Friday 11th - am heats, Friday 11th - pm semi finals where required, Saturday 12th am finals) and,
 - 2) Big Boats – 2x or 4- (Sunday 13th finals). The selectors will determine the combinations for the make up of the big boats. This will also allow for appropriate positioning of Senior A and Under 23 athletes within these races – see dot point below.
- All races will be competed as open events combining both the Senior A and Under 23 categories. Some streaming of Under 23 athletes may take place in selector approved big boats.
- Lightweights to race at nominated weights. All lightweights must notify the selectors of their nominated weights no less than 24 hours before the first weigh in for the regatta and at other times requested by the selectors. All crews are to race at FISA weights.
- Further details in regards the event and race schedules will be published by the High Performance Unit in due time of the event.

3) NATIONAL SELECTION TRIALS (SENIOR A / UNDER 23) 14th – 20th APRIL 2008 (SIRC)

- Only Athletes invited by the National Selectors based on the criteria in 4.1.1 and 4.1.2 of the selection policy [and any additional special requirements] will compete in the Selection trials. The basis for invitation will be from the criteria contained in 4.1.1 and 4.1.2 of the Selection Policy and performance at the 2nd Selection Regatta.
- Athletes to compete in trial boats over trial distances as required by the selectors.
- Lightweights continue to race at nominated or approved weights by the selectors.
- The selectors will give consideration to the performances of athletes whereby they can be considered to be eligible and selected into more than one team. Where required this may be reflected in the race scheduling.
- Further details in regards the event and race schedules will be published by the High Performance Unit in due time of the event.

- 4) NATIONAL CHAMPIONSHIPS (JUNIORS) 3rd – 9th MARCH 2008 (PENRITH, NSW)
- All **Junior** athletes nominating for National Selection in 2008 are to compete in an event of their choice. (NB: Juniors with commitment clashes must seek an exemption from the HPD in writing prior to the event. They may contest any event.)
 - Entries need to be received through NSWRA as a normal Championship entry.
 - Where appropriate further details in regards the event and race schedules will be published by the High Performance Unit in due time of the event.
- 5) JUNIOR SELECTION REGATTA / TRIALS 11th – 14th APRIL 2008 (SIRC)
- All eligible nominees are to race in a 1x or 2- on Friday 11th April (Heats am, Finals pm)
 - Saturday am 12th April, finals of big boats (2x, 4x, 4-, M4+, 8+) of choice as approved for entry by the SIS/SAS Head Coach from eligible athletes.
 - Interstate composite crews may be entered with the approval of each Head Coach.
 - Saturday pm 12th April, big boat selection trials as determined by the selectors if deemed necessary.
 - Sunday am 13th – Monday am 14th April, further big boat selection trials as determined by the selectors if deemed necessary.
 - Eligible entries need to be received by the High Performance Director and Elite Program Manager by 5pm Monday the 7th April 2008.
 - Where appropriate, further details in regards the event and race schedules will be published by the High Performance Unit in due time of the event.
- 6) SENIOR A / UNDER 23 SELECTION PROCESS NOTES:

Coaches: Rowing Australia reserves the right to select coaches at various intervals for more than one season.

Athletes and coaches should refer to the selection criteria found in Part 4 of the Selection Policy. Invitations to the 2nd Selection Regatta and Trials and subsequent national selection into the Australian Rowing Teams will be made at the discretion of the Selectors from the available and appropriate criteria. The Board of Rowing Australia will consider the recommendations of the selectors for approval;

- (a) Coaches
- (b) Squads
- (c) Transisiton arrangements from squads to crews
- (d) Team

before team selection can be advised.

Whilst the Selection Policy gives the Selectors the discretion to vary crews and squads, the Selectors aim to select Athletes for final crews or squads following the completion of the Selection trials on 20 April 2008. Again this selection is based on the range of criteria in the Selection Policy. It may be more common than not for athletes named in squads at 20th April to be named as members of the Australian Rowing Teams with only the crew selection to be confirmed. The provisions contained in Part 3 of the Selection Policy articulate the selectors' role in this process.

Athletes and coaches should note that one of the criteria for their selection is their ability to train in the designated training location and travel to the required overseas competitions with their crew or squad. They must be aware that in 2008 the Senior A team are also required to pay seat fees.

SELECTION OF 2007 SENIOR A / UNDER 23 SQUADS TO CREWS:

Although there is a strong preference for Senior A Non Olympic and Under 23 crews to have an un interrupted and consistent preparation the policy does allow for continued evaluation particularly to ensure we get our best overseas results and the selection of squads may assist to facilitate this process. See comments and process below.

The primary purpose of this strategy is to ensure that the final selection of crews to represent Australia at the World Championships will take into account, amongst other factors, both the continuing form and compatibility of the athletes, as well as relative category strengths in comparison to known world standards. This strategy is consistent with the objective of the Selection Policy (see paragraph 1.1).

The squad principle does not apply to the categories in which crews have already been selected but other provisions in part 3 of the Selection Policy allow for continuing assessment to be made. The following process will apply to the squads that are announced following the April Selection Trials:

- The time line for crew finalisation has been set for Monday 23rd June 2008, approximately a month before the heats of the World Championships. (An extension to this deadline may be requested by the coaches if exceptional circumstances, such as injury, weather and the like deem this to be appropriate. This will then be clearly communicated to the athletes in the squads.)
- Where appropriate the Selectors and coaches may identify the final composition of a crew/s from the squad prior to this time.

The method to be used by the Selectors in determining final crews from the squads that were announced after the April Selection Trials will comprise;

- 1) The initial assessment of results used for the selection of the squad;
- 2) Specific internal assessments conducted during training that are monitored and recorded by the coaches from April 28 – June 22 in accordance with an initial plan prepared by the Selectors and crew coach by the 12th May, and at other times where required and communicated to the athletes at these times.
- 3) Consideration of the Selection Criteria set out in Part 4 of the Selection Policy. (this could include past results, team harmony and the like.)
- 4) Consultation with the crew coach consistent with 2.5.5 of the Selection Policy.

Squad members should also be aware that no decisions have been made with regard to priority boats in each category and that these decisions will only be made following a review of the performances of squads and crews in preparation.

Athletes should in the first instance discuss their role within the squad with their nominated crew coach should they have any concerns regarding progression within the squad. The nominated crew coach and athlete may then raise any issues with the selectors through the Chairman of Selectors.

7) JUNIOR SELECTION PROCESS NOTES:

- The “Objective” of the Selection Policy is to select the best possible team with the best chance of winning medals at the World Junior Championships. Only athletes who can demonstrate that they can meet this objective can be considered.
- All nominees are to race the small boat (1x, 2-) at the April Selection Regatta. Results will be evaluated against prognostic standards. Small boat decisions may be made according to the subsequent performances of individual athletes or crews or from their individual result. The selectors may consider athletes other than those who are placed first in their event.
- A “National” approach to crew selection will take place. Nominees must note the request for relevant information on the “Schedule to Nomination Form”. State based crews are encouraged but where an opportunity exists to consider options of interstate selection to meet the objectives of the Selection Policy then this will be considered by the selectors. Under 18 year old athletes will require “Parental Consent” in regards to their nomination and training location.
- After the big boat races on Saturday am, the selectors will consider the results against prognostics (taking into account all relevant factors) and determine whether further trials will take place. At this point it is possible that winning crews will be assessed to determine whether further trials are likely to find better crews from available athletes who meet the selection criteria. These trials may be conducted from Saturday pm until no later than Monday am. States are encouraged to have completed rigorous assessment prior to the SIS/SAS Head Coach approving the eligible entry to minimise the trialling process.
- All athletes and coaches recommended for selection are to remain at Penrith until at least midday Sunday if trialling is completed prior to this time. The official team announcement will be made after approval by the RA Board at a date to be confirmed nearer to the event.

8) ERGOMETER PROTOCOLS:

For all ergometer testing in this Event Supplement the following drag factors apply on Concept 2 Model D or E ergometers.

- Senior A / Under 23 Heavyweight Men: 130
- Senior A / Under 23 Lightweight Men / Heavyweight Women; Junior Men: 120
- Senior A / Under 23 Lightweight Women; Junior Women: 110

