

Memo

To: Senior A athletes and Coaches.

From: Noel W. Donaldson, High Performance Director / Chairman or Selectors.

CC: Selectors, Board, SIS/SAS/AIS, SSO's

Date: 3rd March 2008

Re: Updated selection progression.

To all relevant athletes and coaches listed in crew or category squads below:

The 2008 Selection Policy Handbook requires in the Event Supplement on page 46 [4.12 (c)] to:

“Within 10 days (from the 22nd February) RA will advise athletes of the process by which the final crew will be determined. (see Note 9 below).”

9. Selection of 2008 Senior A Squads to Crews

9.1 The primary purpose of this strategy is to ensure that the final selection of crews to be nominated by Rowing Australia to the Australian Olympic Committee (AOC) to represent Australia at the Olympic Games 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 world standards observed at the World Cups. This strategy is consistent with the objective of the 2008 Selection Policy Handbook (see paragraph 1.1).

9.2 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 crews or squads that are announced following either the February or April Selection Trials:

(a) All athletes will be required to relocate to their National Training Centre as advised by the crew or squad coach and approved by the National selectors as soon as practicable after the announcement of the crew or squad.

(b) Some squads may be required to race at the 3rd Selection Regatta and as a result of the performances at these trials either crews or squads will be named at the conclusion of these trials on the 20th April 2008.

(c) Crews and squads may be selected to race at World Cup Regatta/s. The performances at these regatta/s will be used as a reference point for the finalisation of crews but equally as important, the performances provide an opportunity to appraise our team strengths and weaknesses in comparison to our opponents which in turn may influence the Selectors' decisions in prioritising squads to crews. Crew or category squads may continue until completion of the World Cup Regattas on 22nd June 2008.

(d) Where appropriate the Selectors and coaches may identify the final composition of a crew/s from the squad prior to this time.

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Note: All National crew(s) combinations for nomination to the AOC will be finalised by RA on or before Wednesday 25th June 2008, after the final World Cup Regatta and just over five weeks before the heats of the Olympic Games.

CATEGORY UPDATE:

Women's Eight:

- At present eight rowers and a coxswain have been selected in this squad in the Women's 8+. This group of selected athletes is not required to attend the April Regatta or Trials unless for race practice as determined by the crew coach/es.
- The purpose of racing for this category is to add athletes to the W8+ squad or/and used in the process of determining the possibility of selecting a Women's 4-
- Of the 5 invited athletes, respective NTC Head Coaches should determine crew combinations in 2-'s or if uneven numbers in a single scull.
- NTC Head Coaches should provide their preferred starting combinations to the HPD on or before 4th April 2008.
- This category will start racing on April 11th in pairs and continue in a matrix format.
- The decision on the number of athletes that may be added to the W8+ squad is solely determined by performance at the April Trials and any other relevant criteria found in 4.1.1 of the 2008 Selection Policy Handbook.

Men's Eight:

- At present eight rowers and a coxswain have been selected into the Men's 8+. This group of selected athletes is not required to attend the April Regatta or Trials unless for race practice as determined by the crew coach.
- As outlined in the 22 Feb announcement by the RA Board, the crew may be subject to ongoing performance assessments.
- Athletes able to be included in any assessments will only come from the named 4's squad until the April Selection Regatta and after this date from the nominated Men's Four. Two other athletes not selected into the Men's eight or four will act as reserves for both crews.
- Any changes to both crews shall be subject to selector's approval in accordance with Part 3 of the 2008 Selection Policy Handbook.

Men's Fours Squad: (April Selection Regatta)

- The squad for the Men's 4- will train at the AIS form Thursday 13th March primarily in fours in matrix combinations as determined by the National Head Coach, Men and the appointed Men's 4- coach, Tim Conrad.
- Information gathered in training (that may include times and margins in various crew combinations, video, MinimaxX, biomechanical data, or others) will be collated and presented to the Selectors, prior to the start of the April Selection Regatta.
- The Selectors will determine the crew combinations for the April Selection Regatta and Trials, based on the information gathered at the February Selection Regatta and the collated data from training (dot point 2 above).
- The starting combinations will be announced at least 36 hours prior to the start of the April Selection Regatta.
- This category will start racing on April 11th in fours.

Women's Quad Squad: (April Selection Regatta)

- 6 athletes have been selected in the squad for consideration in the Women's Quad. The squad will train in Sydney from Thursday 13th March however training facilities will be provided from Monday 10th March. (NB: Contact Nick Garratt and Sam Irvine for any logistical information in regard to accommodation; RA will commence Direct Athlete Support from this time.) During the Nationals this squad should contact the HPD in regards meeting on Monday 10th March.
- Information gathered in training (that may include times and margins in various crew combinations, video, MinimaxX, biomechanical data, or others) will be collated and presented to the Selectors, prior to the start of the April Selection Regatta.
- Training prior to this regatta will focus primarily around the quad scull, with some double scull training (and where injury, illness or other deems, the single scull). Athletes will be rotated into and out of the boat at the discretion of the crew coach, Nick Garratt.
- The Selectors will determine the crew combinations for the April Selection Regatta and Trials, based on information gathered at the February Selection Regatta and collated data from training (dot point 2 above). The starting combinations will be announced at least 36 hours prior to the start of the April Selection Regatta.
- This category will start racing on April 11th in one quad and one double scull.

Women's Double / Single Squad: (April Selection Regatta)

- Two athletes (Robbins, Savage) have been requested to come to the April trials in a single scull.
- Once the selection of the Women's Quad scull is finalized (see above), the two remaining athletes will then be added to those in contention for the Women's Double Scull.
- Athletes in this double/single squad will compete in the same number of races as the women's quad squad, until that category has been finalized unless the Selectors otherwise.
- This category will start racing on April 11th in single sculls.

Men's Quad / Single Squad : (April Selection Regatta)

- 8 athletes have been selected in the squad for consideration in the Men's Quad and Single Scull. The squad will train in Tasmania from Thursday 13th March. (Contact Rhett Ayliffe or John Driessen for logistics information in regard to accommodation and ground transport. Contact Sam Irvine for travel details. RA will commence Direct Athlete Support at this time.)
- Information gathered in training (that may include times and margins in various crew combinations, video, MinimaxX, biomechanical data, or others) will be collated and presented to the Selectors, prior to the start of the April Selection Regatta.
- Training prior to this regatta will focus primarily around the quad scull, with some double scull training (and where injury, illness or other deems, the single scull). Athletes will be rotated into and out of the boat at the discretion of the crew coach, John Driessen.
- The Selectors will determine the crew combinations for the April Selection Regatta and Trials, based on information gathered at the February Selection Regatta, collated data from training (dot point 2 above). The starting combinations will be announced at least 36 hours prior to the start of the April Selection Regatta.
- This category will start racing on April 11th in two quads.



Men's Lightweight Squad:

- At present four rowers have been selected into the coxless four and two have been selected into the lightweight double scull. This group of selected athletes is not required to attend the April Regatta or Trials unless for race practice as determined by the crew coach.
- Due to the injury to Sam Beltz the Selectors reserve the right to continue to appraise the performance of both crews until either or both are finalized in accordance with the approved medical rehabilitation plan.
- The squad will be based in Perth. The lightweight four will commence on Monday 17th March and the lightweight double scull on approval by RA in accordance with the rehabilitation plan for Beltz. They remain in Hobart until this time. (Contact Andy Smith or Antonio at WAIS for logistics information in regard to accommodation and ground transport. Contact Sam Irvine for travel details. RA will commence Direct Athlete Support at this time.)
- Should further consideration be required the Selectors in due time will announce the times and methods by which any trialing may occur for either or both crews.
- A decision on a lightweight alternate rower will be taken in conjunction with the Non Olympic trials in April. It is expected that this athlete will be a member of the Non Olympic team in a crew boat and averages 70kg.

Other Non Olympic crews/ scullers (April Selection Regatta):

- Other than those referred to above please refer in this case to the Non Olympic Event supplement.
- If you are unclear as to your requirements, please call Noel Donaldson, HPD and Chairman of selectors. ndonaldson@rowingaustralia.com.au (0418 357750)

Any other questions should be directed at the relevant category coach or the RA office. NB: RA will not reimburse athletes for travel costs incurred if they have not been approved by the HPD prior to any booking. Sam Irvine is the conduit to making all the travel bookings work smoothly.

Good racing at the Nationals and good training and racing ahead.

Regards,

Noel Donaldson