

National Training Centre Invitation Guidelines

Please Note: RA intends to review these Guidelines in April of each year but may review and update these Guidelines at any time. Any updated version of these Guidelines will be notified to athletes by publication on the RA website. The updated version will take effect one day after publication on the RA website or on the date specified in the update version (whichever is the later).

As part of the *CampaignNumberOne* Rowing Australia has established two centralised programs for the preparation of our National Program Athletes: Men's program in Canberra and Women's program in Penrith. This document outlines the process for invitation by Rowing Australia for athletes to be part of the Men's and Women's National Training Centres. All athletes who wish to be considered eligible for invitation into the NTCs should take careful note of the following details.

Summary – Invitations to the NTCs:

Based on Head Coach recommendations, the Performance Director will invite athletes to the NTCs for the following season. The total number of athletes in each NTC shall not exceed the maximum number of places for each NTC (this is discussed in more detail below – see Note D). The NTC placement will be for a fixed period commencing from the date the athlete is required to attend the NTC and continuing until the date that invitations are announced in the following year. Places at the NTC will be assessed annually, and will be based on an athlete's performance consistent with these Guidelines. All athletes will be considered as working towards selection and performance at the 2020 Tokyo Olympic Games.

In summary, there will be two intakes in each season.

Intake 1: The first intake will be based on performance at the previous Senior Benchmark Event (i.e. the Rio Olympics for the 2016/17 season and the World Championships for the following three seasons). Details are provided in these Guidelines.

Intake 2: The NTC Testing Camps will be used to determine the second intake, however athletes must first obtain an invitation to attend the NTC Testing Camp. Details are provided in these Guidelines.

There are some differences in the invitation process for the 2016/17 season and the invitation process for future seasons. This is due to the late commencement of the 2016/17 season. The key differences include the following:

- For the 2016/17 season, all athletes who were selected in the 2016 Australian Rowing Team for the Rio Olympics (including reserves) will automatically be invited to train at the NTC for that season. For future NTC seasons, athletes who achieve the pre-announced Benchmark Event Performance Standard at the Senior Benchmark Event (e.g. 2017 World Championships for the 2017/18 season), will automatically be invited to train at the NTC.
- For the 2016/17 season, there is no automatic invitation right to the NTC Testing Camp (like there will be for future seasons). For the 2016/17 season, invitations will be based on contents of completed and returned expressions of interest, and previous domestic and international performances, including performance at Under 23 and Non-Olympic World Championships.

Athletes who are invited to train at an NTC will be required to commence at the NTC by no later than the NTC Commencement Date (which differs depending on whether athlete is invited in Intake 1 or Intake 2), and continue training at the NTC for the duration of the NTC placement as required by RA (with breaks for Christmas and as otherwise directed by RA). **For the removal of any doubt, athletes that fail to attend the NTC when required will not be eligible for selection to the Australian Rowing Team for the upcoming season and will not be eligible for Athlete Categorisation and therefore support from RA or its SIS/SAS partners for the upcoming season (subject to an exemption being granted by the Performance Director for Exceptional Circumstances).**



CampaignNumberOne
NO COMPROMISE



PRINCIPAL PARTNERS

**HANCOCK
PROSPECTING**

MAJOR PARTNER



Exceptional Circumstances: The Performance Director shall have the power to grant exemptions from the requirement to attend the NTC (for the 2016/17 and 2017/18 seasons only) based on Exceptional Circumstances. Where any athlete seeks consideration of Exceptional Circumstances, a decision on a case by case basis will be made by the Performance Director at the sole and absolute discretion of the Performance Director. In the extremely rare circumstance where Exceptional Circumstances are granted, the athlete if selected to the National Team, will (notwithstanding the exemption) be required to move to the respective NTC immediately post Selection Trials and commit to all National Team activity in preparation for the upcoming Benchmark Event. The Performance Director shall have no power to grant exemptions for Exceptional Circumstances in respect of the 2018/19 and 2019/20 seasons.

Applications for exemption from the requirement to attend the NTC on the basis of Exceptional Circumstances must:

- For the 2016/17 season be included in an athlete's response to an invitation to train at the NTC (in either Intake 1 or Intake 2 or for the NTC Testing Camp, whichever is the earlier) and by the due date specified on that invitation
- For the 2017/18 season be included in an athlete's expression of interest to train at a NTC and submitted by the EOI Due Date.

Milestone (to be completed on or before the specified date)	2016/17 NTC Season	2017/18 NTC Season	2018/19 NTC Season	2019/20 NTC Season
Announcements: <ul style="list-style-type: none"> Benchmark Event Performance Standard (see Note A) Minimum eligibility requirements to attend NTC Testing Camp (see Note B) 	8 November 2016	30 June 2017	30 June 2018	30 June 2019
Senior Benchmark Event	2016 Rio Olympic Games (6 – 14 August 2016)	2017 World Championships (24 September – 1 October 2017)	2018 World Championships (9 – 16 September 2018)	2019 World Championships (25 August – 1 September 2019)
EOI Due Date: Athletes to submit expressions of interest to train at a NTC (see Note C)	25 October 2016	TBD	TBD	TBD
Announcements: <ul style="list-style-type: none"> Maximum number of places available at each NTC (see Note D) Invitations to train at the NTC – Intake 1 Athletes (see Note E) 	8 November 2016	6 October 2017	21 September 2018	6 September 2019
Announcement: Invitations to attend the NTC Testing Camp (see Note F)	11 th November 2016	17 October 2017	5 October 2018	20 September 2019
Mandatory Event: NTC Commencement Date for Intake 1 Athletes (athletes to be relocated and training full time) (see Notes G and K)	21 November 2016	23 October 2017	8 October 2018	23 September 2019
Mandatory Event: NTC Testing Camp (see Notes H and K)	21 – 25 November 2016	27 – 29 October 2017	19 – 21 October 2018	4 – 6 October 2019
Announcement: Invitations to train at the NTC – Intake 2 Athletes (see Note I)	26 November 2016	3 November 2017	26 October 2018	11 October 2019
Mandatory Event: NTC Commencement Date for Intake 2 Athletes (athletes to be relocated and training full time) (see Notes J and K)	28 th November 2016	13 th November 2017	9 th November 2018	25 th October 2019

NOTE A: Benchmark Event Performance Standard

1. The Benchmark Event Performance Standard will be determined by the Performance Director in his sole and absolute discretion. An athlete has no right of appeal against the determination of the Benchmark Event Performance Standard by the Performance Director. The Benchmark Event Performance Standard is relevant to the first round of invitations to the NTC (see Note E).
2. Notwithstanding Note 1, for the 2016/17 season all athletes who were selected in the 2016 Australian Rowing Team for the Rio Olympics (including reserves) will automatically be invited to train at the NTC for that season (see Note E).

NOTE B: Minimum eligibility requirements to attend NTC Testing Camp

3. An athlete who achieves the minimum eligibility requirements is eligible to be invited to the NTC Testing Camp. Satisfaction of the minimum eligibility requirements by an athlete does not guarantee that athlete an invitation to attend the NTC Testing Camp or to train at the NTC.
4. The minimum eligibility requirements will be determined by the Performance Director in his sole and absolute discretion, and will (at the very least) include a requirement to complete both of the following:
 - (a) 5000m ergometer test to be completed in the 3rd week of September; and
 - (b) On-Water Time Trial to be completed in the 4th week of September.
5. An athlete has no right of appeal against the determination of the minimum eligibility requirements by the Performance Director.

NOTE C: Athletes to submit expressions of interest to train at a NTC

6. Notwithstanding anything in these Guidelines, an invitation to train at an NTC is contingent on the athlete:
 - (a) submitting an expression of interest on or before the due date, and in the manner, specified by RA; and
 - (b) signing an RA Athlete Agreement.

Note D: Maximum number of places available at each NTC

7. The maximum number of places available at each NTC will be determined by the Performance Director in his sole and absolute discretion and will not exceed 25 places for each NTC in any season.
8. Factors to be taken into account in determining the maximum number of places may include (amongst other things):
 - (a) availability of funding;
 - (b) program priorities;
 - (c) availability of NTC resources.
9. An athlete has no right of appeal against the determination of the maximum number of places by the Performance Director.

NOTE E: Invitations to train at the NTC – Intake 1 Athletes

10. An athlete who achieves the Benchmark Event Performance Standard at the Senior Benchmark Event, will automatically be invited to train at the NTC for the upcoming season (each an **Intake 1 Athlete**).

By way of example, an athlete who achieves the Benchmark Event Performance Standard (as announced on or before 30 June 2017) at the 2017 World Championships, will automatically be invited to train at the NTC for the 2017/18 NTC season.

For the 2016/17 season however, there will be no Benchmark Event Performance Standard. Instead all athletes who were selected in the 2016 Australian Rowing Team for the Rio Olympics (including reserves) will automatically be invited to train at the NTC for that season (each an **Intake 1 Athlete**).

11. After considering the recommendations of the relevant National Head Coach, the Performance Director may, in his sole and absolute discretion, invite (to train at the NTC for the upcoming season) any athlete who was selected in the Australian Rowing Team for the Senior Benchmark Event – even if that athlete failed (for whatever reason) to achieve the Benchmark Performance Standard at the Senior Benchmark Event (each also an **Intake 1 Athlete**).

By way of example, an athlete who was selected in the Australian Rowing Team for the 2017 World Championships but failed to achieve the Benchmark Event Performance Standard (as announced on or before 30 June 2017) may still be invited to train at the NTC for the 2017/18 NTC season.

12. An athlete has no right of appeal against a decision not to invite the athlete to train at the NTC as an Intake 1 Athlete. Such athletes are still available to be invited to train at the NTC as an Intake 2 Athlete (see below). Failure to be invited to train at the NTC as an Intake 1 Athlete does not preclude an athlete from being selected in the Australian Rowing Team for the upcoming season.

NOTE F: Invitations to attend the NTC Testing Camp

13. The NTC Testing Camps will be used to determine further invitations to the NTCs for the upcoming season.
14. In summary, an athlete who wishes to train at the NTC and who is not an Intake 1 Athlete must:
 - (a) be invited to attend the NTC Testing Camp (each an **NTC Testing Camp Athlete**); and
 - (b) attend and compete at the NTC Testing Camp; and
 - (c) be invited to train at the NTC (each an **Intake 2 Athlete**).
15. Up to 50 athletes of each gender (including both heavyweights and lightweights) who meet the minimum eligibility requirements to attend the NTC Testing Camp (see Note B) will be invited by the Performance Director to attend the NTC Testing Camp in accordance with the following (save that there will be no automatic invitations to the NTC Testing Camp for the 2016/17 season):

Automatic Invitation: The following persons will be automatically invited to attend the NTC Testing Camp for the 2017/18 season and subsequent seasons:

- (a) athletes selected in the Australian Rowing Team for the Senior Benchmark Event who were not invited to train at the NTC as an Intake 1 Athlete;
(by way of example, athletes selected in the 2017 Australian Rowing Team for the 2017 World Championships and who were not invited to train at the NTC for the 2017/18 season as an Intake 1 Athlete will be invited to attend the NTC Testing Camp for the 2017/18 season)
- (b) athletes who trained at the NTC in the previous season but who were not selected in the previous Australian Rowing Team;
(by way of example, athletes who trained at the NTC for the 2016/17 season and who were not selected in the 2017 Australian Rowing Team will be invited to attend the NTC Testing Camp for the 2017/18 season)
- (c) athletes who won a medal at the preceding Under 23 World Championships;
(by way of example, athletes who won a medal at the 2017 Under 23 World Championships will be invited to attend the NTC Testing Camp for the 2017/18 season).

Discretionary Invitation: After considering the recommendations of the relevant National Head Coach, the Performance Director may, in his sole and absolute discretion, issue further invitations (if any) to attend the NTC Testing Camp. In doing so, the Performance Director may take into account the following (amongst other things):

- (a) the contents of completed and returned expressions of interest;
 - (b) performances in the September State based Time Trials;
 - (c) performances in the 5000m ergometer conducted in the September State based test;
 - (d) previous international performance, including performance at Under 23 and Non-Olympic World Championships.
16. An athlete has no right of appeal against a decision not to invite the athlete to attend the NTC Testing Camp. Failure to be invited to attend the NTC Testing Camp does not preclude an athlete from being selected in the Australian Rowing Team for the upcoming season.

NOTE G: NTC Commencement Date for Intake 1 Athletes (athletes to be relocated and training full time)

17. Intake 1 Athletes will be required to commence at the NTC by no later than the NTC Commencement Date for Intake 1 Athletes, and continue training at the NTC for the duration of the NTC placement as required by RA (with breaks for Christmas and as otherwise advised by RA).
18. **For the removal of any doubt, the NTC Commencement Date for Intake 1 Athletes is a Mandatory Event for Intake 1 Athletes (see Note K)**

NOTE H: NTC Testing Camp

19. The NTC Testing Camp will be located at the respective NTC (i.e. separate camps for men and women). It is a mandatory event for athletes invited to attend and also Intake 1 Athletes.
20. During the NTC Testing Camp, athletes invited to attend the NTC Testing Camp may be required to:
 - (a) prepare, train with and race against Intake 1 Athletes;
 - (b) be interviewed by the Performance Director and NTC Coaches in order to assess factors such as attitude, coachability and compatibility.

Athletes may also be required to undertake additional assessments including physiological, strength and conditioning, ergometer testing, and psychological testing as determined by the relevant Head Coach and Performance Director.

21. **For the removal of any doubt, the NTC Testing Camp is a Mandatory Event for NTC Testing Camp Athletes (see Note K)**

NOTE I: Invitations to train at the NTC – Intake 2 Athletes

22. Additional invitations to train at the NTC will be made from the athlete group at the NTC Testing Camp and on the following criteria:
 - (a) previous international performance;
 - (b) performances, interview and testing results during the NTC Testing Camp.
23. An athlete has no right of appeal against a decision not to invite the athlete to train at the NTC as an Intake 2 Athlete. Failure to be invited to train at the NTC as an Intake 2 Athlete does not preclude an athlete from being selected in the Australian Rowing Team for the upcoming season.

NOTE J: NTC Commencement Date for Intake 2 Athletes (athletes relocated and training full time)

24. Intake 2 Athletes will be required to commence at the NTC by no later than the NTC Commencement Date for Intake 2 Athletes, and continue training at the NTC for the duration of the NTC placement as required by RA (with breaks for Christmas and as otherwise directed by RA).
25. **For the removal of any doubt, the NTC Commencement Date for Intake 2 Athletes is a Mandatory Event for Intake 2 Athletes (see Note K)**

NOTE K: Attendance at Mandatory Events

26. For each Mandatory Event (specifically the NTC Commencement Date for Intake 1 Athletes (see Note G), the NTC Testing Camp (see Note H) and the NTC Commencement Date for Intake 2 Athletes (see Note J) each invited athlete must attend the NTC on the date required.
27. **For the removal of any doubt, athletes that fail to attend the NTC when required will not be eligible for selection to the Australian Rowing Team for the upcoming season and will not be eligible for Athlete Categorisation and therefore support from RA or its SIS/SAS partners for the upcoming season (subject to an exemption being granted by the Performance Director for Exceptional Circumstances).**
28. **Exceptional Circumstances:** The Performance Director shall have the power to grant exemptions from the requirement to attend the NTC (for the 2016/17 and 2017/18 seasons only) based on Exceptional Circumstances. Where any athlete seeks consideration of Exceptional Circumstances, a decision on a case by case basis will be made by the Performance Director at the sole and absolute discretion of the Performance Director. In the extremely rare circumstance where Exceptional Circumstances are granted, the athlete if selected to the National Team, will (notwithstanding the exemption) be required to move to the respective NTC immediately post National Trials and commit to all National Team activity in preparation for the upcoming Benchmark Event. The Performance Director shall have no power to grant exemptions for Exceptional Circumstances in respect of the 2018/19 and 2019/20 seasons.
29. Applications for exemption from the requirement to attend the NTC on the basis of Exceptional Circumstances must:
 - For the 2016/17 season be included in an athlete's response to an invitation to train at the NTC (in either Intake 1 or Intake 2 or for the NTC Testing Camp, whichever is the earlier) and by the due date specified on that invitation
 - For the 2017/18 season be included in an athlete's expression of interest to train at a NTC and submitted by the EOI Due Date.