

## 2017 RCA NATIONAL TEAM PROGRAMS – SELECTION OVERVIEW SENIOR, PARA, UNDER 23 and JUNIOR

**OBJECTIVE:** Select athletes and crews with the ability to achieve a top 6 performance at their designated Championships

**Eligibility:** See appendix 2 for all athlete eligibility

General	Registered and in good standing with RCA. Hold a valid Canadian passport.	
AGE Eligibility	Junior	Born in 1999 or later
	U23	Born in 1995 or later
See Appendix 2 for further details		

### Pre - Selection Process:

Item	Details
Letter of intent	Submitted to RCA by May 8, 2017 <i>See appendix 2</i>
Assessments	Athletes being considered for Senior, Para, and/or U23 team should finish NTC or RADAR testing by May 8 <sup>th</sup> , 2017. Junior submission deadline is May 15 <sup>th</sup> . See Athlete monitoring document and appendix 2.1
CCES eLearning	For Senior, Para and U23 athletes, up to date eLearning modules. If you don't have an eLearning account, please email <a href="mailto:mboss@rowingcanada.org">mboss@rowingcanada.org</a>

Selection Process:

*See appendix 3 for further selection details.*

<b>SENIOR and UNDER 23</b>					
<u>Stages</u>	<u>Dates</u>	<u>Athletes</u>	<u>Location</u>	<u>Selection Activity</u>	<u>Objective</u>
Speed Orders	May 12 - 14	Open to all eligible athletes	Burnaby	Friday pm: Heats Saturday: Repechage and Semi-Finals Sunday: Finals	Ranking of individual small boats
Selection Camp	May 15 - 18	Invited athletes following Speed Orders		Could include Small boat Matrix, Seat Racing and or Time Trials.	Athlete Ranking and Identification of Target Crews
Training Camp	May 22 - June 15	Eligible invited athletes to NTC's	National Training Centre London and Victoria	Combination of Matrices, trialing and coach's input	<ul style="list-style-type: none"> <li>• Integrated pre-competition training camp.</li> <li>• Invited US based athletes undertake selection activities.</li> </ul>

Time Trial	June 16-17	Identified Crews	National Training Centre London and Victoria	2000m Time Trial	Nominate Crews for World Cup and World U23 Championships
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<b>JUNIOR</b>					
<u>Events</u>	<u>Dates</u>	<u>Athletes</u>	<u>Location</u>	<u>Selection Process and distance</u>	<u>Objective</u>
Junior assessment West	April 8-9	All Junior athletes near BC	Burnaby, BC	1x and 2-. Time trial and finals (2km) followed by matrix in 2- and 2x (1km).	Gain experience in the selection process with no definite selection decisions.
Junior assessment East	May 6-7	All Junior athletes near Ont.	Welland, ON		
Junior Selection Trials: Stage 1	June 5	Open to all Junior Athletes	Welland, ON	1x and 2-. Time trial and finals (2km)	Possible selection <b>from Final A:</b> Winning boat at 91% and coach Reduce the number to approx. 8 Scullers and 8 sweep
Junior Selection Trials: Stage 2	June 6-8	Invited from results of Stage 1		Matrix in 2x and 2- (1km)	Ranking of individuals in small boats
Junior Selection Trials: Stage 3		Invited from results of Stage 2		Seat racing in 4x and 4- (1km) and Time trials (2km) if required.	Select Fastest combinations

### **Post Selection Process**

Athlete agreement	Submitted to RCA. See appendix
CCES online education	Information to be circulated to selected athletes
Invited Athletes: Senior, Para and U23	May 22 <sup>nd</sup> To NTC's for final selection
Invited Athletes: Junior- World Championships team	July 2 <sup>nd</sup> To NTC – London for training in preparation for World Junior Championships.
Invited Athletes: Junior – CAM	July 1 <sup>st</sup> Travel from home club to Can Am Mex Event.

Detailed Information: Further details can be found in the following appendices

#### Appendix

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- 5 – 2017 Selection Strategies – Coach Selection
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- 7 – Special Circumstances
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## **Appendix 1 – OVERVIEW**

### **1.1 PURPOSE**

This document establishes the process and criteria to be used to select and nominate the 2017 Rowing Canada Aviron National Development Teams.

### **1.2 SCOPE**

The Selection Criteria will be used to select Athletes to National Teams competing at the following events for 2017:

CanAmMex Regatta (CAM)	July 2-8, Vancouver Island, BC
World Rowing Junior Championships	August 3-6, Trakai, Lithuania
World Rowing Under 23 Championships	July 20-23, Plovdiv, Bulgaria
World Rowing Championships	September 24- October 2, Sarasota, USA

### **1.3 SELECTION PRINCIPLES**

The objective of the National Team Selection Criteria is to select crews (which shall include coxswains and single scullers) that have potential to achieve RCA's National Team Objective of winning medals at World Championships.

Athletes will be evaluated for crew and team selection using the process outlined in Appendix 3 and Appendix 4 in accordance with the following criteria:

- Racing performance including but not limited to:
  - Speed Orders or Junior Selection Trials Ranking and Performance
  - small boat matrices
  - seat racing
  - designated 2000m on-water trials
- Ongoing ergometer testing as per RCA Athlete Monitoring Program including RADAR;
- Ongoing technique and coachability;
- Ongoing compatibility with other athletes and coaches;
- Commitment to the program;
- Assessment of competitive readiness;
- Ability to meet and maintain body weight targets (for lightweights); and
- Other factors relevant to achieving RCA team objectives including but not limited to racing outcomes and team harmony.

For Coxswain selection, the following will also be considered, in addition to the above criteria:

- Athlete and coach assessment of the coxswain's ability;
- Compatibility with other athletes in the selected crew and coaches; and
- Racing experience and results.

For Lightweight athletes to be considered for selection they must be able to demonstrate they are able to meet FISA average weight requirements. Lightweight athletes are expected to be able to follow a weight management protocol throughout the year.

For the purpose of the 2017 Speed Orders and Selection Trials, the maximum weights shall be:

- Lightweight Women: 57kg
- Lightweight Men: 70kg

## **Appendix 2 - SELECTION REQUIREMENTS**

### **2.1 ATHLETE ELIGIBILITY**

- 2.1.1 National Teams are open to individuals who are Registered Participants of RCA in good standing and are Canadian citizens holding a valid Canadian passport. Athletes must be in compliance with all relevant FISA, FISU and IOC (or PASO) rules regarding eligibility.
- 2.1.2 Under 23: a rower or coxswain is classified as Under 23 until the 31st of December of the year in which he/she reaches the age of 22. After that date, he/she shall be classified as Senior. (For athletes born in 1995 or later).
- 2.1.3 Junior/CanAmMex: a rower or coxswain is classified as a Junior until the 31st of December of the year in which he/she reaches the age of 18. After that date, he/she shall be classified as an Under 23 rower. (For athletes born in 1999 or later).
- 2.1.4 Athlete Tracking and Monitoring (RADAR): Athletes must comply with the minimum monitoring requirements. This information is outlined in RCA's Athlete monitoring document.
- Athletes must complete at least two of the three RADAR submissions, by May 2017, as outlined in the RCA Athlete Monitoring Document.  
[http://www.rowingcanada.org/sites/default/files/pdf/athlete\\_monitoring\\_12012015\\_eng.pdf](http://www.rowingcanada.org/sites/default/files/pdf/athlete_monitoring_12012015_eng.pdf)
  - Submissions are to include all assessments (2k, 6k, 1 minute, Peak Power)
  - Tests are to be completed over a 1 week period.
  - Athletes are encouraged to complete testing earlier in the submission cycle to allow for unforeseen circumstances. (IE injury, illness)

### **2.2 LETTER OF INTENT AND ATHLETE AGREEMENT**

- 2.2.1 Athletes must indicate in writing to Rowing Canada Aviron their interest in being considered for the 2017 National Team Program. Letters (or e-mail confirmation) should be sent by May 8th, 2017.

c/o Adam Parfitt  
Rowing Canada Aviron National Office  
321- 4371 Interurban Road,  
Victoria, BC V9E 2C5  
Tel: (250) 220-2523 Fax: (250) 220-2503  
Email: [parfitt@rowingcanada.org](mailto:parfitt@rowingcanada.org)

- 2.2.2 Athletes are to sign and submit an RCA Athlete Agreement once nominated to a National Team or prior to arriving in a National Training Centre, whichever is earliest
- 2.2.3 Supplemental Program specific information will be posted on the Rowing Canada Aviron website at:  
<http://rowingcanada.org/national-team/policies-information>

### **2.3 SELECTION AUTHORITY**

The individuals noted in the chart below have responsibility for recommending Boats and Athletes to be nominated to RCA National Teams for 2017:

World Rowing Championships	High Performance Director - Iain Brambell
World Under 23 Championships	Director of Athlete and Coach Pathways - Adam Parfitt
World Junior Championships	National Talent ID and Development Director - Peter Shakespear
CanAmMex	National Talent ID and Development Director - Peter Shakespear

In all cases, the High Performance Director may delegate his or her authority for selection to another individual.

Final authority for all Team selection rests with the RCA High Performance Director based upon the nominations made by individuals noted in the chart above.

The final selection date for Crews is as shown in the following table. Athletes for those crews will be named at the same time. After these dates there will be no further Crews selected, except as allowed by Section 7, Special Circumstances. However, Athletes in these Crews may be changed up to the date of competition, based upon the appropriate assessment of the Crew's competitiveness.

### **2.4 FINAL SELECTION DATES:**

<b>Team</b>	<b>Selection / Nomination Date</b>	<b>Announcement Date</b>	<b>Event Date</b>
Can Am Mex - Vancouver Island, BC, CANADA	June 9, 2017	June 12, 2017	July 1-9, 2017
World Rowing Junior Championships – Trakai, Lithuania	June 9, 2017	June 12, 2017	August 3-6, 2017
World Rowing U23 Championships – Plovdiv, Bulgaria	June 17, 2017	June 20, 2017	July 19-23, 2017
World Rowing Championships - Sarasota, USA	August 5, 2017	August 8, 2017	Sept 24-Oct 1, 2017

The HPD has the discretion to change any of the above selection and or nomination dates.

The team is not official until posted on the RCA website.

### **2.5 AUTHORITY TO MAKE CHANGES TO THE COMPOSITION OF CREWS ONCE THE TEAM IS SELECTED**

Selection to a National Team does not guarantee an athlete a place in a crew. For crews selected to the above events, the composition of Crews shall remain the discretion of the High Performance Director and respective crew coach. The configuration of crews may be changed based on a crew's competitiveness and such changes will follow the appropriate competition regulations.

### **Appendix 3 – 2017 SELECTION STRATEGIES**

#### *Senior, Para and Under 23 World Rowing Championships*

- 3.1 All athletes are to submit best 2k by May 8<sup>th</sup>
- 3.2 Athletes are to race at Speed Orders Regatta May 12-14.
- 3.3 At the culmination of racing on May 14<sup>th</sup>, a list of athletes will be invited to the National Team Selection Camp for Senior, U23 and Para.
- 3.4 National Team Selection Camp on May 15 to 18 may include selection activities such as small boat matrix, seat racing in various boat classes and time trials. It is intended to have identified targeted boats and athlete pools for those boats.
- 3.5 At the end of the selection camp, identified athletes will be invited into the National Team Camp beginning May 22<sup>nd</sup>. Generally Women's program athletes will be in London, ON. Men's and Para Program will be in Victoria, BC. During the invite process, consideration will be given to opportunities to where a specific location for a crew may be optimal due to a training partner or coach allocation.
- 3.6 Athletes located within US school programs may be given a late invitation to the Team Camp upon review by the High Performance Director or confirmed designate. Athletes will be considered based on 2k and other longer distance ergometer performances, internal small boat performances, previous RCA Team involvement, NRC results, International results.
- 3.7 **Lightweights:** Must weigh in between 2 hours and 1 hour prior to the start time of the first race or selection activity of the day. A schedule of selection activities for lightweights will be circulated in advance. Athletes not achieving the following maximum weights will not be considered for further selection.
  - Lightweight Women: 57kg
  - Lightweight Men: 70kg

### **Appendix 4 – 2017 SELECTION STRATEGIES**

#### *Juniors and CANAMMEX*

- 4.1 **Selection activities.** There are two major selection activities for Junior category athletes: **Junior Assessment Camps and the June Selection Trials.** Through the Junior Assessment Camps, the opportunity for nomination will be limited to the 1x or 2- events for Junior World Championships. At the June Selection Trials, remaining selection will occur to identify crews for nomination to the Junior World Championships and CanAmMex.
- 4.2 **Junior Assessment Camps.** Eligible crews are open to enter the Junior Assessment Camps (West or East) as per the posted entry regulations. The Camp events will involve Time Trials and side by side racing. Top athletes will be invited to participate in subsequent ranking activities. Subsequent activities could include a matrix, seat racing and time trials may be used to establish further ranking. Based on results, athletes will be encouraged to participate in the June Selection Trials.
- 4.2.1 **Junior Assessment Camp - West, April 8 - 9 in Burnaby Lake, BC.** Athletes who achieve 91% of Senior Gold Medal standard in the 1x or 2- event at the Junior Assessment Camp - West will be supported to attend the Junior Assessment Camp - East.

- 4.2.2 **Junior Assessment Camp - East, May 6 – 7 in Welland, ON.** Athletes who achieve 91% of Senior Gold Medal Standard (GMS) in the 1x or 2- event at the Junior Assessment Camp – East may be nominated for selection to the Junior World Championship Team. Coaches of the winning boats 1x and 2- achieving the 91% of GMS will have priority selection for the National Junior team
- 4.3 **Junior Selection Trials, June 5 - 8, in Welland, ON.** Eligible crews are open to enter the Junior Selection Camp as per the posted entry regulations. The event will include a time trial style to provide seeding for the finals on the first day. The finals racing will provide a ranking of individual scullers and pairs.
- 4.3.1 **Stage 1 Junior Selection.** If, in the first day of the Junior selection trials, the winning single or pair in the final achieves 91% of the Senior Gold Medal standard, that crew and coach may be nominated for selection to the Junior World Championship Team. If a crew has already been identified in the same boat class through the earlier Junior Assessment Camp process, this opportunity will no longer be available. In the case of injury or illness at the selection trials, the selectors may take into account the racing from Assessment camps.
- 4.3.2 **Progression to Stage 2 / 3.** Based on the ranking of athletes from the first day (stage 1), athletes will be invited to the Stage 2 of selection activities. Subsequent activities (stage 2&3) could include a selection matrix, seat racing and speed order time trials. Based on the performance at all trials, crews will be nominated to the High Performance Director for National representation.
- 4.4 World Rowing Junior Championships Preparation: Athletes selected to represent Canada at the 2017 World Rowing Junior Championships will relocate to RCA’s National Training Centre – London starting July 2nd, 2017. Athletes will train as a group under the direction of RCA and selected coaching staff until their departure to the event.

## **Appendix 5 – 2017 SELECTION STRATEGIES**

### *Coach Selection*

- 5.1 **Selection Overview:** Rowing Canada Aviron (RCA) reserves the right to nominate the coach believed to be able to produce the best performance of the athlete or crew at the designated event. Coaching appointments may be made to achieve strategic objectives or meet certain principled standards.
- 5.2 **Coaching Priorities – Senior and Para.** HPD will assign coaches from the existing RCA coach pool, contractor pool and/or coaches of successful athletes through the selection process.
- 5.3 **Coaching Priorities – U23.** Pathway director will assign coaches in conjunction with the HPD from existing RCA coach pool, contractor pool and/or coaches of successful athletes through the selection process.
- 5.4 **Coaching Priorities – Junior.** Coaches are selected based on the performance of their athletes throughout all stages of the selection process.

Selection Stage	Boat Types	Coach Selection
Stage 1 – Time trial & finals	1x and 2-	Winning singles and pairs achieving 91% (Junior) GMS in the final may be selected with their coach. The coach of the highest ranked 1x or 2- may determine the selection of a crew’s coach in Stages 2 and 3
Stage 2 – Matrix racing	2x and 2-	



Stage 3 – Seat Racing	4x and 4-	<p>From the matrix and seat racing, crews will be formed. Coaches will be selected based on the coach of the fastest individuals in the crew as determined by:</p> <ul style="list-style-type: none"> <li>• Results in finals of Stage 1; AND/OR</li> <li>• Athlete Ranking in Matrix; AND/OR</li> <li>• The number of athletes in the boat.</li> </ul>
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5.5 **Coach Selection prerequisites** Selection of Crew coaches for all teams will be at the sole discretion of the HPD. Priority of selection will be based on the performance of athletes coached and coaching qualifications.

Coaches interested in nomination for a role with RCA’s National Team programs should ensure:

- 1) They contact RCA stating their intent to be nominated for a coaching role. This should include the following information
  - a. The program the coach is interested in working with.
  - b. Letter of support from their club.
- 2) They are engaged in RCA’s Coaching certification program (NCCP)
- 3) Coaches must be registered as a coach in good standing with Rowing Canada Aviron.
- 4) Recent criminal record check.
- 5) U23 and Junior coaches: RCA Coach – certified.

5.4 **Training location.** Majority of the national team programming will be based out of the National Training Centres, therefore coaching roles will also be based out of the NTC’s. Special circumstances may be considered at the discretion of the HPD.

## Appendix 6 – IMPORTANT DATES

The requirements for participation in any of the following events will be provided by the National Talent ID and Development Director for the Under 23 and Junior Program. The PDs, or their designates, may organize additional and compulsory assessments, tests, and trials with reasonable notice given to all Athletes being considered for nomination.

2017 Important RCA High Performance Dates			
Date	Event	Location	Details
September 1 – November 22	RADAR submission range		6k, 2k, 1min, Peak Power
December 1, 2015 – February 28	RADAR submission range		6k, 2k, 1min, Peak Power
March 1 – May 15	RADAR submission range		6k, 2k, 1min, Peak Power
April 8 - 9	2017 Junior Assessment Camp - West	Burnaby Lake, BC	Small boat racing opportunity. Test boat speeds, assess training adaptations
May 6 - 7	2017 Junior Assessment Camp - East	Welland ,ON	Small boat racing opportunity. Test boat speeds, assess training adaptations
May 8	Submission of Letters of Intent and assessment results.		All Senior, Para and U23 athletes wishing to compete for a spot on 2017 team

May 12 - 14	Speed Orders Regatta – Senior, Para and U23	Burnaby Lake, BC	Small boat trials.
May 15 - 18	Senior, Para and U23 Selection Camp	Burnaby Lake, BC	Matrix and other selection activities
May 22 – June 15	Senior, Para and U23 Training Camp	NTC - Victoria and London	Matrix and other selection activities
June 5-8	Junior Selection Trials Stage 1-3	Welland, ON	Small boat trials. Matrix and other selection activities
June 8 <sup>th</sup>	Junior teams selected		
June 12 <sup>th</sup>	Junior Teams announced (Worlds and Can Am Mex)		
June 16 – 17	Senior, Para and U23 Time Trial	NTC - Victoria and London	2km Time Trial
June 19 <sup>th</sup>	U23 and World Cup teams announced		
July 1 – 9	CanAmMex Regatta (CAM)	Vancouver Island, BC	
July 20 -23	World Rowing Under 23 Championships	Plovdiv, Bulgaria	
August 3-6, 2017	World Rowing Junior Championships	Trakai, Lithuania	
August 5, 2017	Senior World Championship team nominated		
Sept 24 – October 1	World Rowing Championships	Sarasota, USA	
Sept 1 – November 22	RADAR submission range		6k, 2k, 1min, Peak Power
November 9 - 12, 2017	National Rowing Championships	Burnaby, BC	

## **Appendix 7 – SPECIAL CIRCUMSTANCES**

If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in this document, the Athlete may still be considered for selection to a National Team.

Athletes must advise the High Performance Director in writing of injury, illness, or extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the Athlete’s doctor must be submitted to RCA’s Chief Medical Officer.

In all cases, permission to be exempted from any requirement contained with this document must be obtained in writing from the HPD. In any case, a minimum of 2 RADAR test batteries must be submitted by May 15, 2016. There will be no exemptions to this requirement.

In the event an Athlete who has been selected to a National Team or to a crew becomes injured or ill, and in the opinion of the High Performance Director , in consultation with RCA’s Chief Medical Officer, is not deemed fit to compete, then the Athlete may be replaced with another Athlete. The choice of replacement Athlete is at the sole discretion of the High Performance Director, in consultation of the appropriate coach.

## **Appendix 8 – APPEAL PROCESS**

Decisions made pursuant to this Selection Criteria document may be appealed in accordance with the RCA Appeal Policy located in the Athlete Handbook and on the RCA website (<http://rowingcanada.org/sites/default/files/appealpolicyrca.pdf> ).

### **Appendix 9 – FUNDING**

An assessment may be required for RCA's National Team Programs. The amounts listed below are subject to budget and funding approval. Final amounts will be confirmed by April 1, 2017.

Event	Deposit Date	Deposit Amount	Full payment	Full Assessment Fee (max)
Under 23 World Championships	Prior to the Nomination date	\$500	2 weeks after team has been announced	\$2500
Junior World Championships				\$4000
CanAmMex				\$TBD

### **Appendix 10 - Contact Information**

Iain Brambell – High Performance Director  
[ibrambell@rowingcanada.org](mailto:ibrambell@rowingcanada.org)

Adam Parfitt - Director of Athlete and Coach Pathways  
[parfitt@rowingcanada.org](mailto:parfitt@rowingcanada.org)  
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