

---

**ROWING CANADA**

**2018 NATIONAL TEAM**

**SELECTION CRITERIA**



Developed by Rowing Canada Aviron

February 2018

**TABLE OF CONTENTS**

PURPOSE ..... 3

SCOPE ..... 3

SELECTION PRINCIPLES ..... 3

SELECTION AUTHORITY ..... 4

AUTHORITY TO MAKE CHANGES TO THE COMPOSITION OF CREWS - ONCE THE TEAM IS SELECTED ..... 4

GENERAL ELIGIBILITY ..... 4

AGE ELIGIBILITY ..... 5

ATHLETE TRACKING AND MONITORING (RADAR) ..... 5

LETTER OF INTENT ..... 5

ATHLETE AGREEMENT ..... 5

FINAL SELECTION DATES ..... 6

PARA SELECTION ..... 6

SPECIAL CIRCUMSTANCES ..... 6

APPEAL PROCESS ..... 6

RELOCATION and TEAM FUNDING ..... 6

SENIOR (Olympic & Paralympic), Under 23, FISU TEAMS - TIMELINES ..... 7

JUNIOR TEAM - TIMELINES ..... 9

APPENDIX SUMMARY ..... 10

APPENDIX 1 – SENIOR, UNDER 23 & FISU SELECTION ..... 11

    WORLD CUP 1 ..... 11

    WORLD ROWING CHAMPIONSHIPS (INCLUDING WORLD ROWING CUP 3, Under 23, FISU) ..... 11

APPENDIX 2 – JUNIOR SELECTION ..... 12

APPENDIX 3 – COACH SELECTION ..... 13

APPENDIX 4 – IMPORTANT DATES ..... 14

APPENDIX 5 – CONTACT INFORMATION ..... 15

## SELECTION OVERVIEW

**AIM: Rowing Canada aims to select athletes and crews to represent Canada with the ability to achieve an 'A' Final (top 6) performance at their designated Championships with a primary focus on Olympic & Paralympic boat classes.**

### PURPOSE

This document establishes the process and criteria to be used to select and nominate the 2018 Rowing Canada Aviron (RCA) National Teams.

### SCOPE

The Selection Criteria will be used to select Athletes to National Teams competing at the following events for 2018:

2018 CanAmMex Regatta	July 8 – 15 <sup>th</sup> 2018, Mexico (city to be advised)
2018 World Rowing Junior Championships	August 8 <sup>th</sup> – 12 <sup>th</sup> 2018, Racice, Czech Republic
2018 World Rowing Under 23 Championships	July 25 <sup>th</sup> – 29 <sup>th</sup> 2018 Poznan, Poland
2018 World Rowing Cup 1	June 1 <sup>st</sup> – 3 <sup>rd</sup> , 2018, Belgrade, Serbia
2018 World Rowing Cup 3	July 13 <sup>th</sup> – 15 <sup>th</sup> 2018, Lucerne, Switzerland
2018 World Rowing Championships	September 9 <sup>th</sup> – 16 <sup>th</sup> 2018, Plovdiv, Bulgaria
2018 FISU World University Championship	August 10 <sup>th</sup> – 12 <sup>th</sup> 2018, Shanghai, China

### 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 achieving an 'A' Final position (top 6).

Athletes will be evaluated for crew and team selection using the process outlined in Appendix 1 and Appendix 2 in accordance with the following criteria:

- Racing performance including but not limited to:
  - Time trials
  - Small and/or large boat matrices and/or seat racing
  - Designated 2000m on-water time trials
- Ongoing ergometer testing as per RCA Athlete Monitoring Program including RADAR;
- Ongoing technique and coachability;
- Factors relevant to crew combination, namely crew compatibility, coachability, technical compatibility, and team balance and harmony;
- Commitment to the program;
- Assessment of competitive readiness;
- Ability to meet and maintain body weight targets (for lightweights and coxswains only); and
- Other factors relevant to achieving RCA team objectives including but not limited to racing outcomes and potential development of the athlete or coach for subsequent National Teams and ultimately Senior A selection

From time to time as required, supplemental program specific information may be posted on the Rowing Canada Aviron website at: <http://rowingcanada.org/high-performance-documents>

For **Coxswains** to be considered for 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 crew average weight requirements (as per FISA Rule 31) and are expected to be able to follow a weight management protocol throughout the year. For the 2018 Speed Order & Selection Trials, *unless otherwise indicated*, the maximum weight for each athlete shall be:

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

For **Coaches** to be considered for selection, 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. The details of coach selection are outlined in Appendix 3.

## SELECTION AUTHORITY

The final authority for Team selection rests with the RCA High Performance Director (HPD). This authority is based upon the nominations made by individuals noted in the chart below and other criteria outlined within this document.

The HPD will consult the relevant National Head Coach(s), Director Coach and Athlete Pathways, and may delegate his or her authority for selection to another individual(s).

Delegated responsibility for selecting Boats and Athletes to represent Rowing Canada Aviron is noted in the chart below.

Team	Selection responsibility
World Rowing Championships (and all World Rowing Cups)	RCA High Performance Director
Under 23 World Championships	RCA High Performance Director &/or Director Coach and Athlete Pathways
Junior World Championships	RCA High Performance Director &/or Director Coach and Athlete Pathways
CanAmMex	High Performance Director &/or Director Coach and Athlete Pathways
FISU Rowing Championships	RCA High Performance Director &/or Director Coach and Athlete Pathways & CURA Delegate

## 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 RCA High Performance Director in close consultation with Head Coaches. The configuration of crews may be changed based on a crew’s competitiveness and such changes will follow the appropriate competition regulations.

## GENERAL ELIGIBILITY

All athletes selected to RCA National Teams must be registered and in good standing with RCA. Athletes must hold a valid Canadian passport, or be eligible to row for Canada. Athletes must be in compliance with all relevant FISA, FISU and IOC (or PASO) rules regarding eligibility.

## AGE ELIGIBILITY

<b>Junior</b>	Born in 2000 or later
<b>Under 23</b>	Born in 1996 or later
<b>FISU - WUC</b>	Age: Be at least 17 and less than 25 years of age on January 1 in the year of the event. For the 2018 event, born between Jan 1 <sup>st</sup> 1999 and Dec 31 <sup>st</sup> 2000. *WUC = World University Championships
<b>Notes</b>	
Junior/CanAmMex:	A rower or coxswain is classified as a Junior until the December 31st 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.
Under 23:	A rower or coxswain is classified as Under 23 until the December 31st of the year in which he/she reaches the age of 22. After that date, he/she shall be classified as Senior.
FISU:	Students who are currently officially registered and proceeding towards a degree or diploma at a University or similar institution whose status is recognized by the appropriate national academic authority. Former students of the institutions mentioned above who have obtained their academic degree/diploma in the year preceding the event. Be at least 17 and less than 28 years of age on January 1st in the year of the event (ie; for 2018, born between 1 January 1993 and 31 December 2000)

## ATHLETE TRACKING AND MONITORING (RADAR)

Athletes must comply with the minimum monitoring requirements. This information is outlined in RCA's 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)

## LETTER OF INTENT

The Letter of Intent must be submitted by all athletes nominating for national selection no later than **May 1st, 2018**.

Please go to the following link, login and fill in the Letter of Intent:

<https://rca-athlete-tracker.sportingdna.com/users/login>

**Note: For athletes wishing to be considered for World Cup 1 selection;** an event specific on-line Google Doc link with a 'Letter of Intent' will be emailed to all AAP Carded and National Training Centre (NTC) invited athletes – to submit to RCA before February 19<sup>th</sup>. See Appendix 1

## ATHLETE AGREEMENT

All athletes wishing to be considered for National selection must fill in and sign the Athletes Agreement, prior to arrival in a National Training Centre, or entering into any National Team selection process. The Athlete Agreement form will be available on the RCA website and must be either hand delivered, posted, faxed or e-mail scanned and should be sent to the RCA High Performance Manager.

c/o Matt Draper, High Performance Manager,  
Rowing Canada Aviron National Office  
321- 4371 Interurban Road, Victoria, BC V9E 2C5  
Fax: (250) 220-2503 & Email: [mdraper@rowingcanada.org](mailto:mdraper@rowingcanada.org)

*\* Late receipt may jeopardize selection, and will be reviewed by RCA's High Performance Director on a case by case basis.*

## FINAL SELECTION DATES

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 the ‘Authority to make changes’ section (Pg 4) and the Special Circumstances section (Pg 6). However, athletes in these crews may be changed up to the date of competition, based upon the appropriate assessment of the Crew's competitiveness and subsequent approval by the HPD.

Team	Selection / Nomination Date	Announcement Date
2018 World Rowing Cup 1, June 1 – 3, Belgrade, SRB	May 4 <sup>th</sup> , 2018	May 7 <sup>th</sup> , 2018
20-18 FISU World University Championships, Aug 10-12, Shanghai, CHN	June 28 <sup>th</sup> , 2018	June 31 <sup>st</sup> , 2018
2018 World Rowing U23 Championships, July 25-29, Poznan POL	June 28 <sup>th</sup> , 2018	June 31 <sup>st</sup> , 2018
2018 World Rowing Cup 3, July 13-15, Lucerne SUI	June 28 <sup>th</sup> , 2018	June 31 <sup>st</sup> , 2018
2018 Can Am Mex Regatta, July 8-15, Mexico (city tba)	June 30 <sup>th</sup> , 2018	July 2 <sup>nd</sup> , 2018
2018 World Rowing Junior Championships, Aug 8-12, Racice CZE	June 30 <sup>th</sup> , 2018	July 2 <sup>nd</sup> , 2018
2018 World Rowing Championships, Sept 9-16, Plovdiv BUL	August 5 <sup>th</sup> , 2018	August 7 <sup>th</sup> , 2018

*\*The HPD has the discretion to change any of the above selection or nomination dates. The team is not official until posted on the RCA website.*

## PARA SELECTION

Note: In the case of reduced depth of field within targeted Para-Rowing events, RCA may choose to send a Para-Rowing team to identified domestic and international competitions. The HPD may also reserve the right to nominate crews to the RCA World Championship Team, based on performances at these competitions.

## SPECIAL CIRCUMSTANCES

If because of injury, illness, or personal extenuating circumstance (eg; unforeseen family circumstances, academic calendar, etc) an athlete is unable to meet any of the criteria set out in this document, an athlete may still be considered for selection to a National Team. Athletes must advise the RCA HPD in writing of any injury, illness, or personal 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 the event an Athlete who has been selected in National Team becomes injured or ill, and in the opinion of the HPD and/or Director Coach and Athlete Pathways (with advice of the Chief Medical Officer where relevant), 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 HPD, in consultation of the relevant Head Coach. In all cases, permission to be exempted from any requirement contained with this document must be obtained in writing from the HPD.

## 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>

## RELOCATION and TEAM FUNDING

Relocation for carded athletes: RCA and Sport Canada's Athlete Assistance Program (AAP), provide financial assistance for carded athletes with relocation expenses to an NTC. For information go to: <http://athletescan.com/leadership/resources/leadership-modules/sport-system-101/sport-canada/athlete-assistance-program-aap/>. Ongoing assessments are made of available funds for RCA's National Team Programs. Athletes selected into RCA Under 23, Junior, FISU and CanAmMex teams, will be subject to an 'Assessment / Seat Fee'. A deposit of \$500 (or lodgment of Credit Card details) will be required upon entry into the Speed Orders / National Selection Regatta. Information regarding tour costs will be outlined in Information Bulletins prior to Speed Orders.

## SENIOR (Olympic & Paralympic), Under 23, FISU TEAMS - TIMELINES

Event	Date	Athletes	Location	Detail	Objective
<b>Letter of Intent</b> <i>*World Cup 1 athletes (closing date)</i>	Submit before February 19 <sup>th</sup> , 2018	For athletes wishing to be considered for World Cup 1 selection.	On line and email	Note: A separate email with Google Docs link, will be emailed to all AAP Carded and NTC invited athletes – to submit to RCA prior to February 19 <sup>th</sup> , 2018	Develop a list of athletes wishing to be considered for World Cup 1 selection.
<i>World Cup 1 2000m Ergometer Test</i>	March 29 <sup>th</sup> 2018	Open to all 2018 AAP Carded and invited athletes training within the NTCs	To be performed in the NTC, Victoria BC	NTC Victoria March 29 <sup>th</sup> <i>*Lightweights: Women 58kg &amp; Men 71.5kg</i>	The 2,000m RADAR result will be considered as part of the selection process for World Cup 1. 2km Erg Test; March 29 <sup>th</sup> , 2018
<b>RADAR monitoring ergometer</b>	On or before March 31 <sup>st</sup> , 2018	Compulsory for all athletes wishing to be considered for selection to any 2018 National Team	Supervised in: NTCs or Local Training Environment	Individual performance monitoring Lightweights: Women: 59.0kg or less Men: 72.5kg or less	Individual performance monitoring
<b>World Cup 1 trialing, seat racing &amp; training</b>	March 29 <sup>th</sup> – May 3 <sup>rd</sup> , 2018	Invited athletes wishing to be considered for FISA World Rowing Cup 1 selection	NTC, Victoria BC	Seat racing, matrices, or other assessment trails. Lightweights: L/W Athletes will be expected to monitor their weights daily.	Confirmation of crew combinations for World Cup 1
<b>Letter of Intent (closing date)</b>	On or before May 1 <sup>st</sup> , 2018	For athletes wishing to be considered for World Rowing Championship selection		Closing date to submit to RCA. Submission details in Appendix 2	
<b>World Cup 1 Time Trial</b>	May 4 <sup>th</sup> , 2018	Invited athletes wishing to be considered for FISA World Rowing Cup 1 selection	NTC, Victoria BC	Lightweights: Women 58kg & Men 71.5kg	Selection for World Rowing Cup 1 attendance. See note * below
<b>National 2000m ergometer Test</b>	June 15 <sup>th</sup> , 2018	Open and compulsory for all athletes wishing to be considered for National Team selection	Supervised in: NTC or Local Training Environment	Lightweights: must record their weight. Women: 59.0kg or less Men: 72.5kg or less	Results considered as part of potential national team selection

Continued over/

Event	Date	Athletes	Location	Detail	Objective
<b>Speed Orders</b>	June 22-24 <sup>th</sup> , 2018	Open and compulsory for all athletes wishing to be considered for National Team selection	Ontario (venue tbc)	Fri June 22: Heats/Reps Sat June 23: Reps/Semi/Quarters Sun June 24: Finals Lightweights: Women: 57kg or less Men: 70kg or less	Results will be considered as part of potential national team selection. Ranking of individual small boats and to determine invitation to selection camp/trials.
<b>World Cup 3 &amp; Under 23 World Championship Selection Camp</b>	June 25-27 <sup>th</sup> , 2018	Invited athletes only	Ontario (venue tbc)	Seat racing, matrices, or other assessment trials. Lightweights will be required to weigh-in each day of selection races at FISA average (Women 57.0kg and Men 70.0kg). Note: All athletes wishing to be considered for National selection must fill in and sign the Athletes Agreement, prior to entering into any National Team selection process. See notes above (Pg 5)	Athlete ranking and identification of target boats
<b>World Cup 3 &amp; Under 23 World Championship Selection Time Trial</b>	June 28 <sup>th</sup> , 2018	Invited athletes only	Ontario (venue tbc)	2000m Time Trial Lightweights Women: 57kg or less Men: 70kg or less	Selection of World Rowing Cup 3, Senior, U23 World Rowing Championship Crews & FISU crews.
<b>World Championship Selection trials</b>	August 3-4 <sup>th</sup> , 2018	Invited athletes only	NTC Victoria, BC	Seat racing, matrices, or other assessment trials. Lightweights will be required to weigh-in each day of selection races at FISA average (Women 57.0kg and Men 70.0kg).	Confirmation of crew/scullers selected to compete at the Senior World Rowing Championship. <i>Note: some crews/scullers may be nominated for selection following performances at World Cup 3.</i>
<b>World Championship Selection Time Trial</b>	August 5 <sup>th</sup> , 2018	Invited athletes only	NTC Victoria, BC	2000m Time Trial Lightweights Women: 57kg or less Men: 70kg or less	Confirmation of crew/scullers selected to compete at the Senior World Rowing Championship. <i>Note: some crews/scullers may be nominated for selection following performances at World Cup 3.</i>



## JUNIOR TEAM - TIMELINES

	BC (Western Canada)	Ontario (Central Canada)	Quebec (Eastern Canada)
Letter of Intent received by RCA	May 1 <sup>st</sup> , 2018	May 1 <sup>st</sup> , 2018	May 1 <sup>st</sup> , 2018
Stage 1: Qualification Races / events	March 3-4, 2018 Elk Lake Spring Regatta	May 12-13, 2018 St Catharines	May 27, 2018 Montreal Quebec Olympic Basin
Stage 2: Assessment Camps	April 14-15 <sup>th</sup> , 2018 Burnaby Lake	June 4-5 <sup>th</sup> , 2018 Welland, Ontario	May 27 <sup>th</sup> , 2018 Montreal Quebec Olympic Basin
Testing & Monitoring	Athletes must comply with the minimum monitoring requirements. This information is outlined in RCA's Athlete monitoring document. <a href="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</a>		

Event	Date	Athletes	Location	Detail	Objective
Stage 3: Selection Camp	June 26 – 30, 2018	Invited athletes only	Ontario (venue tbc)	Various, including small boat races, big boat seat racing/matrix, or other assessment events.	Selection of Junior World Rowing Championship crews/scullers

## Post – Selection Process

Training location	Upon selection into the relevant RCA National Team, athletes may be required to relocate to train with their crew. This location will be indicated at the time of selection of the final crew.
CanAmMex team	Immediately following selection, the selected CanAmMex team will remain in Ontario to train as a team, until departure on July 8 <sup>th</sup>
Junior World Rowing Championships team	Athletes will relocate to Victoria BC the week following selection for a three-week domestic training camp, prior to departure for Europe on July 29 or 30 <sup>th</sup>

## APPENDIX SUMMARY

### APPENDIX

1. Senior Selection (Senior, Under 23, FISU)
  - World Cup 1
  - World Cup 3 and World Rowing Championships
2. Junior Selection
3. Coach Selection
4. Important dates
5. RCA High Performance Contact details

## APPENDIX 1 – SENIOR, UNDER 23 & FISU SELECTION

### WORLD CUP 1

- Open to all 2018 AAP Carded and invited athletes training within the National Training Centres (NTCs).
- All athletes are required to perform a 2,000m ergometer test in the NTC – Victoria on March 29<sup>th</sup>, athletes may be invited to remain for further trialing/training - followed by a Time Trial on May 4<sup>th</sup>, at the NTC in Victoria.
- Lightweight crews will be required to race the May 4<sup>th</sup> Time Trial at: Men 71.5kg & Women 58.5kg.
- The trialing/training process may include selection activities such as matrices, seat racing in various boat classes and time trials. It is intended to have identified targeted boats and athlete pools for those boats.
- Following selection into the World Rowing Cup 1 team (May 4<sup>th</sup>), athletes are required to remain in Victoria BC to continue to train with the team prior to their departure to Belgrade, SRB.
- The HPD may choose to add athletes to the World Cup 1 team based on other criteria outlined in Appendix 1.3

Note: All athletes wishing to be considered for selection in the World Rowing Cup 1 team, are required to lodge a 'Letter of Intent to be submitted to RCA. A separate email with a Google Docs link, will be emailed to all AAP Carded and invited athletes – to submit to RCA prior to February 19<sup>th</sup>, 2018.

Note: Selection into the World Cup 1 team, does not automatically qualify or serve as prerequisite for selection into subsequent World Cup or World Championship teams. Consideration for selection into those teams must fulfill all indicated criteria and will be an open Trial (see below).

### WORLD ROWING CHAMPIONSHIPS (INCLUDING WORLD ROWING CUP 3, Under 23, FISU)

- All athletes are required to perform and submit the RADAR monitoring tests, before the 31st March.
- All athletes are required to submit their score from the 2018 National 2000m ergometer test (test date is June 15<sup>th</sup>, 2018). Further information: [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)
- All athletes are to race at the National Speed Orders Regatta, June 22-24<sup>th</sup>, 2018 in Ontario. Venue tbc.
- At the culmination of racing, a list of athletes who will be invited to the National Team Selection Camp for Senior, U23, Para & FISU will be announced.
- The National Team Selection Camp (June 25-27<sup>th</sup>, 2018) may include selection activities such as matrices, seat racing in various boat classes and time trials. It is intended to have identified targeted boats and athlete pools for those boats.
- Following selection, World Cup 3 and Under 23 selected crews/athletes will be required to remain in the NTC - London and train with the team until departure for the World Rowing Cup 3 or World Rowing Under 23 Championships. A further Information Bulletin regarding FISU, will provide details on training location, etc
- Following World Cup 3, Senior athletes will return to the NTC - Victoria to continue training with their crew(s) prior to departure for the World Rowing Championships.
- Athletes may be considered for late invitation at various selection activities (i.e. University closing dates, etc.). The HPD and may choose to add athletes based on other criteria outlined in this document.
- A National Team Selection Trials Schedule will be circulated one month prior to the Trials and Selection camp.
- Lightweights: As per FISA crew average guidelines, athletes must weigh in between 2 hours and 1 hour prior to the start time of the first race or selection activity of the day. Lightweight athletes not achieving the following maximum weights will not be considered for further selection.

Lightweight Women: 57kg  
Lightweight Men: 70kg

## APPENDIX 2 – JUNIOR SELECTION

### SUMMARY

RCA has developed a multi-stage process for Junior category athletes. The process recognizes the cost of athletes travelling across the country, multiple times. For that reason, a two-stage process in the east, central and west followed by a final selection camp, will be followed. Stage 1 in the process involves competing in a east/central/west qualification regatta. Based on results from Stage 1, invited athletes will attend Stage 2 involving attending an assessment camp. In Stage 3, invited athletes will be considered for selection at the Junior selection camp where selection will occur to identify crews for nomination to the Junior World Championships and CanAmMex regatta. Through the Junior Qualification regatta's and Assessment Camps, athletes must race or be trialed in either the 1x or 2-. At the final selection camp, bigger boats may be used and considered for selection to the Junior World Championships.

The process is open to all eligible athletes and who have submitted a Letter of Intent (see above.)

### Process

RCA has developed a multi-stage process for Junior category athletes. These stages are as follows:

- **Stage 1 - Qualification Races / Events:** In partnership with Clubs or Provincial Sport Organizations (PSOs), Athletes will have the opportunity to demonstrate their ability to race in 1x's and 2-'s. These events are open to all athletes. Participating athletes will be ranked and those who have demonstrated potential to progress towards Junior Selection will be invited to Stage 2.
- **Stage 2 – Assessment camps:** INVITATION ONLY. Hosted by RCA and partner clubs. Based on either results in Stage 1 or RADAR monitoring, athletes who have demonstrated potential to progress towards National Junior Selection will be invited to stage 2. Athletes will race/matrix in small boats, allowing for a further comparison and ranking. Crews may be created to time trial against one another, assessing boat speeds and potential boats for stage 3.
- **Stage 3 – Final Selection (June 25-30th, 2018):** INVITATION ONLY. Based on either results in Stage 1 and 2 or RADAR monitoring and the 2000m ergometer test (June 15), athletes who have demonstrated potential to progress towards National Junior Selection will be invited to stage 3. Athletes will be involved in further Matrix's, Seat Racing, and Time trials to determine final nomination of athletes and crews to the 2018 Junior National Team. Including the following:

\* Athletes may be invited by the HPD or Director Coach and Athlete Pathways to any stage of selection based on their performance in RCA's RADAR Athlete monitoring ergometers, national 2000m ergometer testing and the 2018 Speed Orders Regatta.

### Timelines

Dates and locations for planning purposes are outlined in the Junior Selection Timelines above, and are subject to change.

## APPENDIX 3 – COACH SELECTION

### SUMMARY

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 a designated event. Coaching appointments may be made to achieve strategic objectives or meet certain principle standards. Generally, however:

- **Coaching Priorities – Senior and Para.** The HPD in close consultation with RCA Head Coaches will assign individual crew coaches from within RCA's existing High Performance Coaching pool, or via recruitment through an open expression of interest process.
- **Coaching Priorities – U23.** The HPD in close consultation with RCA Head Coaches and Director Coach and Athlete Pathways will assign individual crew coaches within RCA's existing High Performance Coaching pool, or via recruitment through an open expression of interest process.
- **Coaching Priorities – Junior.** The HPD in close consultation with RCA Head Coaches and Director Coach and Athlete Pathways will assign individual crew coaches within RCA's existing High Performance Coaching pool, or based on the performance of their athletes throughout all stages of the selection process.
- **FISU coaches:** will be selected by RCA and the CURA designate.

### Coach Selection prerequisites

Selection of Crew coaches for all teams will be at the sole discretion of the High Performance Director (HPD), with input and the recommendation of the respective National Head Coaches and Director Coach and Athlete Pathways. Priority of selection will be based on the performance of athletes coached and coaching qualifications.

Coaches interested in nominating for a national team role (in any level) must:

- Complete an Expression of Interest - emailed to the HPM ([mdraper@rowingcanada.org](mailto:mdraper@rowingcanada.org)) before May 1st, 2018.
- The Expression of Interest should outline the coach's coaching record, the program(s) of interest, and their availability to relocate to coach the identified crew (if required)
- Coaches must be registered as a coach in good standing with Rowing Canada Aviron, and meet the RCA Coach certification standards outlined in the following RCA document: [http://www.rowingcanada.org/sites/default/files/devnatlteamcoachcertificationstandards17\\_cm.pdf](http://www.rowingcanada.org/sites/default/files/devnatlteamcoachcertificationstandards17_cm.pdf)
- Be engaged in RCA's Coaching certification program (NCCP)
- Provide a current, or required to undergo a police/criminal record check

### Training location

The training location of the crew will be decided by the HPD, Head Coaches and/or Director Coach and Athlete Pathways - in discussion with the crew and coach to ensure an appropriate high performance training environment is provided. Considerations may be given to, education, employment and financial limitations when it is clearly demonstrated to not have a negative impact on the performance of the crew as the primary objective.

**APPENDIX 4 – IMPORTANT DATES**

## RCA High Performance Program

### Indicative Domestic & International Event Plan

<b>JANUARY - MARCH</b>	Targeted U23 & Sr Athlete Camp NTC Opening - Athlete Intakes	January 3rd	Victoria/Shawnigan
	Warm Weather Camp	Jan 29 - Feb 11	Sacramento, CA
	2k Indoor Erg Championships	Feb 4	Regional
	Integration Camp (Targeted U23 & Sr Athletes)	Feb 18-24	Victoria
	Junior qualification Races #1	March 3-4	BC
	NextGen Camp	March 17	Regional
	RADAR	March 31st	Centre based
<b>APRIL - JULY</b>	Junior Assessment Camp - BC	April 14-15	BC
	NextGen Camp	April 28	Regional
	Identified Domestic Competition	May 19-20	TBD
	Junior qualification Races #2	May 12-13	ONT
	Junior qualification races #3 and Quebec assessment camp	May 26-27	QUE
	World Cup #1 (NTC Crew Selection)	June 1-3	Belgrade, SRB
	Junior Assessment Camp - Ontario	June 4-5	ONT
	2k Erg	June 15	Centre based
	NextGen Camp	June 16	Regional
	Speed Orders (World Cup #2 Simulation)	June 22-24	Ontario
	Selection Camp (JR Selection)	June 25-27 (June 26-30)	
	World Cup#3 Selection TIME TRIAL	Jun 28th	
	Henley Royal Regatta (Tentative)	July 4-8	Henley, GB
	Can Am Mex	July 8-15	Mexico (TBA)
World Cup #3	July 13-15	Lucerne, SUI	
World U23 Championships	July 25-29	Poznan, POL	
<b>AUGUST - OCTOBER</b>	World Junior Championships	August 8-12	Racice, CZE
	Selection Trials	August 3-4	Victoria
	World Championship selection TIME TRIAL	August 5	Victoria
	Canadian Henley (Targetted Para domestic event)	August 7-12	St.Catharines
	Pre-Worlds Training Camp	Aug 24th - Sept 5th	Greece
	World Championships	September 9-16	Plovdiv, BUL
	Youth Olympic Games	October 6-18	Buenos Aires
<b>NOVEMBER - DECEMBER</b>	NTC - Men's & Women's Start Date	TBD	TBD
	National Rowing Championships (NRCs)	Nov 8-11	Burnaby
	NTC - Men's & Women's Start Date	TBD	TBD
	RADAR	November 30th	TBD

*\* Indicative program for general information only. Subject to change*

## APPENDIX 5 – CONTACT INFORMATION

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

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

Dick Tonks - Head Coach, Men  
[dtonks@rowingcanada.org](mailto:dtonks@rowingcanada.org)

Dave Thompson – Head Coach, Women  
[dthompson@rowingcanada.org](mailto:dthompson@rowingcanada.org)

John Wetzstein – Head Coach, Para Rowing  
[jwetzstein@rowingcanada.org](mailto:jwetzstein@rowingcanada.org)

Matt Draper - High Performance Manager  
[mdraper@rowingcanada.org](mailto:mdraper@rowingcanada.org)

Michelle Boss – National Team Coordinator  
[mboss@rowingcanada.org](mailto:mboss@rowingcanada.org)

Chuck McDiarmid – High Performance Development Coordinator  
[cmcdiarmid@rowingcanada.org](mailto:cmcdiarmid@rowingcanada.org)  
Phone: 250-220-2580 Cell: 250-415-9495

Dr. Michael Wilkinson – Chief Medical Officer  
[mwilkinson@telus.net](mailto:mwilkinson@telus.net)

[mwilkinson2010@icloud.com](mailto:mwilkinson2010@icloud.com)

Dan Bechar – CURA Rep for FISU events  
[Dbechar5@uwo.ca](mailto:Dbechar5@uwo.ca)