

ROWING CANADA AVIRON

2019 NATIONAL SELECTION GUIDELINES

SENIOR TEAM



6.November, 2018

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NATIONAL TEAM OBJECTIVE

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

1. PURPOSE

This document establishes the process and criteria to be used to select and nominate the 2019 Rowing Canada Aviron (RCA) National Senior Team (Women and Men), to compete at the 2019 World Rowing Championships.

2. OVERVIEW

This Selection Guidelines document was drafted and prepared by RCA and came into effect immediately upon publication on the RCA website on **Tuesday 6th November**. RCA may also communicate and distribute this Selection Guidelines to relevant athletes through other channels available to the athletes. RCA reserves the right to amend this document for changes imposed by parties external to RCA or for changes that, in the opinion of RCA, would improve or enhance the selection process.

Any changes made by RCA are deemed to come into effect immediately upon publication on the RCA website. Additional publication of the amended Selection Guidelines will be made by whatever means and wherever the original Selection Guidelines was published.

3. SCOPE

This Selection Guidelines document will be used to select Athletes to the Senior National Team (Women & Men) competing at the 2019 World Rowing Championships, Linz AUT - August 25th – 1 September 2019.

***Note Para Selection Guidelines will be published at a later date as an Annex to this document.*

4. SELECTION ELIGIBILITY REQUIREMENTS

All athletes wishing to be considered for selection must satisfy all of the following requirements:

a. GENERAL ELIGIBILITY REQUIREMENTS

All athletes and coaches selected to RCA National Teams must be registered and be in good standing with the Canadian Association of Amateur Oarsmen (CARA), which operates under the name RCA. Athletes must hold a valid Canadian passport or be eligible to row for Canada. Athletes must follow all relevant FISA, FISU and IOC (or PASO) rules regarding eligibility.

For clarity, to be in good standing with the CARA, an athlete must be a member of the CARA:

- whose membership dues and any debts to CARA are not overdue;
- who is not subject to a disciplinary investigation or action by the Corporation; and,
- who has fulfilled all terms and conditions of any disciplinary action to the satisfaction of the Board of Directors.

b. ATHLETE TRACKING AND MONITORING (RADAR)

Athletes must comply with the minimum monitoring requirements. This information is outlined in RCA's Athlete monitoring document available on the RCA website. <http://rowingcanada.org/national-team/criteria-and-information>

c. LETTER OF INTENT

The Letter of Intent must be submitted by all athletes who wish to be considered for national senior team selection before: **March 10th, 2019**. Please go to the following link, login and fill in the Letter of Intent: <https://rca-athlete-tracker.sportingdna.com/users/login>

d. ATHLETE AGREEMENT

All athletes wishing to be considered for national team selection must complete and sign the Athletes Agreement by March 10th, 2019. The Athlete Agreement is available online on the RCA website <http://rowingcanada.org/national-team/criteria-and-information> The agreement can be hand delivered, posted, faxed or email scanned and should be sent to the RCA High Performance Manager. Late receipt may jeopardize selection.

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

5. SELECTION CRITERIA

The objective of the 2019 National Selection Guidelines is to select crews (which shall include coxswains and single scullers) that have the potential to achieve RCA's National Team Objective of achieving an 'A' Final position (top 6) at the 2019 World Rowing Championships.

Athletes will be evaluated for crew and team selection using the process outlined in Appendix in accordance with the athlete's performance and achievement with respect to the following criteria ("Selection Criteria"):

1. Performance results in 2019 including but not limited to:
 - Time trials of various distances, including but not limited to 2000M
 - Small and/or large boat seat racing matrices (ie: seat racing all athletes against each other) and/or targeted seat racing (ie: select head to head races with direct swaps of relevant athletes)
 - Designated ergometer assessments
 - Racing results, including but not limited to, results achieved at national or international rowing regattas
2. Ongoing ergometer testing as per 2019 RCA Athlete Monitoring Program including RADAR

In addition, RCA may take into account the following other factors during the team selection processes ("Other Criteria"):

3. Ongoing technique and ability to adjust to technical feedback;
4. Factors relevant to crew combination, namely crew compatibility (ie: how individuals perform as a team), coachability, and technical compatibility;
5. Commitment to the program;
6. Assessment of competitive readiness (ie: fitness relative to previous assessments and to peers);
7. Ability to meet and maintain bodyweight targets (for lightweights and coxswains only); and
8. Additional factors relevant to achieving RCA team objectives including but not limited to potential development of the athlete or coach for subsequent National Teams and ultimately Senior Team selection.

If an athlete has any questions with respect to the above Selection Criteria and/or Other Criteria, they may contact their RCA Head Coach, High Performance Director or the identified designate to obtain clarification. From time to time as required, supplemental program specific information may be posted on the Rowing Canada Aviron website at: <http://rowingcanada.org/national-team/criteria-and-information> and circulated through communication channels such as the Athlete Tracker Database or WhatsApp.

a. COXSWAINS

For **Coxswains** to be considered for selection, the following will also be considered, in addition to the above Selection Criteria and Other Factors:

1. Athlete and coach assessment of the coxswain’s ability;
2. Compatibility with other athletes in the selected crew and coaches;
3. Demonstrated ability to meet weight guidelines (as per FISA Rule 27), and
4. Racing experience and results.

b. LIGHTWEIGHTS

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 2019 Selection Trials (March 2019) unless otherwise indicated, the maximum weight for each athlete shall be:

Lightweight Women 59kg	Lightweight Men: 72.5kg
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c. COACHES

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 Appendices below.

6. 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 all other criteria within this document.

Athletes may be considered for late invitation to various selection activities (depending on schooling commitments, or other special circumstances, etc.). The High Performance Director and Director of Coach and Athlete Pathways may also choose to invite athletes based on ‘Special Circumstances’ outlined below. The High Performance Director will consult the relevant National Head Coach, Director Coach and Athlete Pathways, and may delegate his or her authority for selection to another individual(s) as required.

7. FINAL SELECTION DATES

The final selection date for National Senior Squad is stated in the table below. Athletes and potential alternates for those crews, will be named on these dates. After these dates, there will be no further additions to the National Senior Squad, except as allowed by certain ‘Special Circumstances’ (Section 9). However, placement of these athletes in specific 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 High Performance Director or Director of Coach and Athlete Pathways.

Team	Selection / Nomination Date/ Detail	Announcement Date
2019 National Senior Squad to compete at the 2019 World Rowing Championships (including any lead up regattas)	MEN Friday, March 23 rd , 2019	Friday, March 31 st , 2019
	WOMEN Wednesday, March 28 th , 2019	Friday, March 31 st , 2019
<i>**Note Para Selection Guidelines will be published at a later date as an Annex to this document.</i>	PARA	To be advised

**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.*

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

Selection to a National Team as part of a crew (or an alternate) does not guarantee an athlete a place in a specific crew for the regatta. For crews selected to the above events, the composition of Crews shall remain the discretion of the RCA High Performance Director and Head Program Coach. The configuration of crews may be changed based on a crew's competitiveness and such changes will follow the appropriate competition regulations.

The RCA High Performance Director in consultation with the Head Program Coach may consider adding a medal winning crew(s) in an Olympic category from the 2019 World Rowing U23 Championships, to compete at the Senior World Championships.

9. 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, an athlete may still be considered for selection to a National Team. Athletes must advise the RCA High Performance Director 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 High Performance Director 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 High Performance Director, in consultation of the relevant coach. In all cases, permission to be exempted from any requirement contained within this document must be obtained in writing from the High Performance Director.

Failure to properly report injury, illness, and/or other personal extenuating circumstances prior to the selection processes of each event may result in the athlete being de-selected and financially responsible for all the athlete's costs associated with the event.

10. APPEAL PROCESS

Decisions made pursuant to this Selection Guidelines document may be appealed in accordance with the RCA Appeal Guidelines located in the Athlete Handbook and on the RCA website here:

http://www.rowingcanada.org/sites/default/files/appealpolicyrca_0.pdf

11. RELOCATION and TEAM FUNDING

Relocation for carded athletes: Sport Canada's Athlete Assistance Program (AAP), provides financial assistance for carded athletes with relocation expenses to an National Training Centre.

For additional information, please visit: <http://athletescan.com/leadership/resources/leadership-modules/sport-system-101/sport-canada/athlete-assistance-program-aap/>.

12. APPENDICES

The appendices attached in the following pages, outline the requirements and information regarding:

- 2019 World Rowing Championships Selection – Event Requirements
- Coach & Team Leader & Team Support Staff Selection
- Important Dates
- RCA High Performance Contact Details

APPENDIX 1

2019 NATIONAL TEAM – EVENT REQUIREMENTS

These Event Requirements operate as an appendix to the RCA Selection Guidelines (above) and outline the activities that rowers and coxswains must complete to be eligible for selection for a Canadian Team.

***Note Para Selection Guidelines will be published at a later date as an Annex to this document.*

All athletes must complete all activities stipulated in these Event Requirements (except for activities marked ‘participation encouraged’) unless there are *Special Circumstances* (Section 9) that prevent this, in which case RCA (HPD) is to be notified of the particular reason as soon as is practicable, and in accordance with the Guidelines noted in this document (Section 9). The selection process for the Senior National Team will include the following requirements as indicated (and as outlined below):

Item	Event	Date	Athletes	Location	Detail	Objective
1	Letter of Intent	On or before March 10 th , 2019	Required for athletes wishing to be considered for Senior National Squad.	Online	see notes 4(c) above	
2	RADAR monitoring ergometer	January 27 th to March 31 st , 2019	Required for all athletes wishing to be considered for selection	Supervised in: National Training Centre (NTC) or Local Training Environment	Lightweights: Women: 59.0kg or less Men: 72.5kg or less	Individual performance monitoring in accordance with Selection Criteria
3	Selection trials	Men: Saturday March 16 th – Friday 22 nd , 2019 Women: Saturday March 23 rd – Friday 27 th , 2019	Invitation only. - All NTC Athletes; - All nominated Senior (International & National) Carded Athletes training outside the NTC; and - Invited athletes who achieve the SR Development Ergometer Standards (2k or 6k) prior to March 10th, 2019	Victoria BC (Elk Lake or Quamichan Lake, tbc)	Lightweights: Women: 59kg max Men: 72.5kg max Note: USA (i.e. University) based athletes, must attend March trials and return to the NTC by June 4th	Confirm Senior National Squad Selection for: 2019 World Cups; & 2019 World Championships
	Athlete Agreement	March 10 th	All athletes in the Senior National Squad	Signed Hardcopy	See notes above	
	Last day to arrive at the NTC to begin training for World Cups	On or before June 4 th 2019	All nominated 2019 Senior National Squad members	Relocation to the NTC – Victoria Region	Athletes training outside of NTC can return to their local DTE for extenuating circumstances, <i>if approved by the relevant Head Coach</i> . Carding support will remain on-hold until the athlete relocates to train full-time within the NTC.	Final preparations prior to departure for international competition. All nominated 2019 Senior National Squad members are required to be in the NTC training full-time starting June 4th, 2019.

****Extra notes over the page**

2019 EVENT REQUIREMENTS - NOTES

- The RCA High Performance Director in consultation with the Head Program Coach may consider adding a medal winning crew(s) in an Olympic category from the 2019 World Rowing U23 Championships, to compete at the Senior World Championships.
- Athletes not selected into the Senior National Squad following the March 2019 selection trials, may consider seeking selection for the Under 23, Pan Am Games and Under 21 teams, by competing at the 2019 Speed Order Trials in June 2019. All athletes are recommended to be aware of the selection criteria for those events as identified on the RCA website.
- Additional plans and details regarding the criteria outlined in this document, may be communicated from time to time on the RCA Website <http://rowingcanada.org/national-team/criteria-and-information>, and will be circulated through communication channels such as the RCA Athlete Tracker Database, email or WhatsApp.

APPENDIX 2

TEAM LEADER and SUPPORT STAFF SELECTION

An event team leader or support staff will be appointed by the High Performance Director and/or the Director of Coach and Athlete Pathways. Generally, appointments will be made from existing RCA employees, but should additional requirements exist, RCA will advertise the application process with an official notice. If additional sports science or sports medicine support staff are required to support a team, RCA's Chief Medical Officer will play a role in the identification and selection of those practitioners.

COACH 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.

Selection of Crew Coaches for all teams will be at the sole discretion of the High Performance Director, with input from the respective National Head Coaches. Selection considerations include previous experience, performance of athletes coached, coaching qualifications and the long term development strategy of RCA's high performance coaching structure.

Coach Selection Prerequisites

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

Complete an Expression of Interest - emailed to the High Performance Manager (mdraper@rowingcanada.org) before January 1st, 2019. 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).

Minimum Qualifications:

- Registered as a Coach in good standing with Rowing Canada Aviron
- Performance Coach Certified

Other requirements (to be completed before May 1st, 2019) include:

- Making Ethical Decisions;
- Respect in Sport Online Module;
- CCES True Sport 101;
- Criminal Record Check; and,
- Being recognized as a Registered Coach or Chartered Professional Coach (ChPC) with the Coaching Association of Canada.

An announcement of the selected coaching staff will take place by February 1st, 2019.

Should RCA identify that additional coaching staff are required to support selected teams after the February 1st, 2019 announcement date, coaches will be selected from within RCA's existing pool of National Team Coaching Staff or the pool of coaches who complete an Expression of Interest by January 1st, 2019.

Training Location Unless otherwise identified, the training location for all Senior National Squad members will be the NTC-Victoria, BC

**2019 NATIONAL SELECTION GUIDELINES
- SENIOR TEAM -**



APPENDIX 3

2019 IMPORTANT DATES

IMPORTANT DATES				
Domestic & International Event Plan				
2018	NOVEMBER - DECEMBER	National Rowing Championships (NRCs)	November 8th - 11th	Burnaby
		NTC - Women's Start Date - Athlete Intakes	November tbc	Victoria
		NTC - Men's Start Date - Athlete Intakes	November tbc	Victoria
		RADAR	November 30th	Submissions DUE
		NTC - Closes for 2018	December 23rd	NTC - Victoria
2019	JANUARY - MARCH	NTC Opens	January 2nd	NTC - Victoria
		Integration Camp (Targeted U23 & Sr Athletes)	February 18th - 24th	NTC - Victoria
		2019 Erg Submission: Senior Squad Consideration	March 10th	Submissions DUE
		2019 National Senior Squad Selection - MEN	March 16th - 22nd	NTC - Victoria
		2019 National Senior Squad Selection - WOMEN	March 23rd - 29th	NTC - Victoria
		RADAR	March 31st	Submissions DUE
	APRIL - JUNE	Gavirate Int'l Para Rowing Regatta	May 17th - 19th	Gavirate, ITA
		Speed Orders (U21, U23, & PanAm Games)	June 14th - 16th	NTC - Victoria
		Selection Camp (U21, U23, & PanAm Games)	June 17th - 22nd	NTC - Victoria
		World Cup #2	June 21st - 23rd	Poznan, POL
	JULY - SEPTEMBER	World Cup #3	July 12th - 14th	Rotterdam, NED
		2019 National Senior Squad	July 17th - August 7th	NTC - Victoria
		World U23 Championships	July 24th - 28th	Sarasota, USA
		2019 National Senior Squad Camp(s)	TBD	TBD
		Pan American Games	August 6th - 11th	Lima, PUR
		Pre-Worlds Training Camp	August 8th - 24th	TBD
		World Championships - 2020 Qualification	August 19th-Sept 1st	Linz, AUT
		NTC Opens	September	NTC - Victoria
		National Rowing Championships (NRCs)	September 27th-29th	Burnaby
	OCTOBER - DECEMBER	NTC - 2020 Games Training Camp Opens	October 16th	NTC - Victoria
		RADAR	November 30th	Submissions DUE
		NTC Closes	December 23rd	NTC - Victoria

**Dates subject to change*

*nnnn**Note Para Selection Guidelines will be published at a later date as an Annex to this document.*

APPENDIX 4

RCA CONTACT INFORMATION

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Dave Thompson – Head Coach, Women
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Matt Draper - High Performance Manager
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Michelle Boss – National Team Coordinator
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Dr. Michael Wilkinson – Chief Medical Officer
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