



# **Rowing Canada Aviron**

## **2023 Junior (U19) Coastal Event Selection**

### **World Rowing Beach Sprint Finals**

**June 2023**

## SELECTION OVERVIEW

### PURPOSE

This document establishes the process and criteria to be used to select and nominate the 2023 Junior (U19) **Rowing Canada Aviron (RCA)** Team for the **World Rowing Beach Sprint Finals**, Barletta, Italy, September 29 – October 1, 2023

### OVERVIEW

This Selection Guidelines document was drafted and prepared by RCA and will come into effect immediately upon publication on the RCA website. RCA may also communicate and distribute these Selection Guidelines to relevant athletes through other channels. RCA reserves the right to amend this document to account for changes imposed by parties external to RCA, for changes that become necessary due to typographical error or a lack of clarity in a definition or wording. Any changes are deemed to come into effect immediately upon publication on the RCA website.

### SCOPE

This Selection Guidelines document will be used to select Athletes to compete at events as outlined in the Purpose section above.

### SELECTION ELIGIBILITY REQUIREMENTS

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

#### 1. GENERAL ELIGIBILITY REQUIREMENTS

All athletes and coaches selected to RCA National Teams must be registered and be in good standing with the **Canadian Amateur Rowing Association (CARA)**, which operates under the name Rowing Canada Aviron (RCA). Athletes must hold a valid Canadian passport or be eligible to row for Canada. Athletes must follow all relevant World Rowing, International Paralympic Committee (IPC) and International Olympic Committee (IOC) (&/or the Pan American Sport Organization) rules regarding eligibility.

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

- a. their membership dues and any debts to RCA are not overdue;
- b. they are not subject to a disciplinary sanction of either suspension from specified or from all RCA teams, activities, events, or competitions or expulsion from CARA membership, following a process under the RCA Discipline Policy (or equivalent); and
- c. in any case where disciplinary sanction by CARA under the RCA Discipline Policy (or equivalent), they have fulfilled all terms and conditions of the disciplinary sanction to the satisfaction of the Board of Directors or its designate.

It is recommended that athletes competing in any of the Trials and at the World Rowing Beach Sprint Finals and all other events outlined above be fully vaccinated against COVID-19.

#### 1.1 Monitoring requirements

Athletes must be born in 2004 or later. A rower or coxswain is classified as Junior until December 31st of the year in which they reach the age of 18. After that date they shall be classified as Under 21 or Under 23.

## 1.2 Monitoring requirements

All athletes wishing to be considered for selection to the teams for the above-mentioned events must complete a Concept 2 ergometer test without the use of sliders. The test will consist of 2x500m with a 2 minute rest period between the 500s.

Tests must be submitted one week prior to the event for which you are registering and must be monitored by your Club Coach or Official.

Submissions can be made through the following site: <https://forms.office.com/r/urh2rTr5Xc>

500m Ergometer Test Details:

Selection Event - Trial	Ergometer Test Due Date
World Rowing Beach Sprint Finals Selection Event	August 15, 2023

Drag factor	
U19 Women	110
U19 Men	130

## 2. LETTER OF INTENT

The Letter of Intent must be submitted by all athletes who wish to be considered for selection to the events listed in the Purpose section and can be found online at [https://signnow.com/s/ZSlzwivd?name\\_formula=2023%20Beach%20Sprints%20LOI%20-%20June%7CName](https://signnow.com/s/ZSlzwivd?name_formula=2023%20Beach%20Sprints%20LOI%20-%20June%7CName).

**Submission for World Rowing Beach Sprint Finals is due by 12 noon Eastern on July 15, 2023.**

## 3. ATHLETE AGREEMENT

All athletes selected to the World Rowing Beach Sprint Finals must fill in and sign the RCA Athlete Agreement prior to accepting entry into the respective teams. The Athlete Agreement form is available to be completed from the following site: [https://signnow.com/s/QPff78AT?name\\_formula=2023\\_24%20Athlete%20Agreement\\_E%7CName](https://signnow.com/s/QPff78AT?name_formula=2023_24%20Athlete%20Agreement_E%7CName). The RCA 'Code of Conduct' shall apply at all times to selected crews.

## 4. ATHLETE FEES

All athletes wishing to be considered for selection to the individual events should be aware of and prepared for fees and expenses contingent on being named to the team for each event.

An estimate of costs that athletes can expect are listed in the table below:

Item	Estimated Cost	Details
Clothing Package	\$350	Must be authorized event clothing package purchased through Regatta Sport
Flights	\$1500 - 2500	Estimates only, depending on departure airport
Local Transportation	\$100+	May be arranged by Organizing Committee
Accommodations	\$90+ per night	Bed & Breakfast (double occupancy, per night)
Meals	\$70 per day	Lunch and Dinner per day
Equipment Rental	TBD	Oars only. Boats are provided.
Travel Insurance	\$35 - 70	Must submit confirmation to RCA

## 5. SELECTION CRITERIA

The objective of the 2023 Selection Guidelines is to select crews who are eligible and committed to compete at the following events:

### 1. World Rowing Beach Sprint Finals (WRBSF)

World Rowing Beach Sprint Finals, Barletta, Italy, September 29-October 1, 2023

The following boat classes will be considered for selection:

- CJW1x, CJM1x (athletes selected to these events may also be entered in CJMix2x)
- CJW2x, CJM2x, CJMix2

RCA will select crews from the results obtained by athletes or crews at the designated 2023 Beach Sprint regatta which will take place August 19-20, 2023. This regatta is open to all eligible athletes across Canada. Please note that each individual regatta may limit the number of entries accepted based on venue and equipment capacity.

The following regatta is designated as the RCA Selection Event for the WRBSF Junior Team:

Name of Event	Date	Location	Entry Deadline
RowOn Beach Sprint Championships	August 19-20, 2023	Woodbine Beach, Toronto, ON	August 13, 2023

Athletes who have met all the eligibility criteria will be nominated based on their finish in the finals of their event. If the top finisher is not eligible to be nominated, RCA has the option to nominate the next place finishers in order of their placing. RCA reserves the right to not nominate for an event. RCA may choose to combine top solo athletes into a double (or split a top double into two solos) if there is a limited depth of field in the events and considering erg submissions.

### 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, at the sole discretion of RCA. Athletes must advise the RCA Head Coach 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. RCA reserves the right to request further medical evidence and/or to require the athlete to be assessed by RCA's Chief Medical Officer or another specified practitioner, where appropriate.

## 6. TEAM SUPPORT

Coaching and/or other support for the World Rowing Beach Sprint Finals Team will be self-funded and at the sole discretion of the High Performance Director.

Selection considerations include commitment to coastal rowing, and long-term development strategy.

Interested applicants should submit an Expression of Interest application to [hp@rowingcanada.org](mailto:hp@rowingcanada.org) on or before July 15, 2023 for World Rowing Beach Sprint Finals.

Coaching applicants should include coaching record and qualifications with the following minimum requirements:

- RCA Performance Coach Trained, and/or World Rowing certified Coastal Rowing Coach
- Registered as a Coach in good standing with RCA.
- Making Ethical Decisions,
- CAC Safesport Module
- CCES True Sport 101, and
- Criminal Record Check and, if necessary, Vulnerable Sector Search

An announcement of the selected coach will take place at the same time as the Team Announcement.

RCA reserves the right to name the coach notwithstanding any applications received by the aforementioned deadline.

## 7. IMPORTANT DATES

Selection Document Posted	June 20, 2023
Letter of Intent due for Athletes and Coaches/Support - World Rowing Beach Sprint Finals	July 15, 2023
Ergometer Test Due - Canadian Beach Sprints Final	August 15, 2023
Entry Deadline - RowOn Beach Sprint Championships (Junior WRBSF Team Selection)	August 13, 2023
RowOn Beach Sprint Championships (Junior WRBSF Team Selection)	August 19-20, 2023
World Rowing Beach Sprint Finals Team Announced	TBD
World Rowing Beach Sprint Finals - Barletta, Italy	September 29 - October 1, 2023

## 8. CONTACT INFORMATION

### Adam Parfitt

RCA High Performance Director

[parfitt@rowingcanada.org](mailto:parfitt@rowingcanada.org)