

October 2003

Scottish Amateur Rowing Association



Scotland's Olympic Silver Medal Winners Gillian and Katherine

Selection Policy (Juniors) for the 2004 Home International Regatta (Cardiff, Wales)

SELECTION POLICY

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1. Introduction

The Scottish Amateur Rowing Association (SARA) has adopted the following selection policy and criteria for selection of all junior crews, coxes and coaches for the 2004 Home International Regatta (HIR). The policy set out in this paper was approved by the SARA Executive in November 2003 and will not be changed except by a majority vote at a subsequent SARA Executive meeting.

To gain selection all athletes, coaches and coxes must comply with the following selection strategy in its entirety. The aim is to send a full team of juniors. It should be noted however that if the National Coach decides that there are insufficient candidates of a suitable standard, then only those crews that meet the standard will be sent. The policy is framed so that athletes, coxwains and coaches have ample opportunity to demonstrate their ability and suitability to meet the main objective of selecting the fastest crew/cox/coach combinations.

2. Events offered

The likely events offered for both sexes will be: 8+, 4+, 4-, 2-, 4x, 2x and 1x. Subject to achieving the standards and meeting the selection criteria set out below a full team will be entered for both sexes.

3. Selection Criteria

The purpose will be to select crews with the best possible chance of winning their event at the HIR. At the discretion of the National Coach, crews may also be sent in order to gain racing experience and experience of competing abroad as part of a Scottish team.

The final date for registration to the team will be **6th December 2003**. All rowers, scullers, coxwains and coaches must submit the appropriate form in Appendix A to the Team Manager of the IRC by this date.

All candidates for selection are required to compete at selection trials. Any athlete who does not attend a trial without prior notification to the IRC will be deemed to have removed themselves from the selection process. A medical certificate should be submitted when notifying the IRC of non-attendance at a trial. The dates and venues for these trials are set out in Appendix B.

All candidates for selection will be required to have a valid SARA licence for 2004 (SARA licenses run from January to December). For members of Scottish Clubs, these are available through your Club Secretary. For members of English Clubs, they should request an Associate Membership and Racing Licence Application Form from the IRC Team Manager which should be completed and submitted together with the appropriate membership fee.

The IRC will, following the Open assessments, invite the best athletes to compete in the subsequent closed trials. Crews will then be selected to compete at the Ghent Spring Regatta. Athletes must be prepared to comply with the requirements of the IRC and their nominated crew coach. Selection will be made only from registered athletes who have complied with the Registration Agreement and will be based on small boat performance (2- and 1x) at trials, crew compatibility and ergometer performance. The National Coach will submit his recommendations for team selection to the SARA Executive

4. Selection of Coaches

Each crew will have a coach appointed to work with them. Where the crews are made up of athletes from a single club, a coach will be appointed from that club. If more than one club is represented in a crew, a coach will be appointed by the National Coach, dependent on that coach's area of expertise. Selected coaches will be announced at the same time that crews are announced.

5. Exemptions

Any National Rowing Academy athlete or athlete involved with the Great Britain team may be exempted from elements of the selection system. Similarly, any athlete participating in the Great Britain selection system will have such results taken into consideration. Both these circumstances will be decided upon at the sole discretion of the National Coach. All GB results, including ergometer scores, should be submitted to the IRC Team Manager.

6. Appeals Procedure

1. In the event of a participant in the 2004 HIR programme appealing against a decision or action of the IRC or of an appointed coach, the SARA Executive Committee will appoint an Appeals Panel composed of:

The President of the SARA or nominee.

Two members drawn from the Executive.

2. The Appeals Panel will be empowered to call witnesses and take expert advice. The Panel will report its findings to the SARA Executive Committee.
3. Any appeal must be notified in writing to the President of the SARA as soon as reasonably possible. Delay may cause the Appeals Panel to refuse to hear the appeal.

7. International Rowing Committee (IRC) structure

Team Manager:	Gary Bain
Assistant Team Manager:	John Langley
Senior Mens Team Co-ordinator:	Tom Baker
Senior Womens Team Co-ordinator:	TBC
National Coach:	John McArthur

Medical Support

Doctor:	Dr. Ron Wallace
Physiotherapist:	John Dennis

The IRC has overall responsibility for the day to day organisation of the team. The IRC provides a lead to and manages the team to ensure that the aims and objectives stated in this document are achieved through the effective use of resources. It is the SARA Executive Committee that is ultimately responsible for the selection of the 2004 HIR.

Team Manager

The Team Manager is responsible for the logistical and administrative management of the team. Any queries regarding the selection policy, submitting ergo scores, training weekends, nominated regattas and HIR should be directed to the Team Manager.

Assistant Team Manager

The Assistant Team Manager shall assist the Team Manager in all his areas of responsibility.

The National Coach

The National Coach is responsible to the SARA Executive Committee for:

- implementation of the policy contained herein
- overseeing all aspects of the Junior selection process

and will use his experience and best judgement to select all junior crews.

Medical Support Team

Will offer advice on medical care to athletes throughout the season in training and competition as well as to the IRC and Coaches on all medical matters.

PLEASE NOTE

Whilst the National Coach will recommend crews for selection, it is the SARA Executive who ultimately will ratify the HIR team selection

APPENDIX A

SCOTTISH TEAM REGISTRATION AGREEMENT

To be completed and submitted to the IRC Team Manager by 6th December 2003

1. Selection

I understand that selection for the 2004 HIR Team will be open only to international scheme registered athletes.

I have read and agree to abide by the general and specific requirements of the scheme as detailed in the document Selection Policy for the 2004 HIR Team including Appenices A through E.

I will have a valid SARA Licence for 2004.

I am eligible to represent Scotland for the 2004 HIR

I was born in Scotland on (date) in(town).

OR

I will have been resident in Scotland for 6 out of the 12 months prior to the HIR.

OR

I live in the British Isles and have a Scottish parent, born on (date) in(town).

I live in the British Isles and have a Scottish grandparent, born on (date) in(town).

2. Drugs

I will not knowingly take any banned drug as listed on the current FISA or IOC List of banned drugs. I understand that I may have to submit myself for drug tests at any time during training or competition without prior notice. Refusal to take a drugs test will be regarded as a positive test.

3. Sponsorship

I understand that I may not enter into any sponsorship or advertising agreement without prior written approval of the SARA Executive Committee.

I understand that I may not receive any donation or sponsorship unless it is agreed by the SARA Executive Committee. I understand that if I do accept any direct reimbursement I could contravene the SARA Rules and thereby lose my right to compete in the 2004 HIR.

I understand that as an athlete in the Scottish Rowing Team I may be required to fulfil my undertaking to a Team sponsor in respect of advertising on clothing and/or boats and equipment. Furthermore, in interviews and press reports I will take every opportunity to promote Team sponsors.

4. Club

I wish to register in the name of Club for the 2004 HIR. I understand that this club will be named when possible. I also understand that I may be required to row as Scottish Rowing or Scottish Argonauts by the IRC at the events outlined in the list of dates..

5. Costs

I understand that, if selected, I will be obliged to pay my costs of attending international regattas and/or the Home International Regatta as a member of the Scottish Team and that these costs will include a contribution towards team management costs. I understand that the likely level of my costs will be £150 - £200 per event.

6. Details Form

Personal Details	
Last Name:	Sex: Male / Female
First Name:	Date of Birth:
Address:	Weight (kg):
	Height (cm):
	Kit Size (S / M / L / XL / XXL):
	One piece:
Postcode:	Short sleeve T shirt:
Email:	Long Sleeve T shirt:
Home Phone:	Sweatshirt:
Work Phone:	Tracksuit Bottoms:
Mobile:	Fleece:

Emergency & Medical Details	
Emergency Contact:	Telephone
Name	
1	
2	
Dietary Requirements:	
Medication:	

Rowing Details	
Club:	
Skills: Bow / Stroke / Scull / Cox	SARA Licence No:
Coach (Name & tel):	

I confirm that I understand and agree to the selection criteria and requirements set out in this registration agreement and other documents referred to herein.

Signed: Date:

7. Junior Consent Form

If selected by SARA , I, _____, (name of

parent and guardian) agree to allow _____ (name of Junior athlete) to attend one or more of the following regattas as a member of the Scottish Team:

Ghent Spring & Juniors, Belgium	10 - 11 th April 2004
Home International Regatta, Cardiff, Wales	24 th July 2004

I understand that the Team Manager and SARA Designated Coaches (to be named prior to the event) will be acting in loco parentis for the named junior during the regattas and during travel to and from the regatta.

Accommodation details and travel arrangements will be notified to you prior to the event.

If selected for the Home International Regatta, I agree to allow the above mentioned Junior athlete to attend the post-Regatta banquet at which alcohol will be served to Senior athletes, coaches and officials.

Signed: _____ (Parent/Guardian)

and _____ (Junior athlete)

Dates of Trials, Training Camps and Regattas

DATE	PURPOSE	VENUE
December 6th	Trial (Long distance)	Strathclyde Park
January 24th or 25th	Scottish Indoor Rowing Championships	TBC
February 21st	Trial (Long Distance)	To be confirmed
March 20th	Trial (Seat racing if appropriate, select crews for Ghent Spring)	Strathclyde Park
April 3/4th	Training weekend for Ghent crews (By invitation only based on March 20 th results)	Strathclyde Park
April 10/11th	Ghent Spring Regatta	Ghent (Belgium) *
May 8/9th	Training weekend/crew formation	Strathclyde Park
June 26/27th	Final crew formation	Strathclyde Park
July 26th	Home International Regatta	Cardiff, Wales *

The fee for each assessment at Strathclyde Park will be £5 per person, payable at Registration.

SARA IRC will make Scottish Team entries at the events where the Scottish Team is competing (marked *), but not at other events.

Performance Targets

All candidates are required to submit scores for the following ergometer tests. These are in line with current GB procedures and will avoid the need for duplication of tests for candidates pursuing GB selection. It will also allow for comparison with the leading GB candidates and help in setting performance targets for the coming years.

Date	Distance/rate	Protocol
December (13 th)	5000m r24	Submit score
January 24th or 25th	2000m free rate	Scottish Indoor Rowing Championships
March 20 th	2000m free rate	Submit score before trial

Athletes may be required to undertake further ergometer tests at any stage of the selection process as deemed necessary by the National coach.

NOTE.

The March 2000m ergo test result should be submitted ahead of the trial or you will not be allowed to take part.