

# **Selection Policy for the Scottish Senior and Junior Rowing Teams for the 2009 Home Countries International Regatta**

The Home Countries International Regatta represents one of the few opportunities in which rowers can compete on behalf of Scotland. This selection policy is intended to be fair to all eligible competitors and as such it is hoped that it will produce a strong team that will be successful at the 2009 regatta but also improve the development of potential elite level athletes in our sport throughout Scotland.

Following consultation with athletes and coaches there has been a complete redrafting of the selection policy from that of previous years.

## **The new policy:**

- Places greater responsibility on that of the selectors to make judgements based on the evidence provided but provides backing for selectors by having them appointed by the membership of the association and having transparency in their decisions.
- Emphasizes the Scottish Championships as the main method for selection.
- Recognises the differences between selection of junior and senior athletes.
- Recognizes that early selection and time for preparation prior to the regatta is vital for a successful team.

**It should be noted that following the Scottish Rowing Half-Yearly Meeting an Under 23 4- event has been added to the programme of the Scottish Championships.**

## **1. Eligibility**

Candidates must fulfil ONE of the following-

- Be born in Scotland.
- Be resident in Scotland for 6 out of the 12 months prior to the HCI.
- Live in the British Isles and have a Scottish parent.
- Live in the British Isles and have a Scottish grandparent.
- Have competed for Scotland at the HCI previously

Any athlete who competed at the 2008 HCI for a senior team other than Scotland is not eligible for selection.

In addition athletes should have a current Scottish Rowing racing licence. Athletes based in England or Wales should have a current ARA or WARA racing licence.

## **2. Registration**

Athletes entered in relevant events at the Scottish Championships or in the Scottish Rowing February Long Distance Talent Identification Trial will be deemed to have satisfied the requirements for registration. Athletes not competing at the Scottish Championships should inform the Team Manager, via email, of their intention to seek selection prior to the commencement of Scottish Championships and complete the registration form in Appendix A. Any athlete failing to do so may not be eligible for selection.

It is recommended that all athletes complete the registration process to ensure that they receive all relevant information. To conform with Scottish Rowing Child Protection procedures junior athletes should be registered by their coach or parent/guardian.

### 3. Selectors

Selectors will be appointed by a vote of the membership of the association.

1 Junior Team Selector will be appointed.

3 Senior Team Selectors will be appointed.

Nominations should be received via email to the team manager by 1<sup>st</sup> May. Citations of relevant experience are requested. A list of candidates and a ballot form will be sent via email to all member clubs by 4<sup>th</sup> May. Ballots must be returned via email by 24<sup>th</sup> May.

For the Junior Team Selector there will be a simple majority vote.

For Senior Team Selectors there will be a multiple vote system with each member club able to vote for up to 3 candidates. Multiple votes cannot be cast for the same candidate. The 3 candidates with the most votes will be appointed as selectors. In the event of a tie the President will have a casting vote.

All meetings of the selectors will be made in the presence of the Team Manager, or their representative, who will take minutes of the proceedings but will not be involved in any selection decisions. Selectors should inform the meetings of any conflicts of interest.

### 4. Senior Teams

#### 4.1 Senior Events

The following senior events will comprise the 2009 Home Countries International Regatta:

Men	Women	Lightweight Men	Lightweight Women
8+	8+		
Under 23 4-	Under 23 4-		
2-	2-	2-	2-
4x	4x		
2x	2x	2x	2x
1x	1x	1x	1x

The senior teams (Men and Women) may comprise a maximum of 15 athletes plus cox. In addition a men's and women's adaptive 1x event is run as a demonstration event and is discussed in Appendix B.

#### 4.2 Senior Selection Procedure

The Scottish Championships will serve as the main selection regatta for the senior team.

##### *Selection of Hwt 1x, Lwt 1x, Hwt 2-, Lwt 2-*

Crews competing in these categories will be automatically selected on a "first past the post" basis at the Scottish Championships provided they achieve a performance greater than 87.5% of the speed of the predicted World Gold Medal Time, provided in Appendix C. Weather conditions will obviously be considered when applying this standard.

##### *Selection of Lwt 2x and Hwt 2x*

The Senior Selectors will consider all eligible athletes in the selection of these crews. The selectors may select a crew currently competing together or form a new crew. If appropriate the selectors may invite athletes to attend the Final Selection Day in order to obtain further information.

##### *Selection of Under 23 4-*

The Senior Selectors will consider all eligible athletes in the selection of these crews. The selectors may select a crew currently competing together or form a new crew. If appropriate the selectors may invite athletes to attend the Final Selection Day in order to obtain further information.

### ***Selection of the 8+***

The crews will normally be formed from the athletes selected in the Hwt 2-, Lwt 2- and U23 4-. The Senior Selectors may invite additional athletes to the Final Selection Day.

### ***Selection of the 4x***

These crews will normally be formed from the athletes selected in the Hwt 1x, Lwt 1x, Hwt 2x, Lwt 2x. The Senior Selectors may invite additional athletes to the Final Selection Day.

## **4.3 Final Selection Day**

Following the Scottish Championships the Senior Selectors will meet and select a provisional team. This will comprise crews selected and athletes who have been invited to attend the Final Selection Day. All athletes on the provisional team are expected to attend the Final Selection Day. The Team Manager will arrange at the request of the selectors to assess different combinations of athletes in crews or to arrange race offs for crews not yet selected.

Upon conclusion of the Final Selection Day the Senior Selectors will announce an updated provisional team.

The policy is sensitive to the proximity of the Women's Henley Regatta and the Henley Royal Regatta in relation to the Scottish Championships. If appropriate separate Final Selection Days may be held. See section 9.6 "2009 Dates of Interest" for further information.

## **4.4 Selection of Adaptive Athletes**

The Senior Selectors will consider appropriate results from adaptive competitions in making their selections. See Appendix B for further details.

## **4.5 Selection of Senior Coxes**

Coxes wishing to seek selection should make their intention known to the Team Manager prior to the Scottish Championships and complete the registration form in Appendix A. The Senior Selectors will assesses technical ability and crew suitability of coxes and select them through meetings/discussions with the crew coaches and from feedback from other athletes. Part of the selection process will also be based on geographical factors in order to maximise crew training times.

# **5. Junior Teams**

## **5.1 Junior Events**

The following junior events will comprise the 2009 Home Countries International Regatta:

<b>Junior Men</b>	<b>Junior Women</b>
8+	8+
4+	4+
4-	4-
2-	2-
4x	4x
2x	2x
1x	1x

The junior teams may comprise a maximum of 25 athletes plus coxes. As such if a full team is selected no non-rowing spares may be selected.

## **5.2 Junior Selection Procedure**

Following the Scottish Championships a forum of junior coaches will convene. The forum will discuss the results of the Scottish Championships and other appropriate competitions. The time and venue for this meeting will be arranged by the Team Manager who will chair and take minutes of the meeting. Attendance at this forum will be open to all coaches of junior athletes.

Based on the discussions at this forum the Junior Team Selector will make their selections by examining performances in the following boat classes from the Scottish Championships and other appropriate competitions:

1x, 2x, 2-, 4-, 4+, 4x

Note: Junior athletes seeking selection should enter J18 events at the Scottish Championships. Results from J16 events and the Scottish Schools Championships will not be considered.

### **5.3 Final Selection Day**

Where appropriate the Junior Team Selector may invite athletes to attend a Final Selection Day in order to obtain further information. This may involve assessing athletes in different combinations and will be arranged by the Team Manager in consultation with the Junior Selector. Upon conclusion of the Final Selection Day the Junior Team Selector will announce an updated provisional team.

### **5.4 Selection of Junior Coxes**

Junior coxes will be chosen by consultation between the Junior Team Selector and the coaches of athletes selected in the coxed events. The decision will be based on technical ability and crew suitability. Part of the selection process will also be based on geographical factors in order to maximise crew training times

## **6. Additional Selection Considerations**

### **6.1 Performance Exception**

Exceptional athletes may be selected for the team without attendance at the Scottish Championships or the Final Selection Day. Such athletes should be actively seeking selection for GB teams and be able to provide evidence of a high standard of performance.

### **6.2 Medical Exception**

Athletes not competing at the Scottish Championships or unable to attend the Final Selection Day due to medical reasons should inform the Team Manager as soon as possible and may be required to provide a medical certificate.

### **6.3 Team Size**

It is the intention of Scottish Rowing that a full team should represent Scotland at the 2009 HCI Regatta. However, should the selectors be of the opinion that no crew of sufficient standard exists for a specific event then selectors may choose not to select a crew to compete in that event.

Athletes will not normally be selected to compete in more than two events.

### **6.4 Crew Changes during the Regatta**

Athletes selected to the team do so on the understanding that injury or other unforeseen circumstances may require changes to selected crews. During the regatta any decision on changes to crews because of injury or other unforeseen circumstances will be made by the Team Manager in consultation with the team coaches.

## **7. Appeals Procedure and Ratification of the Final Team**

Appeals should be made via email to the Team Manager within 7 days of the publication of the updated provisional team.

Appeals will be considered by a panel consisting of the Team Manager, the Vice-President (Performance) and a further third party approved by the Scottish Rowing Executive. This process may involve contacting all athletes and coaches involved in the appeal for further evidence or the seeking of other expert advice. The appeals panel will then present the evidence collected to the Scottish Rowing Executive who will have the final decision on rejecting or upholding the appeal. The Vice-President (Performance) will not be involved in the decision. At this time the Scottish Rowing Executive will also ratify all other selections to allow the announcement of the final team.

## 8. Selection of Coaches

Coaches will be appointed to selected crews by the Team Manager in consultation with the Junior Team Selector and the Senior Team Selectors. All coaches interested in working with the Scotland team should make their intentions known to the Team Manager via email. Part of the selection process will also be based on geographical factors in order to maximise crew training times.

All coaches (including senior coaches) representing Scotland must have completed and received a satisfactory Scottish Rowing child protection disclosure certificate. Coaches are reminded that the disclosure process can take in excess of 6 weeks to complete. The Scottish Rowing Child Protection Officer will be available to process applications at the Strathclyde Park Regatta.

## 9. Additional Team Information

### 9.1 Lightweight Weights Limits

The HCI operates under FISA rules and as such the weight limit for lightweight competitors are as follows:

	<b>Individual maximum weight</b>	<b>Crew average weight</b>
<b>Men</b>	72.5 kg	70 kg
<b>Women</b>	59 kg	57 kg

Lightweight athletes will be weighed at the Final Selection Day.

### 9.2 Costs

Athletes, coaches and support staff will be expected to pay costs for attending the Home Countries International Regatta as a member of the Scottish Team. All costs must be paid 7 days prior to the team departure for the regatta.

### 9.3 Equipment

The Team Manager will liaise with selected athletes and coaches to ensure that equipment is available for all competing athletes. Ultimately it is the athletes' responsibility to ensure they have equipment with which to compete.

### 9.4 Transport and Accommodation

Transport and accommodation for athletes, coaches and support staff will be arranged by the Team Manager. Transport of equipment will also be arranged.

### 9.5 Insurance

All athletes, coaches and support staff will be covered under a standard travel insurance policy. Equipment not covered by existing insurance policies may be insured by Scottish Rowing. For further details contact the Team Manager.

### 9.6 Code of Conduct

Athletes and coaches selected will be expected to follow a high standard of behaviour while representing Scotland and may be expected to sign a document declaring such.

Athletes and coaches seeking selection are reminded that unduly attempting to influence the selectors will be regarded as a disciplinary matter.

Any attempt by an athlete or coach or other individual to undermine Scottish Rowing, the selection policy or the selection process will be regarded as a disciplinary matter.

### **9.6 2009 Dates of Interest**

21 <sup>st</sup> February	SARA Long Distance Trial
13 <sup>th</sup> /14 <sup>th</sup> June	Scottish Championships (Main Selection Regatta)
15 <sup>th</sup> June	Announcement of provisional team and athletes invited to Final Selection Days
20 <sup>th</sup> June	Final Selection Day (Senior Men and Juniors)*
27 <sup>th</sup> June	Final Selection Day (Senior Women)*
29 <sup>th</sup> June	Announcement of updated provisional team
6 <sup>th</sup> July	Closing date for appeals
13 <sup>th</sup> July	Announcement of Final Team
25 <sup>th</sup> July	Home International Regatta, Nottingham

\*The precise date of these days is subject to confirmation.

### **9.7 Correspondence**

Graeme Cunningham, the Team Manager, can be contacted via email

[graeme.cunningham@scottish-rowing.org.uk](mailto:graeme.cunningham@scottish-rowing.org.uk)

or via phone 07824341287.

All postal correspondence should be sent to:

HCI 2009

The National Rowing Academy

366 Hamilton Road

Motherwell

ML1 3ED

All cheques should be made payable to "The Scottish Amateur Rowing Association"

## Appendix A Registration Form

Registrations for junior athletes should be made by their coach/parent/guardian and provide contact details.

Registrations should be made via email to [graeme.cunningham@scottish-rowing.org.uk](mailto:graeme.cunningham@scottish-rowing.org.uk) by Friday 12<sup>th</sup> June. An athlete competing in relevant events at the Scottish Championships or the February Long Distance Trial will be deemed to have satisfied the registration process.

<b>Personal Details</b>	
Last Name:	
First Name:	
Address:	
Postcode:	
Email:	
Phone:	
Sex: Male / Female	
Date of Birth:	
Classification (Lwt, Hwt, U23, Junior) :	

<b>Rowing Details</b>	
Club:	
Skills: (Circle)	Bow / Stroke / Scull / Cox
Licence No:	
Coach :	
Address:	
Postcode:	
Email:	
Phone:	

## **Appendix B Adaptive Events**

An adaptive rower is a rower with a disability who meets the recognised criteria.

The TA (Trunk and Arms) class is for rowers who have trunk movement but who are unable to use the sliding seat to propel the boat because of significantly weakened function in the lower limbs. Eligible TA rowers would typically have a minimum disability equivalent to at least one of the following:

- Bilateral around knee amputation or impaired quadriceps.
- Neurological impairment equivalent to a complete lesion at L3 level or and incomplete lesion at L1.
- A combination of the above such as one leg with around knee amputation and one leg with quadriceps impairment.
- Classification by the international sports federation for athletes with cerebral palsy (CP-ISRA) as eligible to be in CP class 5. (GB Rowing Performance Strategy Adaptive Rowing Programme – 2009 Season) Nov 2008.

Medical evidence may be required to be provided.

The trunk and arms rowers shall be secured with a strap to prevent flexion or extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible. Self-inflating or other floatation devices may be worn.

The race distance for the adaptive events is 1000m.

Athletes who are unsure if they are eligible to compete as an adaptive athlete should contact the Team Manager.

## **Appendix C Predicted 2009 World Gold Medal Times**

<b>Boat Class</b>	<b>Hwt Men</b>	<b>Lwt Men</b>	<b>Hwt Women</b>	<b>Lwt Women</b>	<b>Junior Men</b>	<b>Junior Women</b>
1x	06:32	06:40	07:05	07:20	06:54	07:34
2x	06:01	06:06	06:36	06:44	06:20	06:59
4x	05:31	05:38	06:06	06:14	05:50	06:27
2-	06:12	06:20	06:50	06:58	06:35	07:16
4-	05:39	05:43	06:20	-	06:12	06:41
4+	-	-	-	-	06:00	06:54
8+	05:18	-	05:50	-	05:36	06:14