

2011 ROWING CANADA AVIRON NATIONAL TEAM SELECTION CRITERIA

PURPOSE

This document establishes the process and criteria to be used to select National Teams in 2011. Athletes are also referred to the RCA National Selection Team Policy which establishes the broad and ongoing parameters for National Team selection.

NATIONAL TEAM OBJECTIVE

The objective of National Teams is to win Gold medals at 2012 Olympic Games.

Funding and resources provided by Sport Canada, Own the Podium and the Canadian Olympic Committee for RCA's High Performance Program will be directed towards the National Team Objective.

SELECTION PRINCIPLE

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.

SECTION 1 – AUTHORITY FOR SELECTION

The High Performance Director shall have the authority to select National Teams based upon nominations received by the Program Coaches (identified below). The composition of various crews within National Teams shall be at the sole discretion of Program Coaches.

SECTION 2 – 2011 NATIONAL TEAMS

2011 FISA World Rowing Senior Championships Bled, SLO Aug 28 – Sept 4

Crews selected must have the potential to finish in the top six (6) at the 2011 World Championships.

Adaptive National Team crews are open to athletes who have a minimum disability as defined in the FISA Guidelines and classified by a FISA Classifier. (http://www.worldrowing.com/medias/docs/doc_7_1175.pdf)

2011 Pan American Games Guadalajara, MEX October 15 – 19

Crews selected must have the potential to win a medal (finish in the top three) at the 2011 Pan American Games. PASO, COPAG and FISA set the International Federation Selection Criteria for the 2011 Pan-Am Games. The national participation quota to be prescribed by them will apply to RCA's team selection for the 2011 Pan-Am Games. In the event of changes by PASO to the selection and eligibility criteria, RCA is bound by these changes and will inform the membership as soon as possible.

2011 FISA World Rowing U-23 Championships Amsterdam, NED July 21 – 24

Crews selected to represent Canada must have the potential to finish in the top six (6). Under 23 National Team crews are open to athletes who are born in 1989 or later.

2011 FISA World Rowing Junior Championships Eton, GBR August 3 – 6

Crews selected to represent Canada at the 2011 World Rowing Junior Championships must have the potential to finish in the top six (6). Junior National Team crews are open to athletes who are born in 1993 or later.

2011 CanAmMex Regatta Welland, ON August 8-12

Crews selected to participate at the CanAmMex regatta must demonstrate competitive ability through the selection process. CanAmMex crews are open to athletes who are born in 1993 or later.

SECTION 3 – ELIGIBILITY FOR NOMINATION

National Teams are open to members in good standing, registered with RCA, who are Canadian citizens holding a valid Canadian passport and who fulfill any other team specific eligibility requirements as specified herein.

SECTION 4 - NOMINATION PROCEDURES

4.1 Senior National Rowing Team – Able Bodied Team

Athletes wishing to be considered for the 2011 Senior National Rowing Team (FISA World Cup, FISA World Championships and Pan American Games) must be in their respective training centre no later than January 4th, 2011 unless authorized by RCA to enter at a later date. Athletes will be evaluated for nomination on an ongoing basis up to the nomination date for the respective events in accordance with the following criteria:

- 1) training and racing performance including but not limited to:
 - a. seat racing;
 - b. time trials;
 - c. race results from 2011; in particular, but not limited to, FISA World Cup 3
- 2) ongoing ergometer testing as per the RCA Athlete Monitoring Program (Appendix A)
- 3) ongoing technique and coachability;
- 4) ongoing compatibility with other athletes and coaches;

- 5) commitment to the program; and
- 6) assessment of competitive readiness.

Nomination Dates:	2011 World Cup 3 (Lucerne)	June 7, 2011
	2011 Senior World Championships	August 1, 2011
	2011 Pan American Games	August 5, 2011

RCA will submit a formal team nomination for the Pan American Team to the Canadian Olympic Committee by August 5th, 2011. The team nomination will be communicated to the RCA membership on the same date.

To be considered for nomination for Lightweight crews, athletes must be prepared to meet the following weight maximums in accordance with timelines as established by the Program Coach:

Lightweight Men:	72.5 kg
Lightweight Women:	59 kg

4.2 FISA World Championships – Adaptive Team

Adaptive Team Crews will be nominated on the basis of performance at a selection camp. The selection camp for LTA4+ Mixed Gender, TA2x Mixed Gender, AS1x Male and AS1x Female shall commence on or about June 6th, 2011 (St. Catharines, Ontario). Nominations for the National Adaptive Team shall be made no later than August 1st, 2011.

The selection camp will be held under the supervision of the Lead Coach, Adaptive.

Athletes wishing to be considered for the adaptive team must submit their request to the National Team Manager by May 1st, 2011. Invitations to the final selection camp will be made by the Lead Coach-Adaptive by May 6th, 2011.

Athletes will be evaluated during the selection camp on an ongoing basis in accordance with the following criteria:

- 1) training and racing performance including but not limited to:
 - a. seat racing;
 - b. time trials;
 - c. race results
- 2) ongoing ergometer testing; as per the RCA Athlete Monitoring Program
- 3) technique and coach ability;
- 4) compatibility with other athletes and coaches;
- 5) commitment to the program; and
- 6) assessment of competitive readiness.

Nominations shall be made by the Lead Coach, RCA National Adaptive Team.

4.3 FISA World U23 Championships

The selection camp for the World Under 23 Championships will commence no later than June 1, 2011. U.S. based athletes who are unable to attend selection camp commencing on June 1, 2011 due to competitive commitments in the NCAA must notify the Program Coach in advance.

Athletes wishing to be considered for the selection camp teams must complete the following:

- Submit a letter of intent to the appropriate Program Coach, no later than May 1, 2011.
- Submission of RADAR testing up to and including May 9th, 2011 as per RCA Athlete Monitoring program

Further consideration may be given based on the following

1. Athletes performance at the 2011 National Development Trials, being held May 28th and 29th in Welland Ontario.
2. Physiological markers that have been identified to support High Performance Rowing .
3. Factors relevant to crew combinations

The Program Coach shall decide who shall be invited to the selection camp having regard to eligibility requirements set out herein and shall also decide the latest date upon which a U.S. based athlete competing in the NCAA must report to the selection camp

Athletes will be evaluated during the selection camp on an ongoing basis in accordance with the following criteria:

1. Training and racing performance including but not limited to:
 - a. seat racing
 - b. time trials
2. Ongoing RADAR score and ergometer performance as per the RCA Athlete Monitoring Program
3. Technique and coach ability;
4. Compatibility with other athletes and coaches;
5. Assessment of competitive readiness.

The selection camp shall conclude and nominations shall be determined no later than June 25th, 2011.

Assessment of a crew's potential will be made based on a crew's performance over a variety of distances against RCA's Gold Medal Standard Times using the Time Trial method. The selection camp shall conclude and nominations shall be determined no later than June 25, 2011.

Heavyweight Women and Lightweight Women will be based in London, Ontario and Heavyweight Men and Lightweight Men will be based in Victoria, BC.

To be considered for nomination to Lightweight crews, athletes must be prepared to meet the following weight maximums in accordance with timelines as established by the Program Coach:

Lightweight Men:	72.5 kg
Lightweight Women:	60 kg

4.4.1 FISA World Junior Championships

The selection camp for the World Junior Championships will run from June 6th – 8th, 2011 in Welland, ON.

Athletes wishing to be considered for the selection camp teams must complete the following:

- Participate in the April 23rd time trial at one of RCA's National Development Centres. BC – Burnaby lake and / or Ontario - Welland
- Submit a letter of intent to the appropriate Program Coach, no later than May 1, 2011.
- Submission of RADAR testing up to and including May 9th, 2011 as per RCA Athlete Monitoring program

Further consideration may be given based on the following

1. Physiological markers that have been identified to support High Performance Rowing.
2. Factors relevant to crew combinations

The National Development Centre coaches shall decide who shall be invited to the selection camp having regard to eligibility requirements set out herein.

Athletes will be evaluated during the selection camp on an ongoing basis in accordance with the following criteria:

1. Training and racing performance including but not limited to:
 - a. seat racing
 - b. time trials
2. Submissions to RADAR score and ergometer performance as per the RCA Athlete Monitoring Program
3. Technique and coach ability;
4. Compatibility with other athletes and coaches;
5. Assessment of competitive readiness.

The selection camp shall conclude and nominations shall be determined no later than June 13th, 2011.

Women will be based in Welland, Ontario and Men and will be based in Burnaby, BC.

4.4.2 CanAmMex

The selection event for the Can Am Mex Team will run from June 6th – 7th, 2011 in Welland, ON. Participation for this event is open to all athletes eligible to race as a Junior in the 2011 season.

Athletes will be selected to the 2011 Can Am Mex Team based on the following criteria.

- Athletes invited to but unsuccessful in making the Junior National Team.
- Athletes' performance and ranking at the above mentioned Can Am Mex selection regatta.
- Athletes' RADAR submission up to and including May 9th/2011 – as part of the Athlete Monitoring Program (includes April on water time trial)
- Athletes' past performance at national and regional camps.
- Physiological identifiers that support performance.

The Can Am Mex regatta shall conclude and nominations shall be determined no later than June 13th, 2011.

4.5 Crew Nominations

Senior Program Coaches shall nominate individual athletes for selection to National Teams to the High Performance Director, by the dates specified in Section 4.1 and 4.2 above, and the HPD shall make final selections.

Development Program Coaches shall nominate individual athletes for selection to Junior and U23 National Teams to the High Performance Development Coordinator, by the dates specified in Section 4.3 and 4.4 above, and the High performance Director shall make final selections.

The composition of crews shall remain in the sole discretion of the Program Coach and the configuration of crews may be changed based on a crew's competitiveness. Such changes will follow current FISA regulations.

4.6 Special Circumstances

If because of injury, illness, prohibitive causes or extenuating circumstances an athlete is unable to meet any of the requirements in this selection procedure, the athlete may still be considered for any of the Canadian National Rowing Teams. He/she must advise the appropriate Program Coach, National Team Manager and High Performance Director in writing of injury, illness, cause or circumstance as soon as possible. Permission to forego the relevant requirement in this selection procedure must be obtained in writing from the High Performance Director. In the case of illness or injury, a medical report must be submitted from a doctor to RCA's Chief Medical Officer.

4.7 Coxswains Nomination

Notwithstanding the foregoing nomination criteria set out in paragraphs 4.1, 4.2 and 4.3 above, coxswains will be nominated by the National Program Coach based on the following criteria:

- a) athlete and coach input on ability;
- b) past racing experience and results;
- c) compatibility with athletes in a selected crew;

- d) compatibility with coach of the selected crew; and
- e) commitment to the program.
- f) assessment of competitive readiness.

4.8 Coach Nominations

Crew coaches will be selected by the High Performance Director in conjunction with the Program Lead Coaches from existing RCA Coaching Staff and other coaches engaged in RCA High Performance Development Projects. Additional coaching opportunities (if required) will be posted on the Rowing Canada website. Coaches being considered for the Pan American Games must be members in good standing with Coaches of Canada.

SECTION 5 - ATHLETE AGREEMENT

FISA World Championships – Able Bodied Team

Athletes wishing to try out for the 2011 Senior National Rowing Team shall sign an Athlete Agreement with RCA **by February 1, 2011**. This agreement outlines the responsibilities of both RCA and the athlete and their relationship with each other. This will assist in providing parameters that are important in avoiding misunderstandings and incidents potentially damaging to the athlete, RCA and the sport of rowing. Failure to sign the agreement by this date will result in immediate termination of all RCA National Team services (including coaching and the use of RCA equipment). An athlete signing the agreement after February 1, 2011, may be readmitted to or permitted the benefit of RCA coaching and other services at the discretion of the High Performance Director.

All other National Teams

Athletes seeking to try out for all other National teams must sign an Athlete Agreement as a condition of eligibility to participate in the respective selection camp.

SECTION 6 – APPEAL PROCESS

Decisions made pursuant to this Selection Criteria document may be appealed in accordance with the RCA Appeal Policy.

SECTION 7 - FUNDING

7.1 Senior (Able Bodied and Adaptive), Under 23 and Junior

An assessment may be required for the National Teams. The amount of the assessment will be announced by May 15, 2011. Any deposit required must be received by the National Team Manager no later than June 1, 2011 from all athletes.

Contact Information:

If you have any questions/concerns, please do not hesitate to contact the following Program Coaches:

Mike Spracklen - Victoria Training Centre Coach (Senior Men – Men's 8+)

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Terry Paul – Victoria Training Centre Coach, Senior Men, Small Boats and Lightweight Men, Victoria Training Centre

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Al Morrow – Lead Coach, London Training Centre (Senior Women and Lightweight Women)

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Phone: (519) 639-8042

Jeff Dunbrack - Lead Coach, National Adaptive Team

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Paul Hawksworth - National Development Coach, (Under 23 Men)

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Additional RCA Contacts:

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