

2010 STATE TEAM SELECTION CRITERIA

All nominees wanting to be considered for selection in the 2010 Tasmanian State Teams must:

- Be a current registered and financial member of the Rowing Tasmania.
- Have no outstanding Debts owing to Rowing Tasmania.
- Be able to satisfy the Rowing Australia Inc State of Origin Rules
- Have read and adhere to the RT State Representation Code
(available on the SDO page of the Rowing Tasmania website)

SENIOR SELECTION

- Rowers, Coaches and Coxswains **must** submit a nomination form by **SUNDAY 22nd NOVEMBER**
- Selection into the Men's and Women's senior crews will be based on performance during the season and is at the discretion of the State Selectors
- Selection in M1X & W1X is based on performance at the Nationals and State Championships

| DATE | EVENT | DETAILS | VENUE |
|---|--|---|--------------------------------|
| Oct 3 rd / 4 th | State Pennant 1 | 1X / 2- races | Huon |
| Oct 15 th | Ergo Test – 30min @ rate 20 | | As required |
| Oct 24 th | NTC 5km Time Trial | TIS (1X/2-) | Huon |
| | State Boat Training | 1 session following 5km TT | Huon |
| Oct 31 st /Nov 1 st | State Pennant 2 / NTC 5km Time Trial | 1X / 2- races | Lake Barrington |
| Nov 21 st / 22 nd | NTC 5km Time Trial | TIS (1X/2-) | Lake Barrington |
| Nov 26 th | State Pennant 3 Ergo Test – 30min @ rate 20 | 1X / 2- races | Lake Barrington As required |
| Dec 12 th /13 th | State Pennant 4 / NTC 5km Time Trial <u>SELECTION OF STATE SQUADS</u> | 1X / 2- races | Lake Barrington |
| Jan 9 th /10 th | State Pennant 5 | 1X / 2- races | |
| Jan 23 rd / 24 th | <u>NTC 5km Time Trial(Sat 23rd) & COMPULSORY STATE TEAM CAMP</u> | All Selected State Squad Representatives | Lake Barrington |

- A Tasmanian State Team will be announced following the January 23/24 Selection Camp.
- As part of the Tasmanian State Team you are expected to attend training sessions as organised by State Team coaches.

YOUTH SELECTION/ AGE LIMITS

- Nominees for Youth Olympics must be 19 years or younger at the 17th January in year event is held.

- Nominees for the Youth Eight must be Under 21; (A rower/cox ceases to be Under 21 (Youth) on the 31st December of the year in which he/she reaches the age of 20).
- Athletes racing at the Nationals Championships in the Schoolboy or Schoolgirl 8's will not be eligible for selection into the Youth Eight

COXSWAINS AND COACHES

- Coxswains - Selection based on past and present performance in training and competition
- Coaches - Must hold a current Level 2 NCAS accreditation.

2010 TASMANIAN YOUTH EIGHTS

- Rowers, Coaches and Coxswains MUST submit a nomination form by **SUNDAY 22nd NOVEMBER**
- Be available for selection and training activities as required by the selectors and/or coaches appointed to the squads/crews including:

| DATE | EVENT | DETAILS | VENUE |
|---|---|---|------------------------|
| Oct 3 rd / 4 th | State Pennant 1 | Under 19, Under 23 events | Huon |
| Oct 15 th | Ergo Test 6000m | | As required |
| Oct 24 th | NTC 5km Time Trial | TIS | Huon |
| | State Boat Training | 1 session following 5km TT | Huon |
| Oct 31 st /Nov 1 st | State Pennant 2 | Under 19, Under 23 events | Lake Barrington |
| Nov 21 st / 22 nd | NTC 5km Time Trial | TIS | Lake Barrington |
| | State Pennant 3 | Under 19, Under 23 events | Lake Barrington |
| Nov 26 th | Ergo Test 2000m | | As required |
| Dec 12 th /13 th | State Pennant 4 SELECTION OF STATE SQUADS | Under 19, Under 23 events | Lake Barrington |
| Jan 9 th /10 th | State Pennant 5 | Under 19, Under 23 events | |
| Jan 23 rd / 24 th | NTC 5km Time Trial(Sat 23rd) & COMPULSORY STATE TEAM CAMP | All Selected State Squad Representatives | Lake Barrington |

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BOAT TARGET 2KM ERGO SCORES

The target ergo score for inclusion into the State team is as follows:

Men:

U19 (ave 83kg):

6:30

| | | | |
|--------------------|------|--------------------|------|
| U21 (ave 86kg): | 6:27 | U19 (ave 69kg): | 7:30 |
| U21 LW (ave 72kg): | 6:40 | U21 (ave 71kg): | 7:27 |
| Open HW : | 6:20 | U21 LW (ave 59kg): | 7:40 |
| Open LW : | 6:25 | Open HW : | 7:20 |
| Women: | | Open LW : | 7:25 |

These are the MINIMUM ERGO SCORES and in order to be in a competitive State crew you should be aiming for 5-10 seconds quicker.

State selectors reserve the right to select athletes into the 2010 State team:

- 1) *with a past record of performance but not currently competing this season*
- 2) *Athletes who are currently interstate, at trials or involved in National activities*

NATIONAL REPRESENTATION – Unfunded Athletes

Rowing Australia charges seat fees for unfunded National representatives. Individual athletes are responsible for funding their seat fees. Rowing Tasmania historically makes a contribution to assist all unfunded athletes. Athletes, their families and supporters are encouraged to join with other representatives to jointly fundraise (usually assisted by RT). All monies raised are then pooled and shared equitably between representatives. Any reimbursement of costs by Rowing Australia to any athlete is to be redistributed evenly to all representatives. Any remaining surplus is to be paid to Rowing Tasmania to fund future National representatives.

2010 STATE TEAM NOMINATION FORM

I am nominating for(circle):

| | | | |
|-----|----|---------------------------------|---|
| YES | NO | Youth 8 | Under 21 as at 31 st December 2010 |
| YES | NO | Senior / Lightweight State Team | Events- M1X,M8+,ML4-,W1X,W8+,WL4X |

| | |
|-----------------|--|
| NAME | |
| ADDRESS | |
| CITY | |
| POSTCODE | |

| | |
|-----------------------------------|--|
| HOME TEL | |
| MOBILE | |
| EMAIL | |
| DATE OF BIRTH | |
| AGE | |
| EMERGENCY CONTACT NAME AND NUMBER | |

| NOMINATING AS | ROWER SIDE | INCLUDE | SCULLER | LIGHTWEIGHT |
|---|------------|---------|---------|-------------|
| | | | | |
| 2KM ERGO SCORE (Most Recent & Personal Best) | | | | |
| DATE | | | | |
| WEIGHT | | | | |
| WITNESSED COACH SIGNATURE | | | | |

| | |
|-------------------------------------|--|
| COXSWAIN | |
| COACH (INCLUDE NCAS LEVEL & NUMBER) | |

| |
|---|
| PLEASE INCLUDE ANY MEDICAL CONDITIONS OR INFORMATION THAT THE COACHES/TEAM MANAGER SHOULD BE AWARE OF E.G. EPILEPSY, ASTHMA, DIABETES, INJURIES ETC): |
| |

| | |
|-------------|-------------|
| ZOOTIE SIZE | TSHIRT SIZE |
| | |

I declare that the information stated on this form is true and correct and that I have read the RT State Representation Code and Code of Conduct and agree to uphold the principles contained therein.

Signed:

Print Name:

Please return to: ANTHONY EDWARDS, STATE DEVELOPMENT OFFICER – ROWING
 Sport & Recreation House, 1 Selfs Point Road, NEW TOWN, TAS 7008
 FAX: 03 6228 0855 EMAIL: development@rowingtas.asn.au