



2018 Saskatchewan Rowing Association High Performance Selection Document

Purpose

The Saskatchewan Rowing Association (SRA) will select and support athletes who qualify to attend the following 2018 events:

- Canadian Secondary Schools Rowing Association (CSSRA) Championships
 - June 1-3, St. Catharines, ON
- Rowing Canada Aviron (RCA) Speed Orders
 - June 22-24, London, ON
- RCA U23 World Championship Selection Camp and Time Trial
 - June 25-28, London, ON
- RCA Junior Team Stage 2 and Stage 3 Selection
 - June 4-5, Welland, ON (Stage 2)
 - June 26-30, ON (venue TBC; Stage 3)
- National Rowing Championships/Canada Cup
 - November 8-11, Burnaby, BC

Vision

Provide national team hopefuls suitable opportunities for their athletic development.

About

RCA Speed Orders and the National Rowing Championships (NRCs) have races in singles (1x), and pairs (2-) only.

Requirements

Athletes are nominated by the SRA High Performance Committee based on the following criteria:

- Eligibility as required of the event
- Attendance at training
- Commitment, coachability, and attitude
- Developmentally-appropriate
- Competitiveness

Event entries are at the discretion of the Provincial Coaches, based on the criteria listed above.

Eligibility

Athletes must meet the eligibility requirements of the host event.

CSSRA - <http://www.cssra.ca/entry-rules/4564679219>

National Team Selection -

http://rowingcanada.org/sites/default/files/2018_selection_criteria_-_final_0.pdf

National Team Selection Events and NRCs Criteria

Please note that there is no SRA funding available for Stage 1 Junior National Team Selection. See National Team Selection URL above for more details on this process.

Concept 2 Rowing Ergometer Standards

All 2000m erg tests must be witnessed by a recognized coach.

- Men
 - Open: Sub 6:10.0
 - Lightweight: Sub 6:20.0
 - U23 Open: Sub 6:15.0
 - U23 Lightweight: Sub 6:40.0
 - U19: Sub 6:40.0
- Women
 - Open: Sub 7:10.0
 - Lightweight: Sub 7:20.0
 - U23 Open: Sub 7:15.0
 - U23 Lightweight: Sub 7:40.0
 - U19: Sub 7:40.0

On Water Selection

Athletes selected to compete at the 2018 Speed Orders must have demonstrated in the past year that their on-water performance deems them competitive for U23/Senior World Championship selection.

National Rowing Championships/Canada Cup: SRA Provincial Coaches will assess each interested athlete's on-water performance through the past racing season to determine if the NRCs are a suitable regatta for the athlete to attend at this juncture of their development. Some athletes may be pre-selected due to previous summer on water results if s/he is attending school out of province.

Assessment Fee

Upon being named to any of the following teams, athletes are responsible to pay the Saskatchewan Rowing Association an assessment fee to subsidize costs.

Code of Conduct

All athletes selected to Saskatchewan Rowing teams are responsible to sign and abide by the SRA Code of Conduct. This document will be available at a future date.

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