

SASKATCHEWAN ROWING



Saskatchewan Rowing Association 2019 Western Canada Summer Games Selection Document

Eligibility

The Saskatchewan Rowing Association (SRA) will select eight male athletes, eight female athletes and up to two coxswains born in 2001 or later to participate in the 2019 Western Canada Summer Games in Swift Current, Saskatchewan. Participants must be members in good standing with the SRA, and the **ir** member club affiliated with the SRA. Participants must meet all additional eligibility requirements as outlined in the 2019 Western Canada Summer Games Technical Package.

Vision

- Win at least two gold medals
- Place in the top two overall

Team

Eight men, eight women and up to two coxswains contesting in the following events for men and women:

- Single Scull (1x)
- Double Scull (2x)
- Quadruple Scull (4x)
- Pair (2-)
- Four (4-)
- Eight (8+)

Dates to Remember

Attendance at the following regattas/camps is required for consideration for selection on the Western Canada Summer Games Team, unless prior written consent is given from the High Performance Coach.

May 14th-18th 2000m Erg Test on specific day selected by provincial coaches

May 18-20th Selection Camp #1, Saskatoon

June 8th **Regina Sprints**, Regina

June 9th Selection Camp #2, Regina

TBA **Alberta Open**, Calgary

July 8-14 Training Camp, Saskatoon/Regina

July 29-August 3rd Training Camp, Saskatoon/Regina

TBA **Prairie Rowing Championships**, Leduc

August 10th-12th Western Canada Summer Games Send Off Camp, Regina

August 13th to August 18th Western Canada Summer Games, Swift Current, SK

***Dates subject to change.

Rower Selection

Rowers will be selected to the Western Canada Summer Games team through any combination of the following measures:

- Training commitment/attendance
- 2018/2019 SRA Erg Series
- May 14-18th 2000m erg test
- Single Scull (1x) Regatta
- Double Scull (2x) Matrix
- Four (4-) Seat Racing

May 14th-18th 2000m Erg Test

Results will be reviewed by the SRA Provincial Coaches based on raw and/or weight-adjusted times. Athletes will be ranked from these results, which will be used for selection and ranking for further steps of selection. Consideration for pre-selection to the team will be given to athletes who meet one of the following results:

- Sub 7:50 & past on water accomplishments for Women
- Sub 7:30 for Women
- Sub 6:50 & past on water accomplishments for Men
- Sub 6:30 for Men

Coxswain Selection

There will be a pool of identified coxswains that will be permitted to trail for a spot on the Western Canada Summer Games team. Up to two coxswains may be selected to the team based on the criteria below, in order of preference:

- Ability to steer an 8+
- Race and practice commands
- Rower feedback
- Weight

Coxswains are required to participate in all regattas and camps as previously outlined.

Special circumstances

The provincial coaches may decide to exclude some results from selection due to special circumstances. This includes but is not limited to equipment failure and changes or adverse weather conditions during the selection period. Should weather cancel some or all of the selection dates, alternative dates may be made available. In such a circumstance, athletes would be informed of these changes.

Selected athletes participating in Rowing Canada Aviron Junior National Team selection camps or events may be excused for a portion of their WCSG's team commitments.

Injury/Illness

Rowers unable to participate in a portion of selection due to injury or illness may be given an opportunity to qualify for the team at the future date. A note from a doctor will be required in such a circumstance.

Appeal Process

Before appealing decisions relating to selection to the Western Canada Summer Games team, the rower is advised to discuss his or her concerns with the High Performance Coach within twenty-four (24) hours of receipt of the original decision. If the matter cannot be resolved, the member is advised to discuss his or her concerns with the VP High Performance within forty-eight (48) hours of receipt of the original decision. If discussions with the VP High Performance do not resolve the matter, an appeal must be made in writing to the Saskatchewan Rowing Association (saskrowing@sasktel.net) within seventy-two (72) hours of receipt of the original decision. The Saskatchewan Rowing Association High Performance Committee (formed by VP High Performance) will then provide a decision in writing within seventy-two (72) hours of receipt of the written appeal. Decisions made by the High Performance Committee are considered final.

Assessment Fee

Upon being named to the team, athletes are responsible to pay the Saskatchewan Rowing Association an assessment fee of \$200 to cover uniform costs and additional team expenses.

Code of Conduct

All athletes selected to the Western Canada Summer Games team will be responsible to sign and abide by the SRA Code of Conduct. This document will be available at a future date.

Athlete Billeting

Billeting will be necessary when athletes from Regina or Saskatoon travel to the other centre, be it for training camps, selection camps, or relocation to train crews. Athlete relocation to train composite crews will be necessary to ensure the best possible result at the Western Canada Summer Games. Decisions based on relocation will be made by the High Performance Coach. A vital part of developing the best team possible is for parents to allow athletes to stay at their home during these periods as outlined in the schedule above. Should an athlete be staying at another home for an extended and/or repeated occasions, a showing of appreciation to the billeting family would be a gracious gesture.

Contacts

Willy Bingham

VP High Performance
binghamwilly@gmail.com
(306) 261-6704

Nicole Golden

SRA Executive Director
saskrowing@sasktel.net
(306) 975-0842