



Row Nova Scotia – 2011 Provincial Team Selection

Scope:

This document describes the selection criteria for the 2011 Nova Scotia Provincial Rowing Team (NSPRT). The NSPRT will be selected based on the information in this document and on the guiding principles of fairness and performance.

Objectives:

Objective (1): Row Nova Scotia (Row NS) aims to identify and select the best possible provincial team to represent the province of Nova Scotia at the following regattas:

- National Rowing Championships (NRC)- November 11-13

Objective (2): Row NS aims to ensure that the NSPRT selection policy promotes participation of potential athletes with the NSPRT and assists in the development of rowing in Nova Scotia as a whole.

Objective (3): Row NS aims to follow a selection policy that is consistent, fair and transparent.

Objective (4): Row NS aims to name to the NSPRT team only those crews that meet a minimum quality standard, as determined by the Rowing Canada Aviron Gold Medal Standards of prognostic speeds, erg scores and regatta finishes (Appendix A).

Objective (5): To ensure the integrity and quality of the NSPRT, the Row NS will attempt to identify only those crews that are likely achieve a top 12 performance (1st place through 12th) at the 2011 NRC, as determined by a GMS% discussed among by members of the Provincial Team Selection Committee (PTSC).

Note: Competition at the NRC is the highest that can be experienced at a domestic regatta.

2011 Nova Scotia Provincial Team Composition:

The NSPRT will be composed of the following members:

Provincial Team Coach:

Additional Staff: To be determined if necessary.

Men's Team: No limit to the number of team members.

Women's Team: No limit to the number of team members.

Eligibility:

Athletes: In order to be eligible for nomination to the 2011 NSPRT potential athletes must:

- Be members in good standing with a Row NS sanctioned rowing club by the date of the Row NS Gold Medal Standard Time Trial (see bullet below).
- Abide by the 'Code of Conduct' as approved by the Row NS
- Participate in the Row NS Gold Medal Standard Time Trial (see selection criteria) or be eligible for out of province status as outlined below.

* Challenges toward eligibility are under the jurisdiction of the Row NS, Sport Nova Scotia, and RCA and not that of the athletes, coaches, or clubs. Eligibility concerns should be addressed to the Row NS as soon as identified.

Selection Criteria

The following section details the selection components that will be used to identify, nominate, and appoint athletes to the 2011 NSPRT. Compliance with all selection criteria is mandatory unless suitable arrangements have been made with Row NS.

1) Letter Of Intent

- A letter of intent (Appendix D) must be submitted to the Row NS no later than the following:
 - October 7th @ 4pm for the NRC

2011 NRC events:

	1x	2-
Men	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)
Women	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)

2) Financial Responsibility

- Athletes are responsible for funding travel to the NRC regatta
- Row NS, in combination with RCA may provide funding to those athletes depending on their standing after the completion of the NRC's. Row NS funding is dependent on board approval.
- Included with the letter of intent, each athlete must forward a non refundable cheque with their letter of intent in the amount of \$50.00 made payable to Row Nova Scotia. For athletes that are successful in making the NSPRT, the cheque will go toward offsetting the cost of attending identified regattas.

3) Row NS GMS Time Trial

Potential NSPRT crews will participate in a minimum of one **2000 m** GMS time trial. The time trial will be held at a location determined by the Provincial coaching staff and Row NS.

Row NS reserves the right to delay or postpone racing should weather conditions not be suitable for a fair time trial. Athletes will be notified of such delays as soon as possible.

Lightweight athletes are expected to be at weight (Men: 72.5kg max, Women: 59kgs max) for the Row NS GMS Time Trial. There will be no crew averaging. Due to the nature of early morning racing, test weigh-ins will be permitted the night before racing for scale calibration (location and time TBA). Lightweight athletes will 'officially' weigh-in the morning of the GMS Time Trial no later than 60 minutes before their first race. Multiple weigh-ins will not be permitted in accordance with RCA policy. An athlete who fails to make weight will be excluded from the event for which they intended to Time Trial on that day of racing. Individuals or crews who fail to make weight are not permitted to postpone their Time Trial to a later date. Individuals or crews who fail to make

weight may race against the heavyweight GMS time and as such will race as a heavyweight crew at the identified regattas even if making weight at a later date.

The GMS time trial for the 2011 NRC's will occur on Sunday October 16, 2011.

4) Other Data

The PTSC may consider the results of other athlete data in the consideration of athletes for selection to the NSPRT. This may include the results from the year's regattas including, but not limited to, NS Sprints, Henley and ERA's. In addition, consideration will be given to erg performance data such as the September RADAR ergo results.

5) Out Of Province Athletes

Provincially (NS) registered athletes who reside outside of the province for approved reasons may also apply to be selected to the NSPRT. Those athletes who competed at the Royal Canadian Henley Regatta in small boats comparable to the NSPRT trial event boats (1x or 2-) must have demonstrated success acceptable to the Provincial Team Selection Committee. Those athletes who reside outside of the province for approved reasons that are selected to the current years Junior, Senior B or Senior A National teams or who competed in regattas such as the Worlds, Junior Worlds, Pan Am Games, or Commonwealth Games Rowing Championships (in the current year) may also apply to be selected to the NSPRT.

6) Team Development

The appointed NSPRT manager and coach (support staff) will have the responsibility of organizing the NSPRT regatta registration, athlete transportation and accommodation. All athletes are required to stay in arranged accommodation unless discussed and authorized by Provincial Coach at least 1 week prior to departure. Suitable arrangements for training prior to NRC's will be discussed between the athletes, clubs and Provincial coach to ensure that maximum effect from training is gained.

Provincial Team Selection Committee

The Provincial Team Selection Committee (PTSC) will be composed of three representatives, and a single representative (mediator) as appointed by Row NS. It is the responsibility of the PTSC to uphold Objectives (3), (4), and (5) of this selection document.

After the Row NS GMS Time Trial has been completed, the PTSC will be informed of the GMS% results. The results will be in a blind list of GMS% results

with no names or clubs affiliation. The GMS% results will be reviewed by the PTSC at which point each representative will vote on the GMS% cut-off for preliminary selection. The PTSC will use the GMS% cut-off from each time trial to determine which crews meet the GMS% selection criteria.

The PTSC will consider Other Data as described in Item 4.

The PTSC will review the results of Out of Province Athletes as outlined in Item 5.

Based on the results outlined above the NSPRT will be selected by the PTSC. In the unlikely case of a 'stale-mate' discrepancy, the Row NS appointed mediator has final say on the appointment of a crew to the NSPRT.

Final Team Selection will not be made public until the nomination of crews to the NSPRT is finalized.

Appeals Procedure

Row NS Appeals Committee will consist of three unbiased members: the Row NS President, the Row NS Vice-President, Secretary or Treasurer, and one other person appointed by the Board. If any of these members have a conflict of interest another Board member will be appointed. The Appeals Committee will only be selected should an appeal arise throughout the NSPRT selection process.

An appeal must be submitted in writing to the President of Row NS within 48 hours after the official team selection has been announced or within 48 hours after any disciplinary action has been levied. Row NS contact information is provided in this document. An appeal must be answered within 36 hours after it has been received.

The Appeals Committee will decide if they will act as a panel of review of the decision of the PTSC or if they will deal with this appeal on the basis of a hearing de novo.

An appeal may only be considered if there are sufficient grounds for the appeal. Sufficient grounds include:

- Making a decision for which the 'respondent' did not have authority or jurisdiction as set out by the governing documents
- Failure to follow procedures as laid out in the Selection Criteria
- Failure to consider relevant information (or account for irrelevant information) in making a selection decision

The Appeals Committee's decision will be final and binding.

APPENDIX A

Rowing Canada Aviron - Gold Medal Standards

The Rowing Canada Aviron (RCA) Gold Medal Standards (GMS) identify the prognostic speeds for different boat classes and will be used to compare the relative quality of crews.

The 2009-2010 Rowing Canada Aviron Gold Medal Standards are attached.

Sample Calculation:

To compare the relative quality of multiple crews (of any gender and weight class) we determine the speed of each crew over a set distance and compare the relative % of the GMS speed obtained by each crew.

If we time trial three crews over a distance of 1000m and consider the results we have:

	Time (1000m)	Speed	GMS Time	GMS Speed	%
M 1X	3:45	4.444 m/s	6:33	5.076 m/s	87.5%
Lwt. W 2X	4:00	4.166 m/s	6:47	4.914 m/s	84.7%
Jr W 4X	3:41	4.524 m/s	6:26	5.181 m/s	87.3%

The crews can then be ranked based on the highest % of GMS obtained. In this example, the M1X has the superior performance although not the fastest time.

APPENDIX B

The following ergometer scores are representative of the level of competition that one should expect at the NRC (National Team and Olympic Team Athletes). They should be considered a **performance goal** representative of your competition. These scores are encouraged but *are not mandatory for NSPRT selection*.

Junior Women	7:10
Junior Men	6:10
Lightweight Women	7:00
Lightweight Men	6:10
Heavyweight Women	6:40
Heavyweight Men	5:50
Sr. B Heavyweight Women	6:50
Sr. B Lwt Women	7:15
Sr. B Heavyweight Men	6:00
Sr. B Lwt Men	6:20

APPENDIX C

Nova Scotia Provincial Rowing Team --- Letter of Intent

I, _____, have made the decision to try out for the 2011 Row Nova Scotia Provincial Rowing Team that will compete at any of the following regattas:

- National Rowing Championships (NRC's)

By signing this 'letter of intent' I verify that I:

1. Have read, understood, and agree to abide by the NSPRT Selection Procedure and Criteria, and The Appeals Procedure.
2. Am currently a member in good standing with a rowing club that is sanctioned by the Row NS.
3. Meet the eligibility criteria for participation in the 2011 NSPRT.
4. Have included a cheque for \$50.00 (for each trial) made payable to the Row NS as a potential financial contribution for my participation on the 2011 NSPRT. The following are the due dates for the cheque and letter of intent to be submitted to the Row NS Office:

- September 30th @ 4pm for the NRC

I intend to try out for the following regattas:

NRC (please indicate event below)

single pair (partner: _____)

I intend to try out in the following categories:

lightweight men U19 U23 senior

heavyweight women

Signed: _____ Date: _____

Contact Information: Email _____
 Phone Number _____
 Mailing Address _____

Parent/Guardian Signature: _____
(If 18 years of age or under)

Club Coach/Official Signature: _____