



Row Nova Scotia

2022 Jeux du Canada Games Rowing Team

Selection Document

The 2022 Jeux du Canada Games will be held in Niagara, Ontario, with racing occurring in St. Catharines, Ontario from August 15 to August 21. The Canada Summer Games occur once every four years, and are Canada's largest multi-sport interprovincial games. Selection to represent Nova Scotia at the Jeux du Canada Games will be highly competitive and highly selective. Only athletes who achieve the highest standards of selection will be selected to the team.

Row Nova Scotia aims to select the best possible team to represent Nova Scotia at the 2022 Niagara Canada Summer Games. This will be done through the use of a selection policy that is consistent, fair, and promotes participation and growth of competitive rowing in Nova Scotia and has a positive impact on club development. Row Nova Scotia will utilize ergometer scores, performance at camps, selection trials and events, and comparisons to Gold Medal Standards to ensure the team selected is of the highest quality.

Selection will take place throughout the spring and summer of 2022. There is a timeline for expected commitments at the end of this document. Selection will be based on the following criteria:

Eligibility:

All athletes wishing to be selected to the 2022 Nova Scotia Canada Games Rowing Team must be:

- Under the age of 22 (birth year of 2001 or later) in 2022.
- Must be a Canadian citizen or Permanent Resident.
- Be members in good standing with Rowing Canada, and Row Nova Scotia as of April 1, 2022.
- Abide by the Row Nova Scotia and Canada Games Code(s) of Conduct (Appendix A).
- Must meet all eligibility requirements as laid out in the Rowing Technical Package.

<https://drive.google.com/file/d/1S95PRUDJSsxM-mA-YWrPQpQVnL-6CNXR/view>

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Events:

Men's Events:

Single Scull (M1x)
Double Sculls (M2x)
Quadruple Sculls (M4x)
Lightweight Double Sculls (LM2x)
Pair (M2-)
Four (M4-)
Eight with coxswain (M8+)

Women's Events:

Single Scull (W1x)
Double Sculls (W2x)
Quadruple Sculls (W4x)
Lightweight Double Sculls (LW2x)
Pair (W2-)
Four (W4-)
Eight with coxswain (W8+)

Selection:

To be considered as a member of Team Nova Scotia for the 2022 Canada Games athletes must:

1. Submit a completed Application Form/Letter of Intent to the Canada Games Team Manager, no later than 5:00PM (Atlantic) on Friday April 30. Applications may be sent to technicaldirector@rows.ca.
2. Complete and submit their ergometer score (2000m) in the Application Form/Letter of Intent. As such, the deadline for submitting a 2000m ergometer score is the same as the April 30th deadline to submit a Letter of Intent.
3. Meet the following minimum ergometer standards to be invited to participate in the Small Boat Selection Trials.

Hwt Men	Lwt Men	Hwt Women	Lwt Women
7:05	7:25	8:05	8:25

Note that athletes who achieve the following **selection ergometer standards** will go directly to crew boat selection events.

Hwt Men	Lwt Men	Hwt Women	Lwt Women
6:40	7:00	7:40	8:00



** Please note that achieving these 2Km ergometer times will not constitute selection to the 2022 Nova Scotia Canada Games Team. They are the minimum times required to be considered for the next stage of selection to the team.*

4. Attend the Small Boat Trials (May 29), on Lake Banook, in Dartmouth, NS. Athletes who have met the minimum ergometer standard but not the selection ergometer standard will be required to time trial 2x1000m to demonstrate small boat speed. These trials can be done in a 1x or 2-. A rank order of these athletes will be determined from these trials. Based on the rank order, GMS, and targeted boat classes for Canada Games, successful athletes will be invited to continue with the selection process and compete in further crew boat selection events (camps and matrices) in June and July.
5. Participate in Crew Boat Ranking, including but not limited to: Matrices, Seat Racing, and Time Trials (from May 29th through mid July); as deemed necessary by the coaching staff.
6. Demonstrate ongoing coachability, performance in camps and training sessions, technical proficiency and performance in crew boats, and effective/safe weight management (for lightweight athletes and coxswains).

The Head Coach, coaching staff, and the Canada Games Selection Committee will consider all the above selection criteria when selecting the final team. Following selection, boating orders and crew assignments may be changed at the coach's discretion to maximize boat speed and team performance any time leading up to the Canada Games event.

Pre-selection: Athletes may be preselected to the Row NS Canada Games Team if they meet one of the following criteria:

1. Athletes who have been selected to compete for Canada during the 2022 year at a:
 - a. World Championships (Junior, U23)
 - b. Commonwealth Rowing Championships
 - c. FISU/World University Rowing Championships
 - d. CanAmMex
2. Meet the Pre-selection 2km Ergometer Standards listed below:

Hwt Men	Lwt Men	Hwt Women	Lwt Women
6:20	6:40	7:20	7:40

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** As per Performance Guidelines in Appendix 2 of the 2022 Technical Package for Rowing.*

Out of Province Athletes: Athletes who are training at an out of Province University, Club or National Training Center and cannot trial at the Team NS Selection events must meet the pre-selection standards listed above. Please contact the technical director if there are other extenuating circumstances (technicaldirector@rowns.ca).

Exemptions: Exemptions will be considered, if an athlete has a valid medical condition which is supported by a Medical Doctor's note, provided the athlete will be ready to compete at the Canada Games and has a strong history of performance in past ergometer testing and 2000m racing at the National or International Level.

Selection Committee:

The Provincial Selection Committee will review athlete performances. The selection committee will be composed of the Head Coach, Assistant Coach, and two competitive coaches appointed by the Row NS High Performance Committee. The coaches will be from different clubs in NS. These coaches will review the results and make their recommendations for team composition to the Row NS High Performance Committee for approval.

Appeals:

An appeal must be submitted in writing to the President of Row NS within 48 hours after a selection announcement has taken place 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 5 business days after it has been received.

The President of Row NS will appoint the Appeals Committee and the committee will decide if they will act as a panel to review the decision of the Provincial Team Selection Committee 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

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- 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.

Timeline:

Please make sure that you will be available for the following camps and selection events. If you will not be able to attend one or more of these dates, please make us aware by email when you submit your Letter of Intent. Note that some dates may conflict with RCA Selection Events. In the case that you are attending an RCA Selection Event you will be excused from the Canada Games Camp or Selection Event.

Some of these dates and locations are tentative and may be subject to change. We will try our best to adhere to these predetermined dates. If any camps or selection events need to be modified (either in terms of date or location), we will work with the athletes involved to ensure we can find an appropriate alternative.

Regular weekly training will be solely with your club until the July 1st camp/selection event. Once crews have been selected, the Canada Games coaching staff will work with the club coaches and athletes to determine the best schedule to optimize training as a crew. This will include both club sessions and Canada Games specific sessions.

May 14-15	-	Camp #1 (Lake Banook)
May 29	-	Small Boat Trials (Lake Banook)
June 11-12	-	Selection Event #1 (Lake Banook)
June 24-26	-	Camp #2 + Selection Event #2 (Lake Banook)
July 1-3	-	Sprints Regatta (Lake Banook)
July 15-17	-	Camp #3 (Antigonish)
August 1-7	-	Royal Canadian Henley Regatta (St. Catharine's, ON)
August 8-14	-	Pre Canada Games Camp (Welland ON -TBC)

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August 15-21 - Canada Games (St. Catharine's, ON)

APPENDIX A

Athlete Code of Conduct

All members of the 2022 Nova Scotia Canada Games Rowing Team must exhibit appropriate standards of behavior, attitude, and responsibility at all times. Therefore, the following policies and guidelines will apply to all members:

Standards of Conduct

a) Respect for others

Row NS is committed to providing an environment in which all individuals are treated with respect thus supporting equal opportunities and prohibiting discriminatory practices. Participants will refrain from comments or behaviors, which are disrespectful, offensive, abusive, racist or sexist.

b) Curfew

Curfews will be set at the various regattas/events that will be attended and will be enforced. Room checks will be done on a routine basis.

c) Language

Nova Scotia Canada Games Rowing Team members will be expected to use proper language at all times. The use of offensive language will not be tolerated.

d) Vandalism

Athletes who willfully cause property damage will pay for all damages. In the event that the athlete cannot or will not pay, then the parents will be held responsible.

e) Theft

Any member caught stealing from teammates, other athletes, teams or other people will be dismissed immediately.

f) Social Behavior

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It is necessary for all Nova Scotia Canada Games Rowing Team members to abide by certain rules of social behavior and personal presentation. All athletes are expected to behave like responsible individuals. Team members must exhibit a high level of moral standards and values.

g) Attitude

All athletes are to maintain a positive attitude and effort toward training. This includes such items as:

- i) being on time
- ii) respect for rules, coaches, officials and others
- iii) willingness to work hard during training and competition

Athletes are expected to maintain a positive attitude toward all other athletes, coaches, manager, support staff, officials, etc. The following actions will constitute review by the /Coach or his/her designate:

- i) constant condescending talk by an athlete to another athlete or coach.
- ii) constant negative talk
- iii) gross verbal or physical abuse of any individual by an athlete
- iv) behavior that causes disruption of the peace
- v) actions or conduct that would be expected to significantly disrupt or that may interfere with a competition or the preparation of an athlete for a competition

h) Alcohol

Members of the Nova Scotia Canada Games Rowing Team shall not consume alcohol at any time during travel to, at, and traveling back from provincial team events. The penalty will be immediate dismissal from the Nova Scotia Canada Games Rowing Team. Such will be the case for those that obtain alcoholic beverages for minors.

i) Drugs

Row NS strongly embraces the concept of fair play in sport and unequivocally opposes cheating which includes the use of drugs, substances and other doping methods banned by Rowing Canada Aviron (RCA) and the Canadian Centre for Ethics in Sport (CCES).



Row NS recognizes the Canadian Policy on Penalties for Doping in Sport and will honor suspensions of athletes or others determined to have committed doping or doping related infractions. Should an athlete test positive at an event or be found guilty of a doping related infraction (as determined by CCES), or should any other person found to be guilty of a doping or doping related infraction at an event (as determined by CCES), they will be immediately suspended from the Nova Scotia Canada Games Rowing Team.

Appeal, arbitration, and reinstatement processes shall be those as described in the CCES Standard Operating Procedures Manual.

Members of the Nova Scotia Canada Games Rowing Team must not use illicit drugs/narcotics or performance enhancing drugs or methods.

Members of the Nova Scotia Canada Games Rowing Team must be prepared to submit to random drug testing during any event in which the Nova Scotia Canada Games Rowing Team participates.

ANY POSITIVE TEST WILL RESULT IN THE AUTOMATIC REMOVAL FROM THE TEAM AND THE PARTICIPANT RETURNING AT HIS OR HER OWN EXPENSE.

NOTE: The word "event" describes any function that the Nova Scotia Canada Games Rowing Team participates in as a team. This could be a regatta or other official Nova Scotia Provincial Rowing Team functions where participation is a result of Sport or Provincial Affiliation.

Infractions and Penalties

Penalties will be based on the severity of the offense. These will include, but are not limited to, written warnings, written reprimands, suspensions and potentially, dismissal from the Nova Scotia Canada Games Rowing Team.