

2007 Queensland Youth Cup Team Selection Criteria

Nagambie, Vic. 31st August – 2nd September 2007

Expressions of Interest

1) Coaches, athletes and coxswains who wish to receive information about the 2007 Youth Cup are encouraged to send an “expression of interest” (with your name, mob ph and email) to

Gary Merritt, Rowing Queensland High Performance Manager

Wk 38462711 Email garym@rowingqld.asn.au

2) Only youth age athletes and coxswains are eligible for selection (must not turn the age of 21 or older in the year of 2007)

3) Selected athletes will be required to attend minimum training sessions at the nominated training centres which will be determined in consultation with the selectors and selected coaches.

Youth Cup Events

Each competing state is to select a team of 10 men (including cox) and 10 women (including cox) and 5 officials (including 1 manager and 4 coaches). Each athlete (except the reserve) will compete in three events according to the following table. The same program of events will be conducted for both men and women.

	1X	Lwt 2X	4X	2-	4-	8+	Res Lwt 1X
	2 crews per state	1 crew per state	1 crew per state	2 crews per state	1 crew per state	1 crew per state	1 crew per state
Athlete							
1	X		X			X	
2	X		X			X	
3				X	X	X	
4				X	X	X	
5				X	X	X	
6				X	X	X	
7 (Lwt)		X	X			X	
8 (Lwt)		X	X			X	
9 cox						X	
10 Res lwt							X

The reserve lightweight will contest the lwt 1X and mixed lwt 2X (non point score events) – unless required in any other boat as a result of injury or illness.

Lightweight competitors must be no more than FISA average + 6% at the Youth Cup Regatta.

(Men 74.2kg / Women 60.42kg)

Expected costs per team member - \$600

Rowing Queensland also subsidises this program to the tune of \$9,000 to assist with airfares, accommodation, meals, ground transport to Nagambie, seat fees, uniform and boat transport.

Sponsorship will be sought, and any excess monies will be refunded to athletes.

Scheduled Events

All athletes are requested to attend and complete the following scheduled events.

Date	Event	Venue
2 nd & 3 rd June	S E Qld Development Camp	Maroochy River Resort
4 th June	Expressions of Interest	Gary Merritt RQI Office
18 th June	Results of 6k Ergo Test (capped rate 22)	To be completed at clubs
9 th July	Results of 2k Ergo Test	To be completed at clubs
21 st July	RQI Noosa Regatta	Lake Kawana
24 th July	Nomination forms due	Gary Merritt RQI Office
28 th & 29 th July	Selection Races – 1X, 2-, Lwt 2X, Lwt 1X	Lake Kawana
11 th & 12 th August	RQI Bundaberg Regatta	Bucca Weir
29 th Aug – 2 nd Sept	Youth Cup Regatta	Nagambie, Vic.

S E Queensland Development Camp 2nd & 3rd June Maroochy river Resort

This camp has a focus on developing coaches and U21 athletes. It should be seen as an opportunity for Youth Cup candidates to attend a heavily subsidised training camp to formally start our Youth Cup campaign.

Expressions of Interest 4th June RQI Office

By forwarding your Name, Mob Ph and Email to Gary Merritt, RQI High Performance Manager you will receive direct communication regarding all aspects of the Youth Cup Campaign – including candidates, ergo test results, newsletters, selection results etc.

This information will also be forwarded to club Head Coaches for distribution.

Formal nomination forms will need to be submitted (24th July) just prior to the selection races.

Ergometer Tests

6k Ergo – Due by 18th June (this test to be done with a max rating of 22)

2k Ergo – Due by 9th July (this test to be done as a max race simulation)

- 1) These tests are to be completed at your home training centre under the supervision of your coach any time prior to the due date.
- 2) All results should be submitted with the athletes - Name, Club, Weight, Date of Test & Supervisor.
- 3) Concept II machines to be used with the settings
Men – 4 (drag130) Women – 3 (drag 120)
- 4) All scores will be body weight adjusted as per the current formula used by RA for the National Selection Policy
- 5) Lightweight athletes will be required to be at a maximum of FISA average + 8%
Men 77kg Women 62.7kg

The results of these tests will be circulated to assist candidates (where appropriate) to select suitable training partners.

RQI Noosa Regatta 21st July Kawana

All candidates are requested to race in this regatta. This is to be treated as a test event with athletes to compete in single sculls, pairs, lightweight double or lightweight single races. All athletes are also strongly encouraged to race in sweep big boat events – fours and eights.

Selection Races 28th & 29th July Kawana

The objective results of these races will determine the composition of the Qld Youth Cup Team.

Saturday 28th July

- | | |
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| Single scull trial – | heats (seeded on 2k ergo results) and final if required
First 2 scullers selected – rest may trial in pairs on Sunday |
| Lwt double scull trial - | Combinations entered must have the ability to train together
First double selected – rest may trial in the lightweight single race on Sunday |

Sunday 29th July

- | | |
|--------------------------|---|
| Pair trial - | heats (seeded on 2k ergo results) and final if required. |
| Lwt single scull trial - | heats (seeded on 2k ergo results) and final if required.
First sculler selected as reserve |
| Pair Retrial | 1st & 2nd to race against 3 rd & 4 th with partners swapped (if the new combinations are capable of training together)
First 2 pairs selected |

Lightweight athletes will be required to race at a maximum of FISA average + 8%

Men 75.6kg / Women 61.6kg

Coxswain Selection 5th August

Coxswains will be selected 1 week after the athlete trials following crew training with all the candidates having an opportunity to cox the eight. A maximum of 3 coxes will be trialled and one selected based on

- 1) Past and present performances in training and competition
- 2) Consultation with athletes and coaches
- 3) Proven ability to make weight

RQI Board Approval 8th August RQI Website

After the selection of the crews on the 29th July and the coxswain being finalised by Sunday 5th August, the team will be sent to the RQI Board for approval on Monday 6th August. Subject to Board approval the team will be publicly announced and posted on the RQI website on Wednesday 8th August.

RQI Bundaberg Regatta 11th & 12th August Bucca Weir, Bundaberg

The selected Youth Cup Team is expected to travel to Bundaberg for this regatta. It will act as a 2 day camp providing valuable race experience and big boat training time. It will also provide valuable team bonding experiences.

Coach Selection

There may be up to 4 coaches selected for the Youth Cup Team. John Bowes (men) and Peter Howard (women) have been appointed by the RQI Board as Head Coaches / Selectors. At least 2 other coaches will be appointed following the trials on the 28th and 29th July.

The criteria that will be used for the selection of these coaches will be:

- 1) Coaches need to be currently coaching youth candidates.
- 2) Coaches need to be registered with Rowing Queensland Inc.

- 3) Coaches need to have a minimum of Level 2 NCAS Accreditation
- 4) Current athlete performance
- 5) Previous coaching record

The most suitable coaches will be selected, however Rowing Queensland recognises the need for an adult female to act as a chaperone with the team. If none of the selected coaches are female, RQI will enlist the services of a suitable female to travel with the team – preference will be given to female coaches for this position.

Please forward enquiries to

Youth Cup Management	Wk	Mob	Email
Gary Merritt	38462711	0437655017	garym@rowingqld.asn.au
John Bowes		0439958367	johnbowes@commercialrowing.com
Peter Howard		0409531332	howardp@bigpond.net.au