



### **Junior Cox Selection Process**

A cox is seen as an integral part of a coxed crew boat and for that reason the selected cox must have the necessary ability and history of performance at a high level to be considered for selection. Standout coxes will be provisionally selected based on their coxing history to date but a number of other factors will determine final selection.

Selected coxes must be willing to display a commitment to attend various training camps/events as requested by the lead coach throughout the season.

If necessary coxes (that meet the necessary criteria) may be selected based on availability to attend scheduled crew training dates and on geographical location of the crews selected to maximise training time throughout the season.

### **Coxes wishing to be considered for selection must:**

1. Meet the appropriate age requirement
2. Have experience coxing eights at championship level
3. Be registered with a Rowing Ireland affiliated club and be actively coxing in their club this current season
4. Be willing to attend training camps/racing events as requested by the lead coach to be monitored before final selection is made
5. Display excellent boatmanship skills, have a wide range of calls/drills and be able to execute an effective race plan as requested by the crew coach

### **Weight Restrictions**

Coxes must be of a minimum weight as follows:

- Junior Women: 50kg minimum weight
- Junior Men: 55kg minimum weight
- Any shortfall in this weight shall be made up by a maximum of 10kg ballast

**Please note that Rowing Ireland does not promote or encourage rapid or unhealthy weight loss.** A cox who is naturally on weight is preferred. Improper weight management efforts can be damaging to a juniors health and impair both their concentration and their decision making.