

**ROWING IRELAND – HOME INTERNATIONAL REGATTA 2014
SELECTION STRATEGY FOR ALL TEAMS**

This document details the selection strategy for the Home International Regatta 2014 being held in the National Rowing Centre, Cork, Ireland on 26th July 2014.

SENIOR MEN and SENIOR WOMEN

The Senior Mens Team and Senior Womens Team for the Home International Regatta will be selected based on the results of trials held at the National Rowing Centre, Cork on Saturday 29th March 2014, in conjunction with the High Performance Trials. The HP trials will be over three days, however, athletes trialling for the Home International will only need to trial on the Saturday. Athletes that are part of the HP squad may form part of the Home International team after further testing.

The Home International trial will be set-up as an event on Tracker.
Any athlete wishing to be considered for selection, must enter the trial in either 2- or 1x, via this system. Details of the format of the trials will be published closer to the event.

LIGHTWEIGHTS

Lightweight athletes must enter the trials being held at the National Rowing Centre, Cork on Saturday 29th March 2014, in either 2- or 1x, via the Tracker system. Lightweights are required to meet the following weight(s) for the March trial:

Lightweight Men: 74.0kg and crew 72.5kg
Lightweight Women: 61.0kg and crew 59.0kg

Lightweight athletes may be selected to form part of the team as non-lightweight. If selected, it is the responsibility of the athlete to make sure they are at the required weight for the Home International Regatta in July. Athletes should only enter the Lightweight category if they are confident and capable of making the required weight. Lightweight athletes who are selected, will be weighed at the Irish Rowing Championships and may be excluded from the team if they are deemed to be unable to make the weight requirement.

JUNIOR MEN and JUNIOR WOMEN

The Junior Mens Team and Junior Womens Team for the Home International Regatta will be selected based on the results of trials held at the National Rowing Centre, Cork on Saturday 29th March 2014, in conjunction with the High Performance Trials. The HP trials will be over three days, however, athletes trialling for the Home International will only need to trial on the Saturday. Athletes that are part of the squads for Junior Worlds or Junior Coupe may form part of the Junior Home International team after further testing. Athletes who race in Newry but do not make the Coupe/JWC trial will be allowed race in the Home International Trial in March. Other Junior athletes may also enter the March trial but must submit a 2k erg, supervised by their coach, to pat.mcinernery@rowingireland.ie before the end of February. A further 2k erg test will be held before the end of June to test for fitness through the season. We are not putting an erg cut off for trial entry, however, coaches are encouraged to only enter athletes who they would enter for J18A/Division 1 racing.

The Home International trial will be set-up as an event in Tracker.
Any athlete wishing to be considered for selection, must enter the trial in either 2- or 1x, via this system. Details of the format of the trials will be published closer to the event.

COXES

It is planned that coxes for the Teams will be chosen based on a number of factors including the geographical locations of crews selected, coxing history, and current participation.

Any club who wishes to have their cox(es) considered for selection, must email their intention to be considered as part of the team, along with a brief coxing history, to denis.oregan@rowingireland.ie by Wednesday 19th March 2014. Emails will only be accepted from Club Secretaries.

COACHES

It is planned that coaches will be chosen based on a number of factors including, but not limited to, experience, the geographical locations of crews selected, number of athletes that a coach has selected etc. **Any coach that would be interested in being considered to coach is asked to email denis.oregan@rowingireland.ie by Wednesday 19th March 2014.**

Coaches will be required to organise training session(s) with their respective crew(s) in preparation for the Home International event. Clubs are expected to make their athletes available for these training session(s).

OBLIGATION TO COMPETE

Once an athlete has entered the selection process, through the Tracker system, they will be deemed available for selection. If selected and unable to compete for any reason other than medically certified, the club will remain liable for all levies applicable even if another athlete is brought in to replace them. The replacement athlete's club will be liable for the appropriate levies due for that athlete.

ADDITIONAL SELECTION INFORMATION

In the event that only one athlete, or no athlete, has been nominated in any specific category listed above, the selection panel and/or Team Manager reserves the right to fill the remaining crews as required. The decision of the selection panel and/or Team Manager based on the information available to him/her/them will be final.

TEAM COMPOSITION

It is envisaged that Rowing Ireland will have a full team to compete at the Home International Regatta in July.

The number of athletes required to fill the team are as follows:

Senior Men and Senior Women:

12 Sweep Athletes – including 2 Lightweight Athletes

6 Scullers – including 3 Lightweight Scullers

1 Cox

Junior Men and Junior Women:

10 Sweep Athletes

7 Scullers

1 Cox

EQUIPMENT

Clubs, whose athletes are selected as part of the Home International Team, will be expected to provide equipment to the participating crews for training and travelling to the Home International Regatta. Details of specific equipment required from clubs will be finalised after the athletes have been selected.

LEVIES

The levy amount to be paid by each athlete, upon selection, remains unchanged at €400. This levy is to be paid, in full, by 12th July 2014. Clubs are liable for payment of the levy in respect of each of their athletes selected.

Lisa O'Callaghan
Team Manager
30th January 2014