



High Performance Strategy 2019

High Performance Director

Antonio Maurogiovanni

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Performance Strategy 2018-2019

Junior, Under 23, Senior and Para Rowing

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Contents

1. Overview

1.1 Context

This document focuses on the High Performance trialling and the selection process.

The High Performance Program will encourage and support rowers making the transition along the Long term Athlete Development Pathway. The Pathway consists of the Coupe de la Jeunesse for juniors, the Junior European Championships, Junior World Championships, the U23 European Championships and Under 23 World Championships are the main priority on the pathway that leads to the European Championships, Senior World Championships, Olympic qualification and Olympic Games.

The main objective is to have our best performers reaching the podium at target events. To achieve this, the structured assessment/event requirements and selection process has to be followed by all rowers. Exceptional circumstances can be taken into consideration by the HPD only with the cooperation of the National Coach (NC) and Lead Category Coach (LCC). The HPD, the NC and the LCC form the High Performance Unit (HPU).

In the Junior and U23 age categories; geography, logistics and academic considerations can be taken into consideration in producing the best crew combination. Crews will have to race domestically to prove their competitiveness to the HPD and the Lead category coach.

If few or no crews achieve the minimum on water performance benchmark indicated on the event requirements document then the HPD and the HPU will use information gained throughout the year to consider additional crews.

The selection policy is designed for rowers and coxes to demonstrate their ability and suitability for international selection.

Rowing Ireland's High Performance Program (HPP) is supported by investment from Sport Ireland (SI) and Sport Northern Ireland (SNI). The purpose of this investment is to ensure that Ireland's performances in elite international sport improve and to create consistent success at elite level which is defined as producing Irish athletes for finals at European, World, Olympic and Paralympic level.

1.2 Scope

The Strategy sets out the initial framework for selection of Rowing Ireland teams at some or all of the 2019 events below. The final selection of events is indicated on the 2018-2019 category annual plan document.

Senior

Int. Memorial D'Aloia European Championships	Piediluco, (ITA) Lucerne, (SUI)	12 th -14 th April 31 st May-02 nd June
World Cup 2 World Cup 3	Poznan (POL) Rotterdam (NED)	21 th -23 th June 12 th -14 th July
U23 World Championship	Sarasota (USA)	24 th – 28 th July
World Championship – Olympic Qualification	Linz (AUT)	25 th -01 th September

Para

International Para World Championship	Gavirate, (ITA) Linz (AUT)	18 – 19 th May 25 – 01 th September
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Junior

Junior European Championship	Essen, (GER)	17-19 th May
Coupe de la Jeunesse	Corgeno (ITA)	02-04 th August
Junior World Championship	Tokyo (JPN)	7-11 th August

2. Requirements for Selection

2.1 Eligibility

Age. A rower or coxswain is classified as a junior until December 31 of the year in which the rower reaches the age of 18. After that date, the rower shall be classified as an Under 23 rower. A rower or coxswain, who is no longer a junior, is classified as an Under 23 rower until December 31 of the year in which the rower reaches the age of 23. After that date, the rower shall be classified as senior.

Passport.

All rowers must hold an Irish passport, or a U.K. passport that shows the holder's birthplace to be in Northern Ireland, and be a registered member of Rowing Ireland via a club affiliated to Rowing Ireland. All rowers must meet the passport criteria to participate in FISA European, Junior, U23 and World Championship regattas.

Nationality at FISA events, FISA Rule 19.

If invited to the final trials or later, all senior and para athletes are required to sign a form acknowledging that they are aware of and understand FISA Rule 19. Junior athletes are required to have a parent/guardian signature acknowledging understanding of FISA Rule 19.

Pre-Competition Health Screening at FISA events, FISA Rule 21.

If invited to the final trials or later all junior, senior and para athletes are required to have the Pre-Competition Health Screening done at their own expense before final selection.

Para classification at FISA events, FISA Rule 19.

If invited to the final trials or later all para athletes are required to meet the rules of classification and to have the FISA classification done at their own expense in the specific boat class before final selection.

Commitment and Athlete Agreement.

All rowers will have to demonstrate both ability and motivation to row for Ireland. Athletes will commit themselves to the HP pathway for their rowing future and to the Rowing Ireland community and they must be prepared to sign the Athletes Agreement. Unless they intend to pledge

their future to rowing for Ireland, rowers should not enter the assessment and selection process.

All squad and team rowers (senior/u23/junior/para) are required to be available at locations as directed by the HPD with the cooperation of the NC and LCC or Para Coach in order to participate in the trialling process (camps, erg tests, test weeks, water assessments, athlete education etc.) unless under medical certification or with the agreement of the HPD with the cooperation of the NC and LCC or Para Coach.

2.2 Assessments, Test, Trials

The requirements for rowers to participate are detailed for each squad on the 2018-2019 annual plan document. The HPD with the cooperation of the NC and LCC or Para Coach may organize additional and compulsory assessments, tests and trials for which notice will be given. Candidates for selection must participate in all the relevant event requirements for their category (junior/U23/Senior/Para) as described in the 2018-2019 annual plan document.

Rowers who are unable to race on water or indoors at an assessment for medical reasons must deliver a medical certificate released by a sport's doctor to the HPD, NC and LCC to remain eligible. Only in exceptional circumstances will candidates who do not trial be considered for selection by the HPD.

Junior selection

See 2018-2019 Jun Annual Plan document

Under 23 selection

See 2018-2019 U23 Annual Plan document

SA and Para selection

See 2018-2019 SA and PARA Annual Plan document

2.3 Selection Responsibility

Responsibility for selection of Rowing Ireland boats for World Rowing Championship (WRC), World Rowing under 23 Championship (WRU23C), European Rowing Championship (ERC) and World University Games & Championships has been assigned as follows:

WRC & ERC, Para & qualification regattas
U23WRC, U23 ERC, WUG/WUC
JWRC, JERC & Coupe

HPD+ NC+ LCC
HPD+ NC+ LCC
HPD + LCC

In case of disagreement the HPD is entitled to make and announce the final decision.

2.4 Medical exemptions

If a rower cannot attend a trial or other test for medical reasons, the rower must follow the correct procedure. For non squad candidates, a medical certificate, signed by the rower's doctor and approved by the appropriate Rowing Ireland squad doctor, must be produced and emailed to the HPD, NC and LCC prior to the event and the designated time of withdrawal. National squad rowers must have approval of the Rowing Ireland doctor/medical staff designated, who will inform the HPD. Failure to comply is likely to result in a rower becoming ineligible for selection.

2.5 Irish Rowing Championships

Based on post Junior and U23 World review the HP committee agreed with the HP team of coaches has decided to make any rower selected for the national team (Senior A, U23 and Junior World Championship) unavailable to participate in the Irish Rowing Championships in order to facilitate the relocation of athletes to the NRC and preparation for their respective events considering the clashing of the National Championships date and the International calendar. This decision does not include all the rowers selected for the Rowing Ireland Coupe National Team. All the Coupe national team members are allowed to race at the national championships with no restrictions. However due to their young age RI strongly recommend to minimise the number of the events and the possibility to race in the same category of their Coupe national team boat.

3. Strategies

3.1 Senior Squads

All potential rowers who complete all on water and off water assessments to the satisfaction of the HPD, NC and LCC will need to demonstrate their performance at the FISA European Rowing Championship Regatta and/or at FISA World Cup Rowing Regatta(s) and at the final trials before final announcement.

The final decision regarding attendance at the above regattas rests with the HPD. Where rowers/crews are of the appropriate level the FISA World Rowing Championship will be entered. The World Championship Regatta is Rowing Ireland's priority event on the Olympic pathway as it provides Irish rowers with an opportunity to test their ability against the best in the world.

Prioritized Olympic boats & supplemental boats

Women	<u>W1x, W2x, W2-, W4-</u>
Women's Lightweight	<u>LW2x</u> & supplemental boats LW1x
Men's Lightweight	<u>LM2x</u> , & supplemental boats LM1x/LM4x
Men	<u>M2-, M4-, M2x,</u>

The following sequence will be used; squad formation, squad training through camps or relocation, crew formation, finalizing crews and then selection.

Squad training will be centralized at the NRC unless differently decided by the HPD and NC based on exceptional circumstances. There will also be centralized training weekends and camps.

Squad members will share costs based on agreements between the athletes/coaches within each squad. A training camp and regatta plan incorporating domestic and international regattas, taking into account financial and other limitations will be determined by the HPD in consultation with the squad coaches.

If requested, affiliated Rowing Clubs must be prepared to support the HP programme with boat equipment, coaching, and organisation of practical matters, if the squad is based in their local area. Athletes must be made aware by squad and crew coaches of the responsibility of being a rower or lightweight rower in regard to nutrition, hydration, and weight management.

All the National squad/crews and related coaches will need to be in line with the National HP training program outline and National technical model. The HPD, the NC and LCC will take every formal and informal opportunities in order to share the National training methodology/program and the National Technical model.

3.2 Under 23

International racing experience at Under 23 level is a key step in the development of an athlete. The under 23 World Championship Regatta is Rowing Ireland's priority event on the Olympic pathway allowing our athletes to test their ability against the best in the world in their age group.

The focus will be on Olympic boats, and also support boats in Non-Olympic categories for development. A training camp and regatta plan incorporating domestic and international regattas, taking into account financial and other limitations will be determined by the HPD in consultation with the NC and LCC.

The following sequence will be used; squad formation, squad training through camps or relocation, crew formation, finalizing crews and then selection.

Once the squad formation has taken place all competitions will be synchronized, so there will be a clear pathway of preparation. There will also be centralized training weekends and camps, with crews being together for a long preparation period.

Squad training will be centralized at the NRC unless differently decided by the HPD and NC based on exceptional circumstances. There will also be centralized training weekends and camps.

If requested, affiliated Rowing Clubs must be prepared to support the HP programme with boat equipment, coaching, and organisation of practical matters, if the squad is based in their local area. Athletes must be made aware by squad and crew coaches of the responsibility of being a rower or lightweight rower in regard to nutrition, dehydration, and weight management.

All the National squad/crews and relative coaches will need to be in line with the National HP training program outline and National technical model. The HPD, the NC and LCC will take every formal and informal opportunities in order to share the National training methodology/program and the National Technical model.

3.3 Junior

Same as U23 details above.

3.4 Para

Para athletes may apply via the HPD/Para Coach for inclusion in the current international training group. Assessments at designated development camps will determine if an athlete has potential to perform at the required standard. Athletes will be invited to attend designated training camps. Continuous assessment at these development camps will determine if any individual or crew merits inclusion in the assessments.

Crew and rowers who complete the assessment and development camps to satisfaction of NC and LCC will need to demonstrate their performance at domestic/test races and/or at international regattas. Based on performance at the above regattas it will be considered entering exceptional crews at the World Championship Regatta.

Due to the need to identify a new crop of athletes, it is anticipated that athletes may come on-stream after the assessment. If such athletes prove to be of the required standard, they can be considered, with agreement of the HPD, for selection for the World Rowing Championship.

3.5 FISU World University Games & Championship

Rowing Ireland is responsible for the selection of the team for the FISU World University Games and World Championship Regatta. Rowing Ireland will work closely with SSI/CUSAI to ensure that the best possible team represents Ireland.

A separate selection strategy document relating to the World University Games and World Championship regatta detailing the selection procedure will be eventually published at a later date if necessary. Crews wishing to be considered for this event will need to attend the final national trials of the U23 category. Participation in WUG or WUC can be as club or composite crew.

If a university athlete attends the first assessment/ranking, he/she will be considered for the U23 World Championship. Colleges and Universities will be encouraged to participate in the European University Championship Regatta/Games (arranged by Student Sport Ireland) as part of the HPP pathway, in order to gain international experience.

3.6 Weight Management Guidelines

The weight guidelines for lightweights at assessment are as follows:

	<u>Lightweight Men</u>	<u>Lightweight Women</u>
Sept/Oct	75 kg	62 kg
Nov/Dec	75 kg	62 kg
Jan/Feb	74 kg	61 kg
March	73 kg	59.5 kg
April	72 .5 kg	59 kg
May	71.5 kg	58.5 kg
June	71.5 kg	58.5 kg

Senior athletes, who will attend early regattas, may be on a lower weight strategy as agreed by the NC. The HPD can make discretionary dispensation from the prescribed weight indicated on the event requirements document.

Before selection of a lightweight crew, the crew must have been in weight at a regatta and raced as a lightweight crew.

Athletes and coaches must have awareness of the responsibility of being a rower or lightweight rower in regards to nutrition, hydration, and weight management etc.

4. Coaches

The selection of the squad, team or crew coaches is the responsibility of the HPD with the consultation of the NC and LCC.

- Coaches who wish to be considered for selection for any of the competitions above should contact either the HPD or NC coaches.
- A coach will be appointed for selected crews.
- Coaches are most likely to be appointed from amongst those, who have worked closely with the program throughout the season based on cv, past experience, number of HP athletes coached and developed as part of his/her domestic squad.
- A coach will be allocated to crews bearing in mind the particular requirements of each crew and the particular expertise of each coach.
- Coaches of successful candidates should not assume that they will automatically accompany their candidates to the respective regattas. Coaches coaching lightweights must make athletes aware of the responsibilities of being a lightweight rower with respect to weight management, nutrition, hydration etc.

Coaches have to:

-be vetted and certified to work with children and vulnerable people in accordance with, the National Vetting Bill 2012.

-know the policies in relation to the code of conduct and to section 5 below.

-be a registered coach of Rowing Ireland.

-be prepared, as a Rowing Ireland coach, to deal with the relevant points outlined in sections above.

-take part in coach education and seminars when offered, if available.

-accept that any refunding of expenses as international staff members can only be approved and granted by the HPD.

5. Anti-Doping & Medical Welfare

5.1 Context

Sport Ireland manages the National Testing Program for Rowing Ireland in accordance with the WADA Standard of International Testing. Testing can be either in-competition or out of-competition. The Sport Ireland also manages testing for FISA, the international governing body of rowing, and for WADA.

5.2 Registered Testing Pool

The Registered Testing Pool (RTP) is a list of athletes agreed between Sport Ireland and Rowing Ireland, who meet the following criteria:

- * Athletes on the carding scheme in the Contract, World Class and International categories
- * Athletes in the developmental category from high risk sports listed in the Council's Test Distribution Plan and other sports targeted by the Council
- * Olympic or Paralympic Qualifiers
- * Athletes who are included in an International Federation RTP
- * Any athlete currently serving a period of ineligibility
- * Any athlete who wishes to return from retirement and was previously in the RTP
- * Any other athlete that is required to be target tested under Clause 4.4.2 of the International Standard for Testing

5.3 National Testing Pool

Any participating athlete may be tested at any Rowing Ireland event as part of The National Testing Pool, at home, in camps and in international competitions.

5.4 Prohibited Substances

The WADA Prohibited List is an International Standard issued annually by WADA that identifies classes of substances and methods that are prohibited in-competition, out of competition, and in particular sports. Substances and Methods are classified by categories (e.g., steroids, stimulants, gene doping). The Prohibited List is updated continuously; it can be accessed on the WADA Website.

5.5 Further Information

Please refer to the Anti-Doping section of the Sport Ireland's website www.irishsportscouncil.ie for more information. Remember, ignorance of regulations & procedures is not a defence.

5.6 Medical Welfare

Rowers and coaches shall ensure that the state of health and fitness of the competitor will allow the competitor to compete at a level commensurate with the competition level in the particular event.

For all rowers at World Rowing Championship and World Rowing Cup Regattas:

- The senior rower has to undergo a FISA Pre-Competition Health Screening which includes a questionnaire, an annual physical examination & ECG. The rower has to confirm in writing that such screening has been completed.
- For junior rower screening, parents have the responsibility and shall confirm in writing that such screening has been completed, and that FISA Codes are respected.

Reference the FISA website www.worldrowing.com/medical . The site includes the rules of the Olympic Movement Medical Code adopted by FISA, and Medical Rules for a) Men's and Women's Events, Health, Insurance and b) Medical provisions; Health of Rowers - medical codes of principles, code of medical ethics. FISA rules 20, 21, 22, 99 and Bye - laws to rule 99, Pre-competition Health Screening, Medical officer, Intravenous re-hydration, Injections/no needle policy, and Determinations of eligibility from rule 20.

