

# Manitoba Rowing Association

## Canada Summer Games 2013

### Selection

#### Aim of Canada Summer Games

- A step in the Long Term Athlete Development model, targeted at “Train-to-Compete” athletes.
- Develop athletes for future international multisport games.
- Introduce the Train-to-Compete athlete to national level competition.

#### Eligibility

- Rowers born in 1993 or later.
- The maximum team size is 14 males and 14 females, plus two coxswains. For a total team size of 30 athletes. The gender of the coxswains is not restricted.
- RCA recommends based on its Long Term Athlete Development Plan, that competitors be a minimum of 16 years of age in the year in which the Games are held.
- Excluded from the Canada Games are:
  - Athletes who have received either a “SR1” or “SR2” card as defined by Sport Canada’s Athlete Assistance Program before May 4th, 2013.
- The Canada Games are open to Canadian citizens and permanent residents.

- The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
- An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
- An athlete attending school on a full-time basis outside his or her province or territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their province or territory of permanent residence or the province or territory in which the athlete attends school. To be eligible to compete for the province/territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
- An athlete who is training outside his or her province or territory of permanent residence may represent the province or territory in which they are training provided he or she can demonstrate a commitment to the province or territory she or he wishes to represent by:
  - Having been a member of a club or provincial/territorial sport organization in that province/territory for the entire previous or current competitive season, AND
  - Having represented that province or territory at an international, national or regional championship, AND
  - Not having received direct development funding from their province or territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team. OR
  - Other similar circumstances may be considered.

## Events

Men	Women
1x	1x
2x	2x
2-	2-
4x	4x
4-	4-
8+	8+
Lwt 4-	Lwt 2x

- Each provincial/territorial team will be allowed to make one entry per event
- The race distance in Sherbrooke is 1900 meters

### Weights:

- Lightweight men – maximum of 72.5 Kg
- Lightweight women – maximum of 59 Kg
- Coxswain for men's crew – minimum of 50 Kg
- Coxswain for women's crew – minimum of 50 Kg

## Selection Pre-Selection Criteria

Athletes must meet the eligibility criteria described above.

Before athletes will be considered for CSG selection, the following criteria must be met:

1. Athletes must write a letter of intent to express their interest in trying out for the 2013 Canada Summer Games Team. The Manitoba Rowing Association Executive Director must receive letters no later than May 24th, 2013, either in writing or via email to: rowing@sportmanitoba.ca.
2. Athletes must agree to the criteria defined in the MRA Program Participation document.
3. Athletes must make a commitment to a year-long strength training/development program from May 1, 2013 to May 1, 2014.

4. Athletes must read and sign off on: *Competition is a Good Servant, but a Poor Master* by Richard Way and Ishtvan Balyi.
5. All athletes and parents of minors must sign and abide by a code of conduct.

## **Selection Objectives**

1. Select a full team with the purpose of bettering our historical team performance
2. Strive for Podium potential
3. Individual development above tactical/crew boat combinations. Best way to have the best team is to prioritize individual development.
4. Retention. Our return on investment is predicated on athletes staying in the system beyond Canada Summer Games to reach full potential

## **On Water Time Trial**

- All athletes completing the letter of intent will compete in the on water time trial currently scheduled for June 22nd, 2013.
- Time trial will be run only if we will have more than 14 eligible athletes of each gender.
- The trial will consist of 2x1000 m, one in each direction. The average GMS from the two pieces will be the athlete's score.
- The trial will be done in singles with a rate cap of 22 strokes per minute. Violators will be subject to a 5% time penalty.
- In the event that an on water trial is not possible due to weather or other unforeseen circumstances, athletes will be selected to the team based on 2,000 m ergometer score to be completed on June 22nd, 2013.

## **Additional Considerations for Canada Summer Games**

A formal selection matrix for individual boats is not possible due to our development priorities and the time constraints around Canada Summer Games. Beyond the Team Selection, the coaches will use the following logic to select boats.

**Base Level Physiology**

- Athletes achieving TDC Standard or better scores in 6k or 2k distances on the ergometer are at the level of physiology equivalent to the top athletes in all Provinces.
- The top athletes in other provinces achieving high scores will likely also have a high level of on water experience.
- Historical results for Gold Medal performance are roughly 90% of the RCA Gold Medal Standard

**Boating Considerations**

1. Individual skill development is highest priority
2. Crew dynamics and athlete development level
3. Performance dynamics in different crews
4. Commitment to MRA Training over the long term
5. Crew ability for improvement

**Additional Selection Criteria**

- The coaching staff has discretion with regard to any and all selection.
- Compatibility with other athletes in a mature team environment and coach-ability will also be considered in final selection.
- For all athletes, training will prioritize individual skill development above set boat combinations and tactical preparation.
- Athletes may be selected as spares and may not race but be asked to travel with the team.
- Athletes who have demonstrated a commitment and interest in continuing to row after CSG will be selected ahead of athletes whose interest is restricted to the 2013 CSG.

## RCA U-23 2K TDC Ergometer Standards

\*Subject to change without notice according to RCA updates

	Time (minutes)
LWT Women	7:38.1
Women	7:21.3
LWT Men	6:36.1
Men	6:22.5

### Coxswain Selection

Coxswain selection will include the following criteria:

1. Overall long term development for multiple games experience
2. Physical size
3. Crew compatibility and input from athletes selected to the crew
4. Coach-ability
5. Technical knowledge
6. Commitment to the year round program

**Athletes who frequently demonstrate a poor attitude and cooperation, poor coachability, poor (inconsistent) attendance and or disruptive behaviour may be removed from the Manitoba Canada Games Team at the coach's discretion.**

### Special Circumstances

If, because of injury, illness, prohibitive causes or extenuating circumstances, an athlete is unable to meet the selection criteria, that athlete may still be considered for the Canada Games if he/she advises the VP High Performance of such injury, illness, cause or circumstance as soon as possible. The athlete must obtain permission from the VP High Performance in writing to forego the

relevant requirements outlined in this selection document and must maintain contact with the VP High Performance and the Head Coach throughout the period away from selection activities (including medical rehabilitation information provided if appropriate). Assessment by an approved MRA physician may be required.

## **Selection Committee**

The selection committee will be comprised of the MRA coaching staff.

## **Costs**

The anticipated cost for CSG 2013 is \$500 per athlete as part of the Provincial Programming fundraising obligation. Fundraising opportunities will be provided and communicated to athletes through the Executive Director.

When the budget allows, financial support will be reserved for athletes meeting U-23 TDC standards.

## **Dates**

- Time trial and team announcement on June 22nd, 2013.
- Team will register at Sport Manitoba on June 24th, 2013, from 8:00 pm to 9:00 pm.
- Boat line-ups and entries will be announced August 3rd, 2013.
- Athletes will depart for Sherbrooke on Saturday, August 10th, 2013.
- Athletes will return to Winnipeg on Sunday, August 18th, 2013.

## **Appeals**

A selection or boating decision cannot be appealed simply because an athlete/parent does not like or agree with it; there must be sufficient grounds for the appeal. The possible grounds for appeal are that the individual, group or committee making the decision:

1. Did not have authority or jurisdiction to make the decision;
2. Failed to follow procedures as laid out in the selection document.

Selection to Provincial Teams may be made close to the time that the team is to depart for the regatta, allowing little time for an appeal from a selection decision to be heard or to give effect to a successful appeal. For this reason, the VP High Performance will hear all appeals.

Before appealing decisions relating to selection to Provincial Teams a member is advised to discuss his or her concerns with the Program Coach within twenty four (24) hours of receipt of official notification of the original decision. If discussions with the Program Coach do not resolve the matter, the appeal will be heard follows:

1. Appeals from team selection decisions must be sent in writing to the VP High Performance as soon as possible and no later than seventy-two (72) hours of receipt of official notification of the original decision.
2. The appeal must be accompanied by the sum of two hundred and fifty dollars (\$250.00) (cash, certified cheque, bank draft or credit card). This sum shall be refunded if the appeal is upheld.
3. Considering the sensitivity of time in these appeals, the appeal panel will provide its decision on Team Selection appeals within a time frame that enables a successful appeal to be implemented, and in any case within seventy-two (72) hours of receipt of the written appeal.