



## **Manitoba Rowing Association – Selection for 2022 Canada Games**

### **Purpose**

This document establishes the process and criteria to be used to select the Team Manitoba Rowing team to compete at the 2022 Canada Summer Games. The Canada Games are Canada's largest multisport event for young athletes. The 2022 Canada Summer Games will be in Niagara, with rowing being held in St. Catherine's on the Henley course on Martindale Pond. Young athletes from across Canada in 16 sports will compete for their province at the Games. Rowing will take place from August 16<sup>th</sup> – 19<sup>th</sup>, with races being held on the 15<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>, and 19<sup>th</sup>. Team Manitoba selection for the 2022 Canada Summer Games will ensure the athletes attending the Games will have a positive experience in both their training and racing. With this, the coaches will provide a safe and respectful environment for the athletes to bring their best efforts to practice.

### **Overview**

This document was prepared by Manitoba Rowing Head Coach, Janine Stephens, and approved by the Manitoba Rowing Association board of directors and is considered valid as of the date published on the Manitoba Rowing Association website, March 15, 2021. If amendments are made to this document, they will be widely communicated and changed on the website. They come into effect immediately after the website update.

### **Selection Eligibility Requirements**

#### **1. General Eligibility:**

All athletes who wish to be considered will be registered with a member club of the Manitoba Rowing Association and be in good standing with the club, the Manitoba Rowing Association (MRA), and Rowing Canada Aviron (RCA).

As per the technical package for the 2022 Games, which can be found on the Canada Games website, [canadagames.ca/sports/rowing](https://canadagames.ca/sports/rowing), this document outlines the eligibility requirements for athletes at the games. Rowers and coxswains must:

- Be a Canadian Citizen or Permanent resident of Canada
- Be a member in good standing with a club, MRA and RCA
- Abide by the rules of the MRA and the Team Manitoba Code of Conduct
- Be living in Manitoba for 180 days before the Games (see technical package for those away at University) (<https://drive.google.com/file/d/1S95PRUDJSsxM-mA-YWrPQpQVnL-6CNXR/view>).

2. Age:

- Be under 22 years of age as of Dec 31, 2022 – born in 2001 or later.

Teams will be limited to a maximum of 14 men, 14 women, including 2 coxswains, for a total of 28 athletes.

Excluded from the Canada Games are:

- Senior National Team Members
- Athletes who have previously competed at the following events:
  - Senior World Championships
  - Olympic Games
  - Pan Am Games

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., If an athlete is granted National Team status for the first time, carding status or competed in an excluded event after May 8, 2022 they will still be considered eligible to compete at the 2022 Canada Games).

\* Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case-by-case basis. Requests must be submitted to the Team Manitoba Chef de Mission and approved by the Canada Games Council's Eligibility Committee.

All athletes must meet the eligibility regulations outlined in the 2022 Canada Summer Games Rowing Technical Package, on page 6. (<https://drive.google.com/file/d/1S95PRUDJSsxM-mA-YWrPQpQVnL-6CNXR/view>)

**Events**

<b>Men's Events</b>	<b>Women's Events</b>
Single Scull (M1x)	Single Scull (W1x)
Double Sculls (M2x)	Double Sculls (W2x)
Pair (M2-)	Pair (W2-)
Lightweight Double Sculls (LM2x)	Lightweight Double Sculls (LW2x)
Four (M4-)	Four (W4-)
Quadruple Sculls (M4x)	Quadruple Sculls (W4x)
Eight with coxswain (M8+)	Eight with coxswain (W8+)

Each province will have a maximum of one entry per event. The race distance is 2000m.

Weights for the lightweight races are as follows:

- Men: maximum of 72.5 kg for individuals (no crew average weight required)
- Women: maximum 59 kg for individuals (no crew average weight required)

The minimum weight for coxswains is 55kg for all events.

### 3. Testing and Monitoring

Athletes must complete at least one 2000m ergometer test between April 1, 2022 and May 22, 2022, where women must achieve a time of 8:06 or faster, and men must achieve a time of 7:15 or faster. For lightweight times, we will add 20 seconds.

- a. Note that all 2000m tests submitted for the purposes of CSG selection must be supervised by Janine Stephens or another designated coach.

### 4. Athlete Expression of Interest

Athletes interested must submit a letter of intent to the MRA Executive Director by mail or email by Monday, May 2<sup>nd</sup>, 2022.

### 5. 2022 Athlete Agreements

All Athletes and Parents/Guardians are required to sign the Manitoba Rowing Association's Code of Conduct.

### 6. Athlete Fees

All athletes wishing to be considered for selection to the 2022 Canada Summer Games should be aware of and prepared for the fees to participate in the camps, selection, and training. Additional fees will be collected from those athletes who are selected for the team. These additional fees cover the Team Manitoba racing unisuit, and Team Manitoba uniform as distributed by Sport Manitoba. The training fee, to be collected before October 30, 2021, is \$500. The remaining fees will be communicated once we know what they are, closer to March 31<sup>th</sup>, 2022.

## **Selection Criteria**

The objective of the selection guidelines is to select the team to compete at the 2022 Canada Summer Games. As major gains are made through the winter months, selection for the team will take place in the spring of 2022. With that timeline, it is important that all athletes wishing to be selected for the team, make all reasonable attempts to attend all weekend camps and team selection trials. At the selection trials, we will have some races and some seat racing, to collect data to rank athletes based on finish position and time.

- o Monthly from Sept 2020 to April 2021 – dates TBD – every 4-6 weeks.
- o Weekend 1 of CSG team selection trials: April 29-May 1
- o Weekend 2 of CSG team selection trials: May long weekend May 20-23
- o Weekend 3 of CSG team selection trials (final selection): June 17-19

- o Be in Winnipeg (or other training camp location) for training 6 days a week from July 3-Aug 14 (Games departure day)
- o Attend all training sessions – twice, most days from July 3-Aug 14.
- Attend Team Manitoba focus events and regattas which may include the following: Regina Sprints (June 11?), Mantario Rowdown (June 19?), Tops & Bottoms (July 23?), and others.
- Attend Team Manitoba's Drug Education session

Manitoba Rowing will also consider the following when selecting a team and crews for the 2022 Canada Summer Games:

- Commitment to the training program
- Approaching the training and racing with a positive attitude (which includes communicating respectfully with teammates and coaches)
- Performance in on-water time trials and in crew combinations
- Attendance at the training camps and regattas
- Ergometer Scores
- Coachability

Athletes may be preselected to the team based on performance at an RCA Regatta and selection to an RCA National Team.

If you have questions about any of the selection requirements, please contact head coach, Janine Stephens.

### **Boat Selection**

Crew combinations for the Games will be at the discretion of the Canada Games coaching staff, who will consider the following criteria:

- Performance at May and June weekend selection camps
- Commitment and attitude towards training and racing
- Individual skill
- Crew dynamics
- Adaptability
- Performance in various crew combinations
- 2000m ergometer score and 2021-2022 RCA Monitoring submissions

Final team selection will be made after the selection camp June 17-19, 2022. Selection of the team members will be decided and published no later than June 20, 2022. Crews will be announced no later than July 10, 2022.

The coaching team will be making the final team selection of athletes, boats, and crew assignments. We want to ensure the athletes have a positive experience both in training and in racing at the 2022 Canada Games.

## **Alternates**

The coaching staff may decide to name up to four alternates (two females and two males) to the Canada Games team. These athletes will be named on June 20 along with full Canada Games team members. If a named team member suffers an injury, is dismissed, withdraws from the team, or for any other reason is unable to compete at the Canada Summer Games, the first alternate will be called up to the team. If a second athlete from the named team can not participate in the Games for a similar reason, the second alternate will be called up. Alternates will be held to the same expectations as full team members (including but not limited to conduct, form submissions, etc.).

## **Special Circumstances**

In the rare case of illness, injury, or other extenuating circumstance where an athlete is unable to meet the requirements of this selection criteria, please advise the Head Coach and MRA Executive Director in writing as soon as possible. In the case of medical or illness, a medical report from a doctor must be submitted.

Head coach, Janine Stephens, along with the coaching team, reserve the right to make final decisions on athletes who may not have met all the required selection procedures due to special circumstances.

## **Dismissals**

At any point, should a team member not act in accordance with the Manitoba Rowing Association and/or Team Manitoba Code of Conduct, they may be subject to disciplinary action based on the severity of the infraction. These actions may include (but are not limited to): verbal or written warning, written reprimand, suspension, and/or dismissal from the team. It will be up to the coaches and/or the Team Manitoba Games Staff to make the decision based on the offense.

## **Appeals**

Any athlete wishing to appeal a selection decision must do so in writing within 48 hours of the decision being posted, as per the MRA Appeals Policy on the MRA website. Appeals must be made in writing and sent to the MRA Executive Director at [rowing@sportmanitoba.ca](mailto:rowing@sportmanitoba.ca). Appeals will be reviewed by an appeal committee and a decision will be rendered within seven days of receiving the appeal. Decisions of the appeal committee shall be final.