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## Information Circular

### Rowing Canada Aviron Trial and Assessment Dates 2015/2016 Junior, Under 23 and Senior non-Olympic Teams

This information circular is to provide preliminary information on dates and eligibility requirements for the 2016 World Rowing Championships Team. The 2016 World Rowing Championships will be a combined event for Senior non-Olympic, Under 23 and Junior teams. The 2016 World Rowing Championships will be held in Rotterdam, Netherlands from August 21 to 28, 2016.

Further information on the Selection Process for the Senior non-Olympic, Under 23 and Junior Teams will be found in the RCA Selection Document to be published in October, 2015.

### Important Dates:

1. **National Rowing Championships:** October 8 - 10, 2015, St. Catharines, ON; for Junior, Under 23 and Senior athletes; results will be used for selection to Winter camps and other events such as the proposed Pan American Singles Championships in Chile to be held in March, 2016 (for U23/Senior athletes).
2. **Letter of Intent Date:** October 14, 2015. All athletes interested in competing for a spot on the 2016 Junior, Under 23 and Senior non-Olympic Team should send a letter of intent into Rowing Canada no later than Wednesday, October 14, 2015. Any athlete who does not send in a letter of intent by this date will require permission from the High Performance Director to be considered for selection for 2016 Teams.
3. **Junior Assessment West:** April 16/17; Lower Mainland or lower Vancouver Island (\*note: Senior Olympic team trials may be held the same weekend by invitation only)
4. **Junior Assessment East:** May 6/7; London Training Centre (\*note: Senior Olympic team trials may be held the same weekend by invitation only)
5. **Under 23 and Senior Non-Olympic Selection Trials (Canadian based athletes):** May 14-19; Welland, ON
6. **Under 23 and Senior Non-Olympic Selection Trials (US based athletes):** LTC and VTC (or other assigned centre)
7. **Junior Selection Trials:** June 6-9; Welland, ON

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## **Eligibility Requirements For Junior, Under 23 and Senior non-Olympic Teams:**

- All athletes must hold a valid Canadian passport and be members of Rowing Canada Aviron,
- Only athletes that have submitted **two full (2)** RADAR performance measurements between September 2015 and May 2016 will be eligible for selection to the teams. This requirement is for both Canadian based and International (including US) based athletes,
- A letter of Intent is required from all interested candidates for all the above teams no later than October 14, 2015,
- Junior team candidates must be born in 1998 or later and
- Under 23 team candidates must be born in 1994 or later.

**2016 Olympic Team Candidates:** 2016 Olympic Team candidates who are not named to the 2016 Olympic Team shall be considered for selection to the Senior non-Olympic or Under 23 Teams (if eligible) at a later date if their release from selection happens after the above dates. If they are released from selection prior to the dates listed above, they will be expected to compete for selection to the teams as above. In all cases, payment of the financial assessment fee is required.

### **2016 Financial Assessment Fees:**

Junior, Under 23 and Senior non-Olympic class athletes selected to the team will be charged an assessment fee of a minimum of \$2000.00. This is subject to change based on final financial requirements for the event.

### **2016 Junior Assessments:**

**Purpose:** Junior assessments are an opportunity for junior athletes in single sculls or pairs to go through a series of activities that can include time trial, side-by-side-racing, matrix evaluation and seat racing in preparation for the Junior National Team and CanAmMex Team selection process. The assessments are not mandatory, but help provide a ranking of athletes leading into the Junior Selection Trials.

**Dates:**

- **Junior Assessment West:** April 16/17, 2016; Lower Mainland or lower Vancouver Island
- **Junior Assessment East:** May 6/7, 2016; London Training Centre

### **2016 Junior Selection Trials:**

**Purpose:** part of selection process to select athletes for the following events:

- 2016 World Rowing Junior Championships, Rotterdam, Netherlands, Aug 21-28
- 2016 Can-Am-Mex Team, USA, (location and dates to be determined)

**Dates:** 4 day process between June 6 and June 9, 2016

**Location:** Welland, ON, Canada

**Process:**

- A four-day assessment and selection process. Athletes will progress through the selection process based on their performance at each stage of the selection event. Stages may include: time trial, side by side racing, Matrix and seat racing.
- The squad will be reduced daily based on results up to and including the current day of selection.
- For those not progressing to the next stage of selection, RCA will provide individual athlete debriefs at the end of each racing day.

**2016 Under 23 and Non-Olympic Senior World Championships Trials (Canadian based athletes):**

**Purpose:** Part of Selection process for 2016 Canadian U23 Rowing Team and non-Olympic boat class Senior Team.

**Dates:** Trials will be held on Saturday, May 14 and Sunday, May 15, 2016. Trials will be followed by 4 days of matrix evaluation from Monday May 16 to Thursday, May 19, 2016. The invitation to participate in the matrix evaluation will be based on performances in the May 14/15 trials.

**Location:** Welland, ON, Canada

**Process:** Racing on weekend trials will be in the following boat classes:

- W1x\*
- M1x \*
- LM1x\*
- LW1x\*
- W2- (Under 23 only)
- LM2- (Under 23 only)
- M2- (Under 23 only)

note: all senior male and female athletes must compete in single scull (i.e. no sweep events for senior males and females)

Following the weekend trials, a series of seat racing matrices will be held from May 16-19 and are mandatory to be considered for selection to the team.

**Targeted Senior non-Olympic class boats:** LW4x, M2+, LM4x, LM2-, W4-

(LM8+ may be considered in lieu of the LM4x and LM2- depending on interest and quality of athletes who participate in selection). Candidates for the non-Olympic Senior Worlds are expected to be on the pathway for the 2020 Olympic Games.

**Lightweight Weigh-ins:** Women must weigh no more than 57kg and Men no more than 70kg for the weekend trials. There will be no averaging for the LM2- (both athletes must weigh no more than 70kg). The weight allowance will be relaxed by 1kg for the seat racing matrices (58kg for women and 71kg for men).

## **2016 Under 23 and Non-Olympic World Championships Trials (International and US based athletes):**

**Purpose:** Part of Selection process for 2016 Canadian U23 Rowing Team and non-Olympic boat class Senior Team.

International and US based athletes are accepted into the selection process by invitation only. Eligibility for US and International based athletes is found above.

**Dates:** International and US-based athletes are expected to be in the respective National Training Centres as soon as possible following the end of their competitive season or academic year-end. US based athletes should be at the respective training centres within 2 days of the conclusion of their final college commitment (final college race such as IRA's or NCAA's, or exams). Competing with a university or school at Henley Royal is not considered to be a college commitment. International based athletes (other than US based athletes) should be at the respective centres no later than June 1, 2016. Rowing Canada Aviron will endeavor to complete selection of the Senior and Under 23 teams within 7 days of the final US-based athletes arriving in camp.

**Process:** The selection process for International and US based athletes will consist of a number of performance indicators including but not limited to matrix evaluation, ergometer testing and time trials.

### **Coach selection:**

Information on Coach selection for the Senior non-Olympic team, Under 23 team and Junior teams will be found in the 2016 RCA Selection Document, to be published in October, 2015.