



Team Wales Junior Selection Policy Home International Rowing Regatta 2024

1. Outline

The purpose of this document is to set out what is required from Junior/U19 Athletes wishing to achieve selection for the Junior Team at the Home International Regatta 2024 (Team Wales); to include details of registration, trials dates and pre-regatta training camp information.

2. Registration

All athletes who wish to be selected for Wales for the Home International Regatta should do so at the earliest opportunity by registering themselves on this form:

<https://forms.office.com/e/G4KZQ9fhX5>

Once registered, athletes, coaches and parents will be informed of any upcoming events and trial information.

Those athletes who wish to be considered for the 2024 Team will be able to register their Welsh eligibility from now until the HIR Team Trial Date. Athletes should be registered by their parent or guardian. The entry deadline for the selection trial will be **midnight Sunday 19th May 2024**, the entry details for the trial will be sent out closer to the date. Athletes who have exceptional circumstances may be invited to attend the trial at any point before or after the trial entry deadline.

3. Selection Process

Athletes seeking selection must demonstrate their ability on the water and meet the eligibility criteria for Wales. Athletes will need to demonstrate their individual capabilities or crew compatibility at the Selection Trial.

For the 2023-24 season, **the Welsh Junior Team Selection Trial will be an invite only trial**. We will be monitoring key events in the rowing calendar up to the selection date as well as information gathered on Welsh Junior training days and camps, as well as ergo data, which should all be submitted on the trial entry form. We will use this information to select athletes for the selection trial. Please note, all athletes wishing to be considered for the team should enter for the trial, we will invite athletes from this list after the close entries.

Athletes should update William.king@welshrowing.com with their scores and results throughout the season.

4. Eligibility

To represent Wales at the Home International Regatta you must fulfil one of the requirements below and be able to provide evidence in support of your eligibility:

- a) Having been born in that country.
- b) Having a parent or grandparent born in that country.
- c) Be resident in that country for 6 of the 12 months before the advertised Match Date in which they are seeking selection.
- d) Having had 5 years of primary or secondary education in that country.
- e) Having competed for that country previously, subject to the requirement associated with competing for different countries in subsequent years.

Rowers may be asked to submit proof of eligibility once selected for the Team. All athletes should have a copy of their proof of eligibility prior to the Regatta, should it be required.

5. The Welsh Junior Team Trial:

Athletes who wish to represent Wales at the HIR-Regatta 2024, will be invited to attend the Selection Trial on the 30th & 31st May 2024 at Dorney Lake.

The sculling team trial for both Junior Men & Women will take place on the Thursday 30th May, with the sweep team trial for both Men & Women taking place on the Friday 31st May.

The format of racing will be a free rate, 1500m time trial in either a 1x or a 2-. Following this Time Trial, the selection committee will select several athletes, either directly to the team or to attend further crew boat testing, where we will select the team.

The format of the selection day will allow athletes to trial in both sculling and sweep disciplines should they see fit. However, athletes may be selected to race in both disciplines at the regatta.

We would encourage coaches to form composite pairs for the initial stage of the trial to encourage stronger crews being able to compete for The Welsh Team. Welsh National Coaches may advise coaches/athletes on this towards the date of the trial. Coaches of individual athletes should be proactive in sourcing a competitive pairs partner for their athlete(s).

For this year's trial, there will be no facilitating athletes, all athletes attending the trial will need to meet the Welsh eligibility criteria.

Athletes in the GB system that are identified as eligible for Team Wales may be invited directly into the Welsh Team, without having to attend the trial. Especially if a GB U19 Trial or event clashes with the Welsh HIR Regatta Trial.

6. Coxes:

Selection for Coxes, has been updated this year, to enable a more informed selection. Coxes will be required to submit a 'Coxing portfolio' this will include:

- 1) A training recording, ideally/if possible with some video and audio overlaid.

2) A racing recording, ideally/if possible with some video and audio overlaid. This should include an outline of the race and their own evaluation of their performance.

3) Coxing CV of performances to date including a number of athlete or coach references.

This should be submitted with their trial entry via email to: william.king@welshrowing.com or at the latest, prior to the trial date on 30th May 2024. Coxes are encouraged to collect recordings throughout the season. And will be required to attend the trial. The portfolios will be assessed by the selection committee and an independent Judge.

7. Ergo Standards:

In order to promote a higher standard across the board for our Junior Team, we expect our Junior Team athletes to have the following ergo standards (below). Athletes below this standard will not be excluded from the trial. However, this should very much be a target to be far beneath, if wishing to be selected for the National Team, and to be successful at the regatta.

	2km Free Rate	5km @ r26
Junior Men	< 6:30	< 17:40
Junior Women	< 7:30	< 19:50

8. Team Announcement

The provisional selection announcement of the Junior Team is expected to take place on or before Friday 7th June 2024, following a selection meeting after the trial. Athletes (and their parent(s) and coach) will be emailed by Welsh Rowing confirming their selection. Athletes (and their parent(s) and coach) who have not been successful will also be informed by email by Welsh Rowing. In the unlikely event that Welsh Rowing is unable to make the Selection announcement by close of 9th June, all athletes (and their parent(s) and coach) will be notified by email and informed of when to expect the announcement.

Following the conclusion of the GB trials process, the Welsh Rowing Team U19 & Senior Final Team Announcement, will be made on or before 17th July 2024. The final Team will be published on the [Welsh Rowing website](#). Athletes (and their parent(s) and coach) will be emailed by Welsh Rowing confirming their selection. Athletes (and their parent(s) and coach) who have not been successful will also be informed by email by Welsh Rowing.

9. Pre HIR-Regatta Training Camp

Athletes selected for the Team will be invited to attend a residential Training Camp in the run up to HIR. It is expected all athletes will attend the camp. This camp will be held from the 22nd July through to the HIR Regatta on the 27th July.

10. Other

Welsh Rowing supports the Home International Regatta as a performance and pathway event and therefore is committed to ensuring that a competitive team is selected. Representation at the Home International Regatta is a National Level achievement and the standard for selection will be representative of that status. There is no guarantee of a full Welsh team being sent, this will depend on the number and quality of athletes trialling for Wales.

Please be aware there is a cost to compete for Wales at the HIR Regatta 2024 in Scotland, an estimate for this is currently being confirmed and will be circulated as soon as possible. Based on previous editions this will likely be between £400-600, but may be higher or lower.

The Welsh Rowing Appeals process is available on the [website](#).

Summary of Dates

Now - Athlete Registration for 2024 team open: <https://forms.office.com/e/G4KZQ9fhX5>

19th May – Entries close for Welsh Trial

30th-31st May – U19 Welsh Team Trial (Invitation only) Dorney Lake

7th July – Provisional Team Announcement

17th July – Final Team Selection Announcement

22nd-26th July – Wales Team Training camp and travel to Scotland

27th July - HIR Regatta Strathclyde - Scotland