



**Team Wales: Home International Rowing Beach Sprints  
2024 Season Performance Strategy for Junior and Senior Rowers  
HIRBS Regatta: 28<sup>th</sup> September 2024 Bournemouth**

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## Overview

This document is intended to give an overview of Welsh Rowing's hopes for the season ahead regarding the Junior and Senior Coastal Home International Rowing Beach Sprints.

If you are interested in representing Wales, **we would ask you to register your interest early so that we can keep in contact with you** regarding any changes to this document or events we have planned throughout the season.

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

Senior Registration: <https://forms.office.com/e/u2JsmGGtDu>

## Section 1: Targets

### Scope

The purpose of this strategy is to set out what is required of athletes wishing to achieve selection for the Welsh Teams at the Home International Rowing Beach Sprints 2024 and will include details of registration, eligibility, trials/seat-racing and training camps/development opportunities this season.

This information will be published on the Welsh Rowing website.

Welsh Rowing supports the Home International Rowing Beach Sprints as a performance and pathway event and therefore is committed to ensuring that a competitive team is selected. Representation at the Home International Rowing Beach Sprints is a national level achievement, and the standard of selection will be representative of that status.

### Objectives

Welsh Rowing's objective is to improve the standard of coastal sculling across Wales and the performance of the Welsh Team at the Home International Rowing Beach Sprints.

To accomplish this, Welsh Rowing wishes to engage with eligible athletes of, or working towards the standard required for selection, throughout the season and provide support to these individuals.

## Section 2: Selection

### Overview

The team for the event contains:

<b>Junior</b>	<b>Senior</b>	<b>U23</b>
2 females	2 females	1 Male (TBC)
2 males	2 males	1 Female (TBC)
Coach – Will King	Coach – James Walker	Coach – James Walker
Boat Handlers – TBC		
Team Manager – TBC		

The events within HIR Beach Sprints 2023 are:

<b>Junior</b>	<b>Senior</b>	<b>U23 (TBC)</b>
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JW1x	W1x	Mix2x (TBC)
JM1x	Open1x	
Mix2x	Mix2x	

### Selection Decisions & Process

Athletes considering selection for the Welsh Team will need to register for the Welsh Team and submit an entry form to the trial. The data submitted on the entry form and gathered from monitored events will be used to select athletes to attend the trial, in the case we are oversubscribed, and may also be used for selection decisions. Therefore, we advise racing at as many of these events as possible and training frequently with a Coastal Sculling Academy. Additionally, filling in the trial entry form as thoroughly, and as accurately as possible. The trial entry form will require erg data, run speed data and race result/training data.

**The Welsh HIR Beach Sprint Trial will take place on Sunday 18<sup>th</sup> August 2024 at Colwyn Bay Beach, North Wales.**

The primary source for our selections, will be the trial results on 18<sup>th</sup> August, which we may use in conjunction with data gathered from monitored events and trial entry form data, if necessary. We will be hosting a training day on Saturday 17<sup>th</sup> August, which we will use as a reserve day for the trial, if the weather conditions on the 18<sup>th</sup> do not look suitable. Additionally, we may split the trial over two days if necessary. Therefore, athletes should plan to be in attendance across the entire weekend. Beyond this we will not be rescheduling a further trial and will select a team from the data gathered on the trial weekend of 17<sup>th</sup>/18<sup>th</sup> August and monitored events (as detailed below).

Athletes selected for Great Britain Beach Sprint and River Teams will be eligible for selection and will be required to attend the trial. If selected for a GB Beach Sprint or regatta team, athletes will not be automatically qualified for the Welsh team, however this data is included in the monitored events.

Athletes can still be selected for the Welsh HIRBS Team if they do not attend the trial, this selection cannot be guaranteed, and good reason should be detailed to Welsh Coaching staff with as much prior knowledge as possible. Selection in this case, will be dependent on previous data gathered throughout the 2023-24 Season.

### Monitored Events

Our list of monitored events is below. You will be required to pass on information to your age group coach (Junior/Senior) as to which events you are entered, so that performances can be monitored.

- **Data from British Rowing Beach Sprint Team Trials 2023-24.**
- Races and data gathered from Coastal Sculling Academy activity.
- **April 27 – 28<sup>th</sup> – English BS champs – Bournemouth (includes GB BS trial 1)**
- **May 12<sup>th</sup> Welsh BS Champs – Seniors – Fishguard**
- **May – 18-19<sup>th</sup> Scottish BS Champs – St Andrews**
- Four Nations Beach Sprint Ranking
- June 1st-2<sup>nd</sup> – British Offshore Champs – Jersey
- June – 20-23<sup>rd</sup> – European Champs for BS and Offshores – Gdansk, Poland
- **August – 3<sup>rd</sup> / 4<sup>th</sup> – Welsh Junior BS Championships & (GB U19 Trial) –Colwyn Bay**
- **August 10-11<sup>th</sup> British BS Champs – St Andrews, Scotland**

## The Trial

The trial format will consist of a time trial in a coastal 1x (either processional or head-to-head to head), each athlete will have two full time trial runs. Following this, we will select a group of athletes from the TT, to attend further crew testing in coastal doubles. These tests will determine our crews. Please note, junior athletes can be selected for senior & U23 teams, if their performances are better than those in the age category. Further and more detailed information will be provided to those athletes selected to attend the trial on 18<sup>th</sup> August 2024. If an athlete cannot attend the trial

### **Athletes seeking selection must meet the eligibility criteria and adhere to the submission requirements.**

The coaches will present the names of their selected athletes for their Team to the Home International Rowing Selection Committee for ratification. The final selection announcement of the Teams will take place on or before 27<sup>th</sup> August 2024 by Welsh Rowing. Athletes (and their parent(s)/guardians and coach) will be emailed by Welsh Rowing confirming their selection. Athletes (and their parent(s)/guardians 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 final selection announcement by close of 27<sup>th</sup> August 2024, all athletes (and their parent(s)/guardians and coach) will be notified by email and informed of when to expect the announcement. Following the final team announcement, the Team will be published on the Welsh Rowing website.

The selection committee will be made up of the individual selected coaches, at least one member of Welsh Rowing staff, with the meetings being overseen by the Selection Committee Chairperson.

## 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) Athlete having been born in Wales.
- b) Having at least one parent or grandparent born in Wales.
- c) Be resident in Wales 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 Wales previously, subject to the requirement associated with competing for different countries in subsequent years.

Rowers may be asked to submit proof eligibility on the registration form.

## Registration

Athletes who wish to be considered for the 2024 team will be able to register an entry for the trial, from trial entry opening until the registration closes at midnight on Sunday 11<sup>th</sup> August 2024 - please note athletes are encouraged to register early to receive greater contact with Welsh Rowing throughout the season. Junior athletes should be registered by their **parent or guardian**.

Athletes will also need to register their Welsh eligibility, if not done so already. This can be completed from now until the trial date. Athletes wishing to be considered for the team should register their eligibility as soon as possible, to be put on the mailing list for upcoming Beach Sprint events, training opportunities and trials.

Welsh Junior Eligibility Form: <https://forms.office.com/e/G4KZQ9fhX5>

Welsh Senior Eligibility Form: <https://forms.office.com/e/u2JsmGGtDu>

### **Potential Pre HIR-Training Days**

Once a team is selected, we will look to hold training days for the team in the lead up to the event. We would most certainly aim to do this the day prior to the event (potentially from Thursday 26<sup>th</sup> September 2024) as well as any other suitable days between the trial and the regatta.

### **Other**

Please be aware there will be a cost to attend the trial (£20-£30). If selected to represent Wales at the HIR Beach Sprint Regatta 2024. The cost for this is TBC but would range between £200 - £500 depending on location. The costs include accommodation, food and transport during the event as well as Welsh Rowing Kit. Selected team members should be available from 26<sup>th</sup> – 29<sup>th</sup> September 2024.

### **Appeals**

The Welsh Rowing appeals process will be available on the website.