# Onslow College Rowing Selection Guidelines

**Agreed by the OCRC Executive Committee and Onslow College, date: 15/06/2023**

## Purpose

To outline the process for selection of Onslow College rowers for:

1. Experienced rowers
2. Learn to Row and Novice Squads
3. Regatta crews
4. Maadi Regatta

## Background

Onslow College Rowing has a limitation in the total number of rowers that we can be involved in rowing each season. As at 2023/24, that number is about 60. The total number is set by the combination of transport and accommodation limits for away camps and regattas, and constraints with coaches, coach boats, coxswains and boats. We enjoy seeing a large number of Onslow students experience rowing, but the programme needs to be a safe, positive and productive experience for those that take part. Hence the need to limit the total number of rowers.

## a. Experienced Rowers Selection

There will be a selection for experienced rowers which will occur before LTR starts at the beginning of each season. This may unfortunately mean some experienced rowers miss out. The selection will be primarily based on a fitness test which will ensure rowers have the appropriate ability to handle the training intensity required of experienced rowers. Some consideration may also be given to ensuring that a good number of novice rowers join rowing each season. The selection test will include the various elements which are important to be a successful rower: attitude, core strength, flexibility, initiative, rowing fitness and technique, running, strength, and willingness. Rowers and parents will be notified at least three weeks before the test. Rowers and their parents will be notified as soon as possible if they have not reached the required selection level.

## b. Learn To Row (LTR) and Novice Selection

Depending on the number of experienced rowers and the interest from new LTR rowers at the beginning of the season, then there is likely to be a selection process for new rowers. This may occur before and/or after LTR camp in October. This will be communicated clearly at the beginning of the season. We are sorry that some keen students won’t get to experience the full rowing season. We want rowers who are physically capable of succeeding at rowing, have the right attitude and are willing to contribute to the programme.

## c. Regatta Crew Selection

Rowing is a competitive and athletically challenging sport. It is the goal of the coaches to provide a positive experience for all squad members while also fielding the most competitive boats possible.

Crew selection is at the discretion of the coaches. Crews may change through the season and coaches may test crew combinations at some regattas. If a rower or coxswain wants to question their seat placing, then coaches are always approachable to discuss their reasoning.

Coaches will use both objective and subjective assessments in making decisions regarding crew selection. This may include ergometer scores, racing results, training performances, training attendance, inter-squad racing, technical proficiency, fitness, injuries, crew compatibility and technical compatibility.

Other elements that come into consideration when selecting crews are the nature of each regatta, the regatta progression system, age groups of the rowers, ability categories of the rowers, regatta crew limits, and boat availability.

As a general rule, competitive rowers and coxswains are prioritised at the larger Karapiro regattas in terms of crew selections and boat choices. Coaches will ensure that all Onslow rowers and coxswains have a fair and reasonable opportunity to demonstrate their ability. All Onslow rowers and coxswains should have an enjoyable experience and will receive equitable coaching no matter their ability.

## d. Maadi Regatta Selection

### Background

The Maadi Cup Regatta is the New Zealand Secondary Schools Rowing Championship. It is the single biggest school-aged sporting event in the Southern Hemisphere and attracts over 2,000 competitors. The regatta runs for six days, with multiple rounds to get to the finals (typically heats, repechages, semi-finals, finals). Maadi alternates each year between Lake Karapiro, and Lake Ruataniwha (Twizel) in the South Island.

### Considerations

Attendance at Maadi is a privilege and only a small number of rowers will be selected. Rowers, coxswains and parents are best to consider that the North Island Secondary School Rowing Championships (NISSC) marks the end of the rowing season. Secondary School rowing in New Zealand is very competitive and only Onslow crews that are expected to do well will be selected. Competitive crews should progress through the majority of the Maadi week, making the most of the time off from school. This unfortunately may mean that some rowers will not be selected, despite having trained hard over a number of seasons.

The more competitive crews are highly prioritised. The above Crew Selection guidelines also apply to the Maadi Selection. The Onslow Maadi selection criteria is similar to many other schools.

### Criteria

A crew will be considered for Maadi selection if their coach believes they a likely to achieve an A or B final at Maadi (irrespective of whether it is a North Island or South Island Maadi).

The best indicator of this, is if the crew has made an A final in their age group event at the Karapiro Christmas Regatta (KR1) in December, or the Karapiro North Island Regional Championships in January (NIRC/KR2). Results in ability grade events (intermediate, club and senior) need to be carefully considered. We deem the following ability grades and age groups to be of a comparable level of performance: novice/u15, intermediate/U16, club/u17 and senior/U18.

### Process

1. After the January Karapiro regatta (NIRC/KR2), the Lead Coach asks all parents whether they want their child to be considered for selection for the Maadi Cup Regatta. Attendance at the Maadi Cup Regatta is a significant financial commitment for parents and requires students to be away from school for a full week.

2. Coaches meet to discuss and select boats and crews. The coaches will follow the selection guidelines detailed in this document.

3. The Lead Coach informs the committee of the coaches’ selection and clarifies any questions that the committee might have. The role for the Committee is to confirm the correct process and selection criteria has been followed.

4. Selections are communicated to the wider group as well as to the school. This will be no later than five weeks prior to the start of the Maadi Cup Regatta. To avoid uncertainty and confusion amongst rowers, coaches should not inform their own crews of their selection prior to all selections being announced collectively.