

2010/11 NSWIS SELECTION GUIDELINES – Rowing

NSWIS Aim

The NSW Institute of Sport (NSWIS) will work in partnership with sport to deliver programs that will develop and assist identified high performance NSW athletes and coaches to achieve excellence and success at international level.

NSWIS will be a major player in the delivery of internationally recognised programs, coaching and services to achieve world-class performance as a part of an effective, nationally coordinated, high performance sport network.

Program Purpose

The NSWIS Rowing Program will provide world-class coaching opportunities, training and competition, facilities and support services to improve athlete development with a view to supporting the daily training needs of targeted athletes.

Selection Aim

The NSWIS rowing scholarship program aims to provide world class athletes with international standard opportunities. The ultimate aim of this program is to assist with the NRCE medal targets in 2012.

- a. To be selected each athlete must be a fit and proper person to participate in the NSWIS scholarship program and to represent the NSWIS. Each athlete must also display a suitable temperament and suitable levels of self motivation and self discipline to participate in the NSWIS scholarship program.
- b. All scholarship athletes are expected to be striving for National Team selection in 2011.

Program Description

Target Athlete Group

a. Olympic focussed:

- i. The athletes targeted will be those deemed capable of being a member of the 2012 London Olympic Games Team, and fit predominantly within the targeted Olympic Categories
- ii. These athletes will be predominantly Tier 1 and Tier 2 athletes as per the Rowing High Performance Scholarships Criteria, with the potential for a select group of Tier 3 athletes.

b. Elite Development focussed:

- i. The athletes targeted will be those deemed capable of being a member of 2016 Olympic Team and ultimately achieve gold medal success.
- ii. These athletes will be Tier 3 and Tier 4 athletes as per the Rowing High Performance Scholarships Criteria.

Structure

The NSWIS Rowing Program operates from Sydney Olympic Park Venues and key Rowing Clubs.

Athlete Support

NSWIS athletes awarded a scholarship will have access to the following support at the discretion of the NSWIS Manager – Rowing:

- Approved training and competition support (access to training facilities, travel, competition and accommodation support)
- Coaching by NSWIS coaches and support staff
- NSWIS equipment provision on a priority basis
- Sport science support (physiology, strength and conditioning, biomechanics and performance analysis, nutrition)
- Sports medicine support (medical, physiotherapy and soft tissue massage)
- Career and education support (personal development, education, career training and employment opportunities)

Selection Criteria

- a. The National Elite Sports Council (NESC) is in the process of moving towards a structure of standardised classifications for high performance athlete scholarships, training environments and staffing within these environments across all sports.
- b. The NRCE and in effect the NSWIS Rowing Program are supportive of this approach and have been working to implement the first phase of this, being the classification and timings of 2010/11 rowing scholarships.
- c. Therefore prospective NSWIS Scholarship athletes will be assessed against the nationally agreed rowing scholarship criteria. Please refer to 'Rowing High Performance Scholarships 2010/11 Information Document' for specific details. This document can be reviewed on the Rowing Australia website www.rowingaustralia.com.au or on the Rowing NSW website www.rowingnsw.asn.au

Selection Timeframes

- a. Applications close Friday 20 August 2010
- b. Scholarship positions will be announced 10 September 2010
- c. Scholarships will commence 4 October 2010, and be predominantly 1 year in length

Application Process

- a. An athlete will be considered for an NSWIS scholarship by fulfilling the minimum performance criteria.
- b. Any questions should be directed to the NSWIS Manager – Rowing in the first instance.
- c. Athletes are to complete the NSWIS Rowing 2010/2011 Program Scholarship Application. Completed applications are to be emailed to the NSWIS Manager – Rowing marty.rabjohns@nswis.com.au
- d. Applications must be received no later than 5:00pm Friday 20 August 2010.

Please Note: Scholarships will be awarded within the maximum squad number.

NSWIS Scholarship Categories

There are 4 scholarship categories within the NSWIS Rowing Program and an Emerging Talent Squad. Please see ergometer scores Appendix 1.

NSWIS Scholarship Level	Tiers	Age	Minimum Performance Criteria
Associate Scholarships Generally an athlete that meets NSWIS selection criteria and their daily training environment is predominately based outside of the NSWIS squad program/s, e.g. international base, AIS	Tier 1 World Class Athlete	Senior A	- Current Olympic Games or Senior A World Championship top 4 in crew boat or top 8 in single scull in previous two years (Olympic boat classes).
			- Returning Olympic Champion or Senior A World Champion (Olympic boat classes) in previous two years.
	Tier 2 International Class Athlete	Senior A	- Special circumstances (refer below for details)
			- Current Olympic boat class Senior A team member
			- Current Non-Olympic boat class World Champion in crew boat or top 4 in single scull.
			- Returning Olympic or World Championship top 4 in crew boat or top 8 in single scull in last two years (Olympic boat classes).
			- Plus achieving Orange level in NRCE ergometer monitoring for June-July ergometer test battery for 30min fixed rate and 2km tests.
	Tier 3 Developing International Athlete	Senior A	- Returning World Champion in non-Olympic crew boat in the last two years
			- Plus achieving Orange level in NRCE ergometer monitoring June-July ergometer test battery for 30min fixed rate and 2km tests.
		Under 23 & Under 19	- Returning Senior A team member within the last 4 years
- Plus achieving Light Green in NRCE ergometer monitoring or better for your age during June-July ergometer test battery for either 30min fixed rate or 2km test.			
Tier 4 Potential International Athlete	All Ages	- Special circumstances (refer to appendix 2)	
		- Current Non-Olympic boat class Senior A team.	
	All Ages	- Current Under 23 or Junior World Championship top 4 in crew boat or top 8 in single scull	
- Plus achieving 1 Yellow and 1 Light Green in NRCE ergometer monitoring for your age during the same ergometer test battery for 30min fixed rate and 2km tests.			
Tier 4 National Talent Identification & Development (NEDP & NTID)	All Ages	- Any athlete achieving 1 Dark Green plus at minimum 1 Orange in NRCE ergometer monitoring or better for your age during the same ergometer test battery for 30min fixed rate and 2km tests.	
		- Athlete achieving 2 Light Green in NRCE ergometer monitoring or better for your age during the same ergometer test battery for 30min fixed rate and 2km tests.	
Tier 4 National Talent Identification & Development (NEDP & NTID)	Talent Development	- Existing NEDP Scholar –	
		- To apply must be completing the NEDP monthly monitoring tests and data.	
Tier 4 National Talent Identification & Development (NEDP & NTID)	Talent Identification	- Achieving Yellow in NRCE ergometer monitoring for your age showing improvement in performance during the same ergometer test battery for 30min fixed rate and 2km tests.	
		- Athlete must be already completing the NEDP monthly monitoring.	
Tier 4 National Talent Identification & Development (NEDP & NTID)	Talent Identification	- NTID Selection Standards achieve Dark Green in NRCE ergometer monitoring.	
		- Achieving Yellow scores in NRCE ergometer monitoring for your age showing improvement in performance during the same ergometer test battery for 30min fixed rate and 2km tests.	
Tier 4 National Talent Identification & Development (NEDP & NTID)	All Ages	- Special circumstances (refer to appendix 2)	
		- Existing NTID Scholar –	
Tier 4 National Talent Identification & Development (NEDP & NTID)	All Ages	- Athlete must be already completing the NEDP monthly monitoring.	
		- Achieving 4 Yellow scores in NRCE ergometer monitoring for 18 year age targets showing improvement in performance for all 4 ergo assessments.	
Tier 4 National Talent Identification & Development (NEDP & NTID)	All Ages	- Entry level minimum –	
		- NTID Selection Standards achieve Dark Green in NRCE ergometer monitoring.	
Tier 4 National Talent Identification & Development (NEDP & NTID)	All Ages	- Special circumstances (refer to appendix 2)	
		- Nominating for selection in the current season.	
Tier 4 National Talent Identification & Development (NEDP & NTID)	All Ages	- Have the approval of the gender specific National Head Coach, and SIS/SAS Head Coach.	
		- Scholarship Tier to be agreed by National Head Coach, and SIS/SAS Head Coach.	

NSWIS Selection Guidelines

Accepting and Maintaining a NSWIS Scholarship

The NSWIS Scholarship athletes must sign and abide by a NSWIS Athlete Agreement and Athlete Code of Conduct for the term of the scholarship. It is the responsibility of the athlete to ensure all conditions of the Agreement are met at all times, including maintenance of a healthy lifestyle and fitness.

Emerging Talent Squad athletes will be required to sign an agreement and code of conduct.

The composition of the squad may be amended by the JMC at any time where an athlete's scholarship is withdrawn based on an athlete's performance review, or an athlete meets selection criteria during the course of a scholarship year.

The level of scholarship an athlete receives is performance based. All scholarships will be reviewed 4 times per year. These will be held on a quarterly basis from the commencement of the scholarship.

Following each review, NSWIS athletes will either remain at their current scholarship level or be nominated by the NSWIS Rowing Manager to be moved to another scholarship level. Athletes who perform below expectation and do not meet expected performance indicators when they are on Emerging Athlete Program level may have their scholarship withdrawn.

Athlete Withdrawal from NSWIS Sport Squad Scholarship

An athlete wishing to withdraw from their NSWIS Scholarship may do so by informing the NSWIS Rowing Manager and NSWIS CEO in writing at any time.

Any equipment loaned to an athlete through the NSWIS Program must be returned to the NSWIS Rowing Manager upon withdrawal of a scholarship. Athletes who do not return equipment will be liable for the cost of all outstanding equipment.

Scholarship Suspension / Termination

An athlete's scholarship may be suspended or terminated where s/he breaches the NSWIS Athlete Agreement, Code of Conduct, Sport Code of Conduct (or equivalent) and/ or brings the Institute and / or the Sport into disrepute.

In this instance the NSWIS CEO, in consultation with the Program Partners will recommend to the NSWIS Board, the suspension or termination of the athletes scholarship.

The NSWIS Board is the only body that has the power to terminate or suspend an athlete scholarship. The athlete, NSWIS Rowing Manager and Program Partners will be advised in writing of the outcome.

Athlete Appeals Process Relating to Non Selection of NSWIS Athlete Scholarship

Athletes may appeal non-selection to the NSWIS or withdrawal of a scholarship by contacting the Coordinator of the NSWIS Appeals Panel in writing within two weeks of withdrawal or non-selection. The NSWIS Appeals Panel will hear all appeals within two weeks of notification and will consist of the Coordinator and JMC. The Coordinator may appoint an independent to the Appeals Panel where deemed necessary or at an athlete's request. A full report of the Appeals Panel's decision will be forwarded to the athlete and NSWIS CEO within one week of the Appeals hearing.

Athletes may be accompanied by a support person of their choice at all times during the Appeals process.

Appendix 1

	AGE	International rating	15	16	17	18	19	20	21	22	23	24+			
	MEN	2 KM Ergometer time	ideal - world champion zone	6:30	6:20	6:10	6:05	6:02	6:00	5:55	5:50	5:48	<5:45		
good			6:35	6:25	6:15	6:10	6:07	6:05	6:00	5:55	5:50	5:48			
need to improve			6:40	6:30	6:20	6:15	6:12	6:10	6:05	6:00	5:55	5:53			
significant improvement required			6:45	6:35	6:25	6:20	6:17	6:15	6:10	6:05	6:00	5:58			
danger - large improvement required			6:50	6:40	6:30	6:25	6:22	6:20	6:15	6:10	6:05	6:03			
massive improvement required			6:55	6:45	6:35	6:30	6:27	6:25	6:20	6:15	6:10	6:08			
30 min R 20 Ergometer distance		ideal - world champion zone	8200	8300	8400	8500	8600	8700	8800	8900	9000	9200			
		good	8100	8200	8300	8400	8500	8600	8700	8800	8900	9000			
		need to improve	8000	8100	8200	8300	8400	8500	8600	8700	8800	8900			
		significant improvement required	7900	8000	8100	8200	8300	8400	8500	8600	8700	8800			
		danger - large improvement required	7800	7900	8000	8100	8200	8300	8400	8500	8600	8700			
		massive improvement required	7700	7800	7900	8000	8100	8200	8300	8400	8500	8600			
LIGHTWEIGHT MEN	AGE	International rating							18	19	20	21	22	23	24+
	2 KM Ergometer time	ideal - world champion zone						6:26	6:23	6:20	6:17	6:14	6:11	6:08	
		good						6:29	6:26	6:23	6:20	6:17	6:14	6:11	
		need to improve						6:32	6:29	6:26	6:23	6:20	6:17	6:14	
		significant improvement required						6:35	6:32	6:29	6:26	6:23	6:20	6:17	
		danger - large improvement required						6:38	6:35	6:32	6:29	6:26	6:23	6:20	
		massive improvement required						6:41	6:38	6:35	6:32	6:29	6:26	6:23	
	30 min R 20 Ergometer distance	ideal - world champion zone						8083	8200	8200	8300	8400	8500	8550	
		good						7983	8100	8100	8200	8300	8400	8450	
		need to improve						7883	8000	8000	8100	8200	8300	8350	
		significant improvement required						7783	7900	7900	8000	8100	8200	8250	
		danger - large improvement required						7683	7800	7800	7900	8000	8100	8150	
massive improvement required							7583	7700	7700	7800	7900	8000	8050		

	AGE	International rating	15	16	17	18	19	20	21	22	23	24+
	WOMEN	2 KM Ergometer time	ideal - world champion zone	7:25	7:18	7:10	7:00	6:55	6:50	6:46	6:43	6:40
good			7:35	7:23	7:15	7:06	7:00	6:55	6:54	6:50	6:45	6:40
need to improve			7:45	7:28	7:20	7:10	7:05	7:00	6:59	6:55	6:50	6:45
significant improvement required			7:55	7:33	7:25	7:15	7:10	7:05	7:04	7:00	6:55	6:50
danger - large improvement required			8:05	7:38	7:30	7:20	7:15	7:10	7:09	7:05	7:00	6:55
massive improvement required			8:15	7:43	7:35	7:25	7:20	7:15	7:14	7:10	7:05	7:00
30 min R 20 Ergometer distance		ideal - world champion zone	7500	7600	7700	7800	7900	8000	8100	8200	8300	8400
		good	7350	7450	7550	7650	7750	7850	7950	8050	8150	8250
		need to improve	7200	7300	7400	7500	7600	7700	7800	7900	8000	8100
		significant improvement required	7050	7150	7250	7350	7450	7550	7650	7750	7850	7950
		danger - large improvement required	6900	7000	7100	7200	7300	7400	7500	7600	7700	7800
		massive improvement required	6750	6850	6950	7050	7150	7250	7350	7450	7550	7700
LIGHTWEIGHT WOMEN	AGE	International rating										
	2 KM Ergometer time	ideal - world champion zone				18	19	20	21	22	23	24+
		good				7:25	7:20	7:15	7:10	7:06	7:03	7:00
		need to improve				7:30	7:25	7:20	7:15	7:11	7:08	7:05
		significant improvement required				7:35	7:30	7:25	7:20	7:16	7:13	7:10
		danger - large improvement required				7:40	7:35	7:31	7:25	7:20	7:18	7:15
		massive improvement required				7:45	7:40	7:36	7:30	7:25	7:23	7:20
	30 min R 20 Ergometer distance	ideal - world champion zone				7200	7300	7400	7500	7600	7700	7800
		good				7050	7150	7250	7350	7450	7550	7650
		need to improve				6900	7000	7100	7200	7300	7400	7500
		significant improvement required				6750	6850	6950	7050	7150	7250	7350
		danger - large improvement required				6600	6700	6800	6900	7000	7100	7200
massive improvement required					6450	6550	6650	6750	6850	6950	7050	

Appendix 2.

Special Circumstances	For Tiers 1 – 3	<ul style="list-style-type: none"> - Athlete has done something significant in international rowing, or has the potential to do something significant in international rowing. - Be nominating for selection in the current season. - Have the approval of SIS/SAS head coach and gender specific national Head Coach. - Scholarship Tier to be agreed by National Head Coach, and SIS/SAS Head Coach.
	For Tier 4	<ul style="list-style-type: none"> - Have exceptional testing results in some of the NRCE ergometer monitoring or NTID testing. - Have approval of SIS/SAS or NTID program head, and NRCE Elite Development Manager.

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