

2024 EVENT REQUIREMENTS

COXSWAINS

DATE: 28 September 2023
REFERENCE: Interstate Coxswains
EVENT: 2024 Kings and Queens Cup Interstate Regatta

This document should be read together with the [Rowing New South Wales Selection Policy](#), the relevant Rowing NSW event requirement documents and the Rowing Australia rules governing eligibility for athletes competing in the Interstate Regatta.

1. NOMINATIONS

Participants must nominate for selection. The completed nomination form should be lodged with Rowing NSW by 5:00 PM on Friday 8th December 2023 via [Nomination Forms](#). Early nomination is encouraged and Participants may only be included in preliminary squads if they have lodged a completed nomination form with Rowing NSW.

A club may submit a nomination on behalf of a Participant in which case the Participant must confirm their nomination in writing if requested to do so by the Selectors or otherwise prior to final team selection.

Coxswains may nominate for up to two crews only.

2. PREPARATION SQUAD TRAINING

The objective of squad training is to develop crew combinations and provide the selectors and crew coaches the opportunity to assess and rank coxswains in a crew environment for the purpose of selection.

Squad sessions may include training activities or competition on which the final selection of the team will be based.

Participation in each squad session is performance-based. The crew coaches, with the approval of the Selectors, may invite other Participants to squad training sessions. Selectors may adjust the composition of squads after each squad training session based upon the performance of a Participant and the overall performance of the squad.

Squads will be reviewed regularly and where necessary, updated squad lists will be posted on the Rowing NSW website. Squad inclusion is strictly performance-based; these performances may include, but are not limited to the events listed in the calendar below.

The following Participants will be included into the initial respective squads:

- a) All eligible and active members of the selected 2023 NSW Queen's and King's Cup crews and 2023 NSW Youth Men's and Youth Women's crews
- b) Other coxswains based upon previous performances as determined by the crew coaches, in consultation with the Selectors.

Nominating coxswains will be initially screened based on their performances as a coxswain from the past two (2) seasons, including but not limited to training and championship racing. A race recording done within the past two seasons will be required from the selectors as part of nomination. School coxswains nominating for the Men's and Women's Youth eight crew must be the coxswain of the top ranked coxed boat at their school (8+, 4x+ or 4+).

A shortlist of coxswains for further testing and trialling will be created based on an initial screening process of this recording. Coxswains are encouraged to record all of their performances in races throughout the season.

Following inclusion in the Preparation Squad, athletes are expected to engage in the Preparation Squad Activities listed below, unless an exemption is lodged in accordance with section 4 of this document.

3. STATE TEAM SELECTION CRITERIA

All coxswains who have nominated in accordance with section 1 (Nominations) will be assessed on the following criteria:

- 3.1 Attendance at training sessions arranged for the crews (if applicable).
- 3.2 2022-2023 & 2023-2024 season experience and performances.
- 3.3 Submit a recording of a race call for a 2000m race within the last two seasons to state.team@rowingnsw.asn.au by 5:00 PM Friday 8th December 2023.
- 3.4 Cox an eight or four in a NSW State Championship event if possible in the category for which they have nominated.
- 3.5 Submit a recording of their race calling at the 2024 NSW State Championships, for the crew as outlined in 3.4 to the selectors by close of business on the Monday following the race.
- 3.6 Crew combination trials (which may include racing, timed pieces or training) may be conducted by the crew coaches in consultation with selectors to determine the best crew combination and seating of the final crew. Coxswains may be trialled as part of crew combination trials
- 3.7 Feedback obtained from athletes and/or coaches from regatta performances and in training throughout the current and previous seasons.

4. EXEMPTIONS

Athletes seeking exemption from Compulsory Selection Activities must do so in writing to the CEO of Rowing NSW at least 48 hours prior to the affected Selection Activity stating the reasons why exemption is sought, or by lodging a medical certificate within 48 hours following the Selection Activity. All exemptions **must** be signed (or endorsed) by the affected participant and their club coach or an officer of the club that the participant is representing.

Selectors may request participants who receive an exemption to undertake other Compulsory Selection Activities at a later date and/or provide additional performance data or race results.

If a Participant is unable to complete sufficient Selection Activities due to an injury, illness or other matters outside of their control selectors at their sole discretion, may exclude them from consideration for selection in the crew.

5. FINAL COXSWAIN SELECTION

The final coxswain selection will be determined by a unanimous decision of the crew coaches and selectors based on the outcomes of the State Team Selection Activities in the respective crew's Event Requirements and section 8.3(a) and (b) of the Selection Policy. Should a unanimous decision not be achievable the matter will be referred to the Competition Commission for final adjudication.

6. RACING AT THE INTERSTATE REGATTA

Selected coxswains may compete in a club or school event on the same day as the Interstate Regatta.

Notes:

Rowing NSW sets out dates for testing and trials for various boat selections. These may be subject to change where Rowing NSW accommodates aspects of the national training and selection system. If changes are required, they will be prominently featured on the Rowing NSW website.

SQUAD AND SELECTION TIMELINE AND ACTIVITIES

DATE	ACTIVITY
28 Sep 2023	Publish selection documents – all NSW Teams
6 Nov 2023	Squad nominations open
8 Dec 2023	Squad nominations close
Nov 2023 to Mar 2024	Squad training commences for Youth Eight Coxswains Coxswains are encouraged to participate in regattas and take race recordings
22 Dec 2023	NSW Squad announced
Wk of 15 Jan 2024	State Squad training + breakfast
Wk of 22 Jan 2024	State Squad training + breakfast – tentative
27 Jan 2024	RNSW Small Boats Regatta
9-11 Feb 2024	NSW Rowing Championships
Wk of 12 Feb 2024	NSW Team announced
Wk of 19 Feb 2024	State Team training
Wk of 4 Mar 2024	Kings & Queens Cup Event State Team Training
Wk of 11 Mar 2024	Women's event
Wk of 18 Mar 2024	State team training
20 Mar 2024	State Team Dinner
23 Mar 2024	Interstate Regatta