



Row Ontario 2021 Canada Summer Games Selection Guidelines

Objective:

Row Ontario wants to create every opportunity for potential athletes to secure a spot on the 2021 Canada Summer Games team. The 2021 Canada Summer Games begins Friday, August 6 and the rowing competition, held at the Royal Canadian Henley Rowing Course, from August 9-13. The events include:

Women's Events	Men's Events
Single Scull (W1x)	Single Scull (M1x)
Double Sculls (W2x)	Double Sculls (M2x)
Lightweight Double Sculls (LW2x)	Lightweight Double Sculls (LM2x)
Quadruple Sculls (W4x)	Quadruple Sculls (M4x)
Pair (W2-)	Pair (M2-)
Four (W4-)	Four (M4-)
Eight with Coxswain (W8+)	Eight with Coxswain (M8+)

Row Ontario aims to select athletes and coaches to represent Ontario with the ability to win the points total and the flag at the Niagara 2021 Canada Summer Games.

Purpose:

This document establishes the guidelines to be used for the selection and nomination of the 2021 Canada Summer Games team.

Overview:

This Selection Guidelines document was drafted and prepared by Row Ontario; a final selection document will be released by February 28, 2021.

Selection Eligibility Requirements:

Individuals wishing to be considered for selection for the 2021 Canada Summer Games must satisfy all of the following requirements:

1. General Eligibility Requirements:

All athletes and coaches must be registered and be in good standing with the Canadian Association of Amateur Oarsmen (CARA), which operates under the name Rowing Canada Aviron (RCA) as well as the Ontario Rowing Association, which operates under the name Row Ontario.

For clarity, to be in good standing with the RCA and Row Ontario, an individual must be a registered participant with a member club, and:

- their registration dues and any debts are not overdue;
- they are not subject to a disciplinary investigation or action;
- has fulfilled all terms and conditions of any disciplinary action to the satisfaction of the Board of Directors.

2. Age and Other Additional Eligibility Requirements for Athletes

Athletes must be born in 2001 or later. A rower or coxswain is classified as Under 21 until December 31 of the year in which they reach the age of 20.

3. Athlete Tracking and Monitoring (RADAR)

Athletes must comply with the minimum monitoring requirements which includes RCA RADAR.

4. 2021 Athlete Agreements

Athlete Agreements must be completed prior to the start of the Row Ontario 2021 Small Boat Regatta.

** Late receipt may jeopardize selection – circumstances will be reviewed by Row Ontario High Performance Manager & the Head Coach on a case by case basis*

5. Athlete Fees

All athletes wishing to be considered for selection to the events listed within this document should be aware of and prepared for potential fees. A schedule of all deposits and assessment fees will be published by February 28, 2021.

Selection Criteria:

The objective of the 2021 Row Ontario Canada Summer Games Selection Guidelines is to select athletes that have the potential to achieve boats speeds in the range of 90-92% of RCA Gold Medal Standards (GMS) in small boats. Selection of athletes will be based on the following criteria:

- Performance results in 2021 including but not limited to;
 - Results at the 2021 Row Ontario Small Boat Trials
 - Small and/or large boat seat racing matrices (ie: seat racing all athletes on a given side against each other) and/or targeted seat racing (ie: select head to head races with direct swaps of relevant athletes)
 - Designated ergometer assessments (RADAR)

In addition, Row Ontario may consider the following other factors during the team selection processes:

- Ability to relocate to a designated regional training centre;
- Factors relevant to crew combination, namely crew compatibility (ie: how individuals perform as a team), coachability, and technical compatibility;
- Commitment to the program;
- Assessment of competitive readiness (ie: fitness relative to previous assessments and to peers);
- Ability to meet and maintain bodyweight targets (for lightweights and coxswains only);
 - Maximum 59kg for lightweight women
 - Maximum 72.5kg for lightweight men
 - Minimum weight for coxswain 55kg
- Additional factors relevant to achieving Row Ontario team objectives including but not limited to potential development of the athlete or coach for subsequent provincial team and ultimately Senior National Team selection.

If an athlete has any questions with respect to the above Selection Criteria and/or Other Criteria, they may contact the High Performance Manager or the Row Ontario Head Coach to obtain clarification. For Coxswains to be considered for selection, the following will also be considered, in addition to the above Selection Criteria:

- Athlete and coach assessment of the coxswain's ability;
- Compatibility with other athletes in the selected crew and coaches;
- Demonstrated ability to meet weight guidelines;
- Racing experience and results.

Coxswain selection is, by definition, a subjective undertaking. Ultimately, the selected coxswains should be able to make the boat go faster over an extended period of time leading up to a competition. Assessment of coxswain readiness will be based on evaluation of compiled submissions and reviewed by the Row Ontario Head Coach and the team coaches.

Eligible coxswains interested in being part of the 2021 Row Ontario Canada Games team are encouraged to contact the Row Ontario Head Coach via email (cscoach@rowontario.ca) to express their intent and include the following information:

- Coach's name and email address;
- Coxswain resume which includes race results.

Special Circumstances:

Athletes may be considered for late invitation to various selection activities (depending on schooling commitments, or other special circumstances, etc.). The Row Ontario High Performance Manager and Row Ontario Head Coach may also choose to invite athletes based on special circumstances. If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in

this document, an athlete may still be considered for selection to 2021 Row Ontario Canada Games team. Athletes must advise the Row Ontario High Performance Manager and the Row Ontario Head Coach in writing of any injury, illness, or personal extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the Athlete's doctor or health care provider must be submitted. In the event an Athlete who has been selected becomes injured or ill, and in the opinion of the Row Ontario High Performance Manager and/or Row Ontario Head Coach (with advice of a Medical Officer where relevant), is not deemed fit to compete, then the Athlete may be replaced with another Athlete. The choice of replacement Athlete is at the discretion of the Row Ontario High Performance Manager and the Row Ontario Head Coach, in consultation of the relevant team coach. Failure to properly report injury, illness, and/or other personal extenuating circumstances prior to the selection processes of each event may result in the athlete being de-selected and financially responsible for all the athlete's costs associated with the event.

Removal from a Team Once Selected:

The Row Ontario High Performance Manager and/or the Row Ontario Head Coach may, at any time, and at their discretion, disqualify an athlete from being considered for nomination to the Row Ontario 2021 Canada Games team based on the terms and conditions outlined in the Row Ontario Athlete Agreement. Row Ontario will advise the affected athlete, in writing, of the decision. Any such removals are subject to the approval of the Row Ontario High Performance Manager. Reasons for dismissal include, but are not limited to:

- Inability to maintain high training standards;
- Inability to meet performance expectations in competition;
- Inability to perform due to injury, illness or for other medical reasons;
- Violation of terms and conditions as set out in the Row Ontario Athlete Agreement.

The Row Ontario Head Coach reserves the right to withdraw an athlete from nomination, with the approval of the Row Ontario High Performance Manager:

- If the athlete has not taken part in the mandatory training camps organised by Row Ontario prior to the event;
- If the athlete has not fulfilled his/her responsibilities as identified in the Row Ontario Athlete Agreement.

Relocation:

Athletes selected to the 2021 Row Ontario Canada Games team may be required to relocate to a designated training location. These locations will be announced prior to May of 2021.

Coach Selection:

In order to be eligible for selection to the 2021 Row Ontario Canada Summer Games coaching team, all individuals must meet the following criteria:

- RCA Performance Coach certified (prior to the start of the 2021 Row Ontario Small Boat Trials);
- Active registration with a Row Ontario Member Club in the “Coach” role;
- Pleasure Craft Operators Card;
- Recent Enhanced Police Information Check or Vulnerable Sector Screening within the last 2 years;
- Respect in Sport Certification, and Standard First Aid & CPR C Certification;
- Able to either host a regional training centre at their home club or able to relocate to another regional training centre;
- Available to be located in the Niagara region July 28 – August 14, 2021;
- Motivated to share learning opportunities with local coaches;
- Interested in being part of a team of coaches working together to fulfil the Row Ontario 2021 Canada Summer Games goals;
- Able to prioritize coaching responsibilities to the 2021 Row Ontario Canada Summer Games team.

Contact Information:

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