



NOVA SCOTIA ROWING ASSOCIATION
400 - 5516 Spring Garden Road, Halifax, Nova Scotia B3J 1G6

Nova Scotia Rowing Association – 2008 Provincial Team Selection

Scope:

This document describes the selection criteria for the 2008 Nova Scotia Provincial Rowing Team (NSPRT). The NSPRT will be selected based on the information in this document and on the guiding principles of fairness and performance.

Objectives:

Objective (1): The Nova Scotia Rowing Association (NSRA) aims to identify and select the best possible provincial team to represent the province of Nova Scotia at the Eastern Inter-Provincial Rowing Championships (EIRC) from August 16th to August 17th, 2008 in Montreal, Quebec and Rowing Canada Aviron National Rowing Championships (NRC) from September 26th to 28th, 2008 in St. Catharines, Ontario.

Objective (2): The NSRA aims to ensure that the NSPRT selection policy promotes participation of potential athletes with the NSPRT, does not negatively impact on club development, and assists in the development of rowing in Nova Scotia as a whole.

Objective (3): The NSRA aims to follow a selection policy that is as consistent, fair, transparent, and as democratic as possible.

Objective (4): The NSRA aims to name to the NSPRT team only those crews that meet a minimum quality standard, as determined by the Rowing Canada Aviron Gold Medal Standards of prognostic speeds (Appendix A).

Objective (5): To ensure the integrity and quality of the NSPRT, the NSRA will attempt to identify only those crews that are likely achieve a top four performance (1st place through 4th) at the 2008 EIRC, as determined by a GMS% discussed among by members of the Provincial Team Selection Committee* (PTSC). Athletes/crews who achieve a top three performance at the EIRC may be nominated by the Nova Scotia Rowing Association to attend the NRC.

Objective (6): Where no crews or few crews are successful in meeting the Gold Medal Standard% as determined to achieve a 1st through 4th place finish at the EIRC, and where NSRA determines that additional participation is necessary, the NSRA may choose to allow the selection committee to lower the Gold Medal Standard% to ensure a minimum participation. The NSRA will work with the PTSC to determine the % cut off mark.

2008 Nova Scotia Provincial Team Composition:

The NSPRT will be composed of the following members:

Administrator/Coach: TBA

Men's Team: Maximum 14 Canada Games eligible athletes plus 1
cox
No limit to the number of Senior athletes

Women's Team: Maximum 14 Canada Games eligible athletes plus 1
cox
No limit to the number of Senior athletes

Eligibility:

Administrator/Coach: Any staff listed as 'administrator/coach' on the official registration form must:

- Be a member in good standing with NSRA or a sanctioned rowing club as of July 1st, 2008.
- Abide by the 'Code of Conduct' as approved by the NSRA (Appendix B).

Athletes: In order to be eligible for nomination to the 2008 NSPRT potential athletes must:

- Be members in good standing with an NSRA sanctioned rowing club by the date of the NSRA Gold Medal Standard Time Trial (see bullet below).
- Abide by the 'Code of Conduct' as approved by the NSRA (Appendix B).
- Participate in the NSRA Gold Medal Standard Time Trial (see selection criteria).

* Challenges toward eligibility are under the jurisdiction of the NSRA and RCA and not that of the athletes, coaches, or clubs. Eligibility concerns should be addressed to the NSRA as soon as identified.

Selection Criteria

The following section details the selection criteria that will be used to identify, nominate, and appoint athletes to the 2008 NSPRT. Compliance with all selection criteria is mandatory unless suitable arrangements have been made with the NSRA.

Criteria (1): LETTER OF INTENT

- A letter of intent (Appendix D) must be submitted to the NSRA no later than **June 2, 2008** for athletes intending to try out for the 2008 NSPRT. The composition of crews for the time trial will be the responsibility of the club coaches who will use talent ID camps, erg tests and input from club coaches to make this determination. Composite crews made up of athletes from different clubs are permitted.

2008 EIRC events are as follows:

1	Ym2-	1	Yw2-
2	Ym1x	2	Yw1x
3	Srm2-	3	Srw2-
4	Lw1x	4	LM1x
5	Yw4x	5	Ym4x
6	Srw2x	6	Srm2x
7	Srm1x	7	Srw1x
8	Yw4+	8	Ym4+
9	Ym2x	9	Yw2x
10	Lm2-		

Y= Canada Games eligible for 2009

2008 NRC events are as follows:

Men: Heavyweight Men 1X, 2- Lightweight Men 1X, 2- Junior Men 1X, 2-	Women: Heavyweight Women 1X, 2- Lightweight Women 1X Junior Women 1X, 2-
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Criteria (2): FINANCIAL RESPONSIBILITY

- While the NSRA aims to meet as much of the financial burden of the NSPRT as possible, NSPRT athletes *will* have to contribute financially to the

provincial team in the absence of adequate funding. Athletes will be informed of the total amount required per athlete before the time trial. Athletes will also be expected to participate in team fundraising events.

- Therefore, included with the letter of intent, each athlete must also forward a postdated cheque (dated August 1st, 2008) in the amount of \$100.00 made payable to the NSRA. For athletes that are successful in making the NSPRT, the cheque will go toward offsetting the cost of attending the EIRC. All other cheques received will be destroyed.

Criteria (3): NSRA GMS TIME TRIAL

All potential NSPRT crews will participate in a **1000m** time trial (**DATE: July 2rd-4th, 2008**). The time trial distance will be 1000 m (Lake Banook). Two people will collect times at each timing station (start and finish) - both timers at each station will be from different clubs (times will be compared to insure impartiality). Times will be transcribed to an EXCEL spreadsheet where final time trial results will be calculated as well as the GMS% obtained by each crew as determined by the RCA GMS (Appendix A). GMS percentages will be used by the PTSC* to compare all crews and to decide the GMS% “cut off” point for nomination to the NSPRT.

The Mediator will decide the order that each crew will conduct their respective time trial to ensure that there is minimal “interplay” between crews. The NSRA reserves the right to delay or postpone racing should weather conditions not be suitable for a fair time trial. Athletes will be notified of such delays as soon as possible.

Lightweight athletes are expected to be at weight (Men: 160lbs max, Women: 130lbs max) for the NSRA GMS Time Trial. There will be no crew averaging. Due to the nature of early morning racing, test weigh-ins will be permitted the night before racing for scale calibration (location and time TBA). Lightweight athletes will ‘officially’ weigh-in the morning of the GMS Time Trial no later than 60 minutes before their first race. Multiple weigh-ins will not be permitted in accordance with RCA policy. An athlete who fails to make weight will be excluded from the event for which they intended to Time Trial on that day of racing. Individuals or crews who fail to make weight are not permitted to postpone their Time Trial to a later date. Individuals or crews who fail to make weight may race against the heavyweight GMS time and as such will race as a heavyweight crew at the EIRC even if making weight at a later date.

Results will not be made public until the nomination of crews to the NSPRT is finalized.

Provincial Team Selection Committee*

The Provincial Team Selection Committee (PTSC) will be composed of three club representatives and a single representative (mediator) as appointed by the NSRA. It is the responsibility of the PTSC to uphold Objectives (3), (4), and (5) of this selection document.

After the NSRA GMS Time Trial is completely over, each PTSC club representative will vote, crew by crew, for *each day* of the time trial results until a democratic cut-off GMS% has been identified for *that* day of racing. It is the role of the NSRA appointed mediator to verify the validity of the calculated results, to oversee the voting process, and to ensure that the club representatives uphold the outlined objectives. In the unlikely case of a 'stale-mate' discrepancy, the NSRA appointed mediator has final say on the appointment of a crew to the NSPRT. It is hoped, however, that a consensus can be met in a democratic manner.

Note: PTSC members are not made aware of the crew names for the Time Trial participants. Only numerical results, in the form of GMS%, are used to determine the cut-off point.

The NSPRT final selection results will be announced publicly no later than 24 hours after the trial has been completed.

Criteria (4): TEAM DEVELOPMENT

Athletes/crews named to the NSPRT will train with their respective clubs until NS Sprints (July 19-20) for Canada Games eligible athletes and until the Royal Canadian Henley (August 5-10, 2008) for Senior athletes. The NSPRT crews will not row as 'The Nova Scotia Provincial Rowing Team' at local regattas and must represent their respective clubs. The Provincial team will participate in camps and other training practices once the team is selected.

The Administrator/Coach will have the responsibility of organizing the NSPRT regatta registration, athlete transportation, trailering and accommodation.

Appeals Procedure

The NSRA Appeals Committee will consist of three unbiased members: The NSRA President, the NSRA Vice-President, Secretary or Treasurer, and one other person appointed by the Board. If any of these members have a conflict of interest another Board member will be appointed. The Appeals Committee will only be selected should an appeal arise throughout the NSPRT selection process.

An appeal must be submitted in writing to the President of the NSRA within 48 hours after the official team selection has been announced or within 48 hours after any disciplinary action has been levied. NSRA contact information is provided in this document. An appeal must be answered within 36 hours after it has been received.

The Appeals Committee will decide if they will act as a panel of review of the decision of the PTSC or if they will deal with this appeal on the basis of a hearing de novo.

An appeal may only be considered if there are sufficient grounds for the appeal. Sufficient grounds include:

- Making a decision for which the 'respondent' did not have authority or jurisdiction as set out by the governing documents
- Failure to follow procedures as laid out in the Selection Criteria
- Failure to consider relevant information (or account for irrelevant information) in making a selection decision

The Appeals Committee's decision will be final and binding.

APPENDIX A

Rowing Canada Aviron - Gold Medal Standards

The Rowing Canada Aviron (RCA) Gold Medal Standards (GMS) identify the prognostic speeds for different boat classes and will be used to compare the relative quality of crews.

Rowing Canada Gold Medal Standard Time and Prognostic Speeds (2007):

	HW Men	LW Men	JR Men	HW Women	LW Women	JR Women
1X	6:33 5.089 m/s	6:38 5.025 m/s	6:49 4.900 m/s	7:07 4.684 m/s	7:15 4.598 m/s	7:25 4.494 m/s
2-	6:13 5.362 m/s	6:18 5.291 m/s	6:31 5.121 m/s	6:51 4.866 m/s		7:10 4.651 m/s

Sample Calculation:

To compare the relative quality of multiple crews (of any gender and weight class) we determine the speed of each crew over a set distance and compare the relative % of the GMS speed obtained by each crew.

If we time trial three crews over a distance of 1000m and consider the results we have:

	Time (1000m)	Speed	GMS Time	GMS Speed	%
M 1X	3:45	4.444 m/s	6:33	5.076 m/s	87.5%
Lwt. W 2X	4:00	4.166 m/s	6:47	4.914 m/s	84.7%
Jr W 4X	3:41	4.524 m/s	6:26	5.181 m/s	87.3%

The crews can then be ranked based on the highest % of GMS obtained. In this example, the M1X has the superior performance although not the fastest time.

APPENDIX B

Athlete Code of Conduct

All members of the 2008 NSPRT must exhibit appropriate standards of behavior, attitude, and responsibility at all times. Therefore, the following policies and guidelines will apply to all members:

Standards of Conduct

a) Respect for others

The NSRA is committed to providing an environment in which all individuals are treated with respect thus supporting equal opportunities and prohibiting discriminatory practices. Participants will refrain from comments or behaviors, which are disrespectful, offensive, abusive, racist or sexist.

b) Curfew

Curfews will be set at the various regattas/events that will be attended and will be enforced. Room checks will be done on a routine basis.

c) Language

NSPRT members will be expected to use proper language at all times. The use of offensive language will not be tolerated.

d) Vandalism

Athletes who willfully cause property damage will pay for all damages. In the event that the athlete cannot or will not pay, then the parents will be held responsible.

e) Theft

Any member caught stealing from teammates, other athletes, teams or other people will be dismissed immediately.

f) Social Behavior

It is necessary for all NSPRT members to abide by certain rules of social behavior and personal presentation. All athletes are expected to behave like responsible individuals. Team members must exhibit a high level of moral standards and values.

g) Attitude

All athletes are to maintain a positive attitude and effort toward training. This includes such items as:

i) being on time

- ii) respect for rules, coaches, officials and others
- iii) willingness to work hard during training and competition

Athletes are expected to maintain a positive attitude toward all other athletes, coaches, manager, support staff, officials, etc. The following actions will constitute review by the Administrator/Coach or his/her designate:

- i) constant condescending talk by an athlete to another athlete or coach.
- ii) constant negative talk
- iii) gross verbal or physical abuse of any individual by an athlete
- iv) behavior that causes disruption of the peace
- v) actions or conduct that would be expected to significantly disrupt or that may interfere with a competition or the preparation of an athlete for a competition

h) Alcohol

Members of the NSPRT (including the coaches) shall not consume alcohol at any time during travel to, at, and traveling back from provincial team events. The penalty will be immediate dismissal from the NSPRT. Such will be the case for those that obtain alcoholic beverages for minors.

i) Drugs

The NSRA strongly embraces the concept of fair play in sport and unequivocally opposes cheating which includes the use of drugs banned by Rowing Canada Aviron (RCA) and the Canadian Center for Ethics in Sport (CCES).

The NSRA recognizes the Canadian Policy on Penalties for Doping in Sport and will honor suspensions of athletes or others determined to have committed doping or doping related infractions. Should an athlete test positive at an event or be found guilty of a doping related infraction (as determined by CCES), or should any other person found to be guilty of a doping or doping related infraction at an event (as determined by CCES), they will be immediately suspended from the NSPRT.

Appeal, arbitration, and re-instatement processes shall be those as described in the CCES Standard Operating Procedures Manual. Members of the NSPRT must not use illicit drugs/narcotics or performance enhancing drugs or methods.

Members of the NSPRT must be prepared to submit to random drug testing during any event in which the NSPRT participates.

ANY POSITIVE TEST WILL RESULT IN THE AUTOMATIC REMOVAL FROM THE TEAM AND THE PARTICIPANT RETURNING AT HIS OR HER OWN EXPENSE.

NOTE: The word "event" describes any function that the NSPRT participates in as a team. This could be a regatta or other official NSPRT functions where participation is a result of Sport or Provincial Affiliation.

Infractions and Penalties

a) Minor Infractions (misconduct)

- i) use of tobacco products by minor
- ii) use of tobacco products by adults at events
- iii) disrespectful, offensive, abusive, racist or sexist comments or behavior
- iv) unsportsmanlike conduct such as arguing
- v) being late for NSPRT events
- vi) other similar infractions of minor severity

b) Major Infractions (gross misconduct)

- i) unsportsmanlike conduct such as fighting
- ii) curfew violations
- iii) repeated disrespectful, offensive, abusive, racist or sexist comments or behavior
- iv) repeated lateness for or absence from NSPRT activities or function
- v) use of alcohol by a minor at any time
- vi) being under the influence of alcohol while attending official NSPRT functions as sponsored by the NSRA.
- vii) intoxication
- viii) betting or gambling
- ix) activities or behavior which disrupts competition
- x) pranks, jokes or other activities which endanger the safety of others
- xi) criminal activities
- xii) other similar infractions of major severity

c) Penalties

Penalties will be based on the severity of the offense. These will include, but are not limited to, written warnings, written reprimands, suspensions and potentially, dismissal from the NSPRT.

APPENDIX C

The following ergometer scores are representative of the level of competition that one should expect at the NRC (National Team and Olympic Team Athletes). They should be considered a **performance goal** representative of your competition. These scores are encouraged but *are not mandatory for NSPRT selection*.

	2000 m		
	Olympic	National	Provincial/Varsity
Junior Women	N/A	7:15	7:30
Junior Men	N/A	6:15	6:30
Lightweight Women	7:05	7:15	7:45
Lightweight Men	6:15	6:25	6:45
Heavyweight Women	6:45	6:55	7:15
Heavyweight Men	5:50	6:00	6:20

APPENDIX D

Nova Scotia Provincial Rowing Team --- Letter of Intent

I, _____, have made the decision to try out for the 2008 Nova Scotia Provincial Rowing Team that will compete at the Eastern Inter-Provincial Rowing Championship in Montreal, Quebec from August 16th to 17th, 2008.

By signing this 'letter of intent' I verify that I:

1. Have read, understood, and agree to abide by the NSPRT Selection Procedure and Criteria, The Athlete Code of Conduct, and The Appeals Procedure.
2. Am currently a member in good standing with a rowing club that is sanctioned by the NSRA
3. Meet the eligibility criteria for participation in the 2008 EIRC.
4. Have included a post dated cheque (dated August 1st, 2008) for \$100.00 made payable to the NSRA as a potential financial contribution for my participation on the 2008 NSPRT.

Signed: _____ Date: _____

Contact Information: Email _____
 Phone Number _____
 Mailing Address _____

Parent/Guardian Signature: _____
(If 18 years of age or under)

Club Coach/Official Signature: _____

SUBMIT ON OR BEFORE June 2, 2008

Nova Scotia Rowing Association
5516 Spring Garden Rd. 4th Floor
Halifax, NS B3J 1G6