



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

## **Nova Scotia Rowing Association – 2009 Provincial Team Selection**

### **Scope:**

This document describes the selection criteria for the 2009 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 Rowing Canada Aviron National Rowing Championships (NRC) from November 3<sup>rd</sup> and 4<sup>th</sup>, 2009 in London, Ontario.

Objective (2): The NSRA aims to ensure that the NSPRT selection policy promotes participation of potential athletes with the NSPRT 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 consistent, fair and transparent.

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) and two (2) wild card places for those athletes who show development potential.

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 12 performance (1<sup>st</sup> place through 12<sup>th</sup>) at the 2009 NRC, as determined by a GMS% discussed among by members of the Provincial Team Selection Committee\* (PTSC). The Nova Scotia High Performance Committee could also select two athletes who show development potential.

Note: Competition at the NRC is the highest that can be experienced at a domestic regatta.

## **2009 Nova Scotia Provincial Team Composition:**

The NSPRT will be composed of the following members:

Provincial Team Coach:	Sean Leyland
Additional Staff:	To be determined if necessary.
Men's Team:	No limit to the number of team members.
Women's Team:	No limit to the number of team members.

## **Eligibility:**

Athletes: In order to be eligible for nomination to the 2009 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) or be eligible for out of province status as outlined below.

\* Challenges toward eligibility are under the jurisdiction of the NSRA, Sport Nova Scotia, 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 2009 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 October 2nd, 2009 for crews/athletes intending to try out for the 2009 NSPRT. Composite crews made up of athletes from different clubs are permitted.

2009 NRC events are as follows:

	<b>1x</b>	<b>2-</b>
<b>Men</b>	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)
<b>Women</b>	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)	Sr. A Heavyweight Sr. A Lightweight Sr. B (U23) Heavyweight Sr. B (U23) Lightweight Junior (U19)

Criteria (2): FINANCIAL RESPONSIBILITY

- Athletes are responsible for funding travel to the NRC regatta
- The NSRA, in combination with RCA may provide funding to those athletes depending on their standing after the completion of the NRC's. NSRA funding is dependent on board approval.
- Included with the letter of intent, each athlete must forward a non refundable cheque with their letter of intent (Due by October 2, 2009) in the amount of \$50.00 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 NRC.

Criteria (3): NSRA GMS TIME TRIAL

Potential NSPRT crews will participate in three (3) **2000 m** time trials with suitable rest between each. The time trial will be held on Lake Banook with a row-in flying start. The time trial will start at the finish line of the course, race up to the start, around a buoy, and back down to the finish. Times for both 1000m sections, as well as turnaround time will be taken.

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: 72.5kg max, Women: 59kgs 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 120

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 NRC even if making weight at a later date.

Criteria (4): OUT OF PROVINCE ATHLETES

Provincially (NS) registered athletes who reside outside of the province for approved reasons may also apply to be selected to the NSPRT. Those athletes who competed at the Royal Canadian Henley Regatta in small boats comparable to the NSPRT trial event boats (1x or 2-) must have demonstrated success acceptable to the NSRA High Performance Committee. Those athletes who reside outside of the province for approved reasons that are selected to the current years Junior, Senior B or Senior A National teams or who competed in regattas such as the Worlds, Junior Worlds, Pan Am Games, or Commonwealth Games Rowing Championships (in the current year) may also apply to be selected to the NSPRT.

\*\*The Provincial Coach in consultation with the NSRA High Performance Committee reserves the right to select up to two wild card athletes. Those athletes will be approved on an individual basis.

## **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 has been completed, the PTSC will be informed of the results. Those results will be reviewed by the PTSC at which point each club representative will vote, crew by crew. The PTSC will use the GMS% cut-off from all time trials to determine which crews will be named to the Provincial Team. 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.

Final Team Selection will not be made public until the nomination of crews to the NSPRT is finalized.

Criteria (5): TEAM DEVELOPMENT

The appointed NSPRT manager and coach (support staff) will have the responsibility of organizing the NSPRT regatta registration, athlete transportation and accommodation. All athletes are required to stay in arranged accommodation unless discussed and authorized by Provincial Coach at least 1 week prior to departure. Suitable arrangements for training prior to NRC's will be discussed between the athletes, clubs and Provincial coach to ensure that maximum effect from training is gained.

## **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 (2009):

	HW Men	LW Men	JR Men	HW Women	LW Women	JR Women
1X	6:33	6:38	6:49	7:07	7:15	7:25
	5.089 m/s	5.025 m/s	4.900 m/s	4.684 m/s	4.598 m/s	4.494 m/s
2-	6:13	6:18	6:31	6:51		7:10
	5.362 m/s	5.291 m/s	5.121 m/s	4.866 m/s		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	<b>87.5%</b>
Lwt. W 2X	4:00	4.166 m/s	6:47	4.914 m/s	<b>84.7%</b>
Jr W 4X	3:41	4.524 m/s	6:26	5.181 m/s	<b>87.3%</b>

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**

### **Nova Scotia Rowing Athlete Code of Conduct**

#### **Introduction:**

The purpose of the Nova Scotia Athlete Rowing Code of Conduct is to set out and explain to all members and participants what is expected of them while representing Nova Scotia Rowing and the Province of Nova Scotia. The Code of Conduct applies to ALL athletes.

Please read the **WHOLE** document and sign your acceptance of the Athlete Code of Conduct. Athletes under 18 years of age must also have the Athlete Code of Conduct signed by a parent or guardian.

If an athlete does not follow the Code of Conduct, and the infraction is of a serious nature the athlete could be sent home **IMMEDIATLY**, at their own expense.

#### **Respect of others:**

Disrespectful, offensive, abusive, racist or sexist remarks or actions have no place within the team. Discrimination, sexual harassment or any form of harassment based on the protection characteristics set out in the Nova Scotia Human Rights Act will not be tolerated.

#### **Uniform:**

Athletes are only allowed to wear the provincial team uniform for racing in provincial regattas. For practice times at regatta's, athletes can wear a uniform of their choice (that is not the official provincial team uniform).

#### **Hygiene:**

Athletes representing Nova Scotia should have a clean and neat appearance at all times. Athletes are required to shower after ALL training sessions or at the completion of their race day. All training and racing clothing must be washed on a regular base, which will be deemed by NS Coaching/Team Staff, depending on training/racing schedule.

#### **Provincial Team Equipment:**

If an athlete is using Provincial Team equipment, the athlete is responsible for ensuring that the equipment is kept in good condition. The athlete is required to make sure the equipment is clean and in working order at all times. If it is deemed by the NS Coaching/Team Staff that damage or neglect to the equipment was caused by disrespect by the athlete, costs to repair, replace or removal of that equipment from the athletes use will be incurred by the athlete. It

is up to the NS Coaching/Team Staff which equipment can be used by which athlete. Decisions will be based on boat care and handling.

**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.

**Theft:**

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

**Cell Phones:**

For athletes: No cell phones are permitted at the rowing venue, training site or competition site.

If there is an emergency the NS Coaching/Team Staff will have cell phones that athletes can use. If there is an emergency from home parents/guardians can call the NS Coaching/Team Staff.

**Alcohol and Tobacco:**

No team member shall drink alcohol or use tobacco products at any time while officially representing Nova Scotia Rowing in any capacity.

**Illegal Drugs:**

No Team member of Nova Scotia Rowing shall use illegal drugs.

**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.

**Anti-doping policy:**

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.

All athletes are required to reference the CCES Substance Classification Booklet, to ensure medications being taken are not on the banned substance list. The Booklet can be accessed at the following website:

<http://www.cces.ca/pdfs/CCES-PUB-SubstanceClassification-E.pdf>

**General:**

The athlete, by signing this agreement, has agreed to:

- Commit fully to the training plan provided by the coach
- Communicate with coaches in all aspects of the training program
- Be on time
- Behave in a manner that brings credit to themselves and to the NSRA
- Show respect for athletes, coaches, team staff, officials and chaperones
- Show respect for all venue employees, volunteers and patrons

**Examples of Unacceptable Behaviour** - *Unacceptable Behaviour includes, but is not limited to:*

- Failure to participate in the program
- Disrespect for people (Coaches, team staff, volunteers etc)
- Disrespect for property (or property damage)
- Foul language
- Bullying
- Using or encouraging the use of illegal drugs
- Under-age use of alcohol
- Stealing

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 NS Coaching/Team Staff 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.

**Disciplinary Actions:** *Athletes who violate this agreement will be disciplined.*

At the coaches' and the High Performance Committee determination, consequences for minor infractions could include verbal reprimand, removal from training and/or competitions for a period of time, and written or verbal apology. Minor infractions are infractions that have limited impact on the athlete, other athletes or individuals and/or the program as a whole.

Consequences for major infractions could include longer suspension or dismissal from the team and/or restitution for property damage. Major infractions are infractions that have serious impact on the athlete, other athletes or individuals and/or the program as a whole.

The coaching staff and/or High Performance Committee will be responsible for administering disciplinary action of all infractions. Coaches must inform parents of athletes if 18 years of age or under and High Performance Committee within 12 hours of the infraction. The Coach and the High Performance Committee will be responsible for informing the members of the NSRA Executive of all infractions. The coaching staff and High Performance Committee, using the NSRA Executive as a resource, are responsible for administering disciplinary action for Major Infractions. Parents of athletes under 18 years of age will be informed of disciplinary actions by the NSRA executive.

### **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, written notification of suspensions and potentially, dismissal from the NSPRT.

In the event of dismissal from the team, fees will **not** be refunded.

**Appeals for Code of Conduct Issues:**

Appeals may be made in writing to the NSRA High Performance Committee. Unresolved appeals may be referred to Executive as a whole for final resolution.

**Acknowledgment Form**  
**Nova Scotia Rowing Athlete Code of Conduct**

Date: \_\_\_\_\_

I, \_\_\_\_\_ have read and understand the  
Nova Scotia Rowing Athlete Code of Conduct.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Coach/Manager Signature

---

---

**(To be completed by parents or guardian if Team member is under the age of  
18 years old).**

I, \_\_\_\_\_ have read and understand the  
Nova Scotia Rowing Athlete Code of Conduct.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Coach/Manager Signature

---

---

Nova Scotia Rowing Office Use

Date Received: \_\_\_\_\_

## **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.*

Junior Women	7:10
Junior Men	6:10
Lightweight Women	7:00
Lightweight Men	6:10
Heavyweight Women	6:40
Heavyweight Men	5:50
Sr. B Heavyweight Women	6:50
Sr. B Lwt Women	7:15
Sr. B Heavyweight Men	6:00
Sr. B Lwt Men	6:20

## APPENDIX D

### Nova Scotia Provincial Rowing Team --- Letter of Intent

I, \_\_\_\_\_, have made the decision to try out for the 2009 Nova Scotia Provincial Rowing Team that will compete at the National Rowing Championship in London, Ontario from November 3<sup>rd</sup> to 4<sup>th</sup>, 2009.

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 2009 NRC.
4. Have included a cheque (dated October 2<sup>nd</sup>, 2009) for \$50.00 made payable to the NSRA as a potential financial contribution for my participation on the 2009 NSPRT.

The PRC crews that I intend to try out for are:

1. \_\_\_\_\_ (crew mates: \_\_\_\_\_)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Information:      Email \_\_\_\_\_  
   Phone Number \_\_\_\_\_  
   Mailing Address \_\_\_\_\_  
   \_\_\_\_\_

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

Club Coach/Official Signature: \_\_\_\_\_