



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

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

### **Scope:**

This document describes the selection criteria for the 2009 Nova Scotia Canada Games Rowing Team. The Nova Scotia Canada Games Rowing Team 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 2009 Canada Games from August 15-21, 2009 in New London, Prince Edward Island.

Objective (2): The NSRA aims to ensure that the Nova Scotia Canada Games Rowing Team selection policy promotes participation of potential athletes with the Nova Scotia Canada Games Rowing Team, 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 Nova Scotia Canada Games Rowing 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 Nova Scotia Canada Games Rowing Team, the NSRA will attempt to identify only those crews that are likely to achieve a top 6 performance (1<sup>st</sup> place through 6<sup>th</sup>) at the 2009 Canada Games as determined by a Gold Medal Standard% discussed among members of the Provincial Team Selection Committee (PTSC).

Objective (6): Where no crews or few crews are successful in meeting the Gold Medal Standard% as determined to achieve a 1<sup>st</sup> through 6<sup>th</sup> place finish at the

Canada Games, and where the NSRA determines that additional participation is necessary to ensure the inclusion of rowing in future Canada Games, the NSRA may advise the selection committee to lower the Gold Medal Standard% to ensure a minimum participation to protect inclusion of rowing in future Canada Games.

## **2009 Nova Scotia Canada Games Team Composition:**

The Canada Games Rowing Team may be composed of the following members:

Competitors:

- up to 14 male oarspersons/scullers and 14 female oarspersons/scullers, plus 2 coxswains of either sex; 30 competitors maximum per team.

Staff:

For 13 or fewer competitors: 1 Coach, 1 Manager, 1 Boatman and 1 Trailer driver. One of these four staff must be female.

For more than 13 competitors: 2 Coaches, 1 Manager, 1 Boatman and 1 Trailer driver. One of the coaches must be female, one must be male.

## **Eligibility:**

Coaches: Any staff listed as 'coach' on the official registration form must:

- Be fully certified in rowing under the National Coaching Certification Program to at least the equivalent of the new "RCA Performance Coach" level (i.e., fully certified Level 3). These coaches must be so certified not later than 90 days before the opening of the Games, August 15, 2009.
- Abide by the 'Code of Conduct' as approved by the NSRA (Appendix B).

Athletes: In order to be eligible for the 2009 Nova Scotia Provincial Canada Games Rowing Team prospective athletes must:

- be under 21 years of age on December 31<sup>st</sup> of the year in which the Canada Games are held; year of birth 1989 or later.
- be members in good standing with a Nova Scotia Rowing Association sanctioned rowing club as of May 1<sup>st</sup>, 2009.
- complete the physical testing schedule in 2008/2009. Athletes who miss **two** consecutive test deadlines will be removed from the training program. Medical reasons or compassionate grounds may be accepted from the coaching staff, if they are discussed prior to the test deadline in question.
- attend the Canada Games seminars in the spring of 2009.
- be free of any banned substance, and be willing to submit to random drug tests during training and competition.

- have paid all fees, club fees and ensure they are properly registered with the Nova Scotia Rowing Association and with Rowing Canada Aviron.
- agree to abide by the Canada Games Code of Conduct during training and competition.
- submit **verifiable** erg test scores and datasheets to the coach on a regular basis as will be outlined later.
- abide by the Code of Conduct as approved by the NSRA (Appendix B)
- Additional Eligibility requirements:
  - 1 Competitors must meet all eligibility requirements outlined in the technical Package.
  - 2 The Canada Games are open to Canadian citizens and landed immigrants.
  - 3 The Games are open to amateur athletes who are members in good standing with their provincial and/or national sport organization.
  - 4 An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or territory they are representing. An athlete can have only one domicile.
  - 5 Students attending school on a full-time basis outside their province of permanent residence during the year of the Games shall be permitted to compete for either their province of permanent residence or the province in which the athlete attends school. To be eligible to compete for the province where the athlete attends school, the student must be enrolled on a full-time basis during the 2008-2009 academic year.
  - 6 If a non-student athlete attends a recognized national training centre outside his or her province of permanent residence, the athlete is encouraged to represent his or her province of permanent residence; however, the athlete could represent the province where the center is located under the terms of paragraph (7), below.
  - 7 Exceptions to the domicile requirement will be possible if the athlete can demonstrate a commitment to the province or territory she or he wishes to represent by such means as having been a member of a club or provincial sport organization in that province for the entire previous competitive season, having represented that province or territory at a previous national or regional championship or having attended school full-time during the previous academic year, or a recognized national training center full-time during the previous 12 months. Other similar circumstances may be considered.
  - 8 An athlete is permitted to try out for only one province or territory per Games.
  - 9 The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. **Coaches or PSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.**
  - 10 Where a team/provincial/Chef wishes to challenge the eligibility of an athlete on another provincial/territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

- Athletes not eligible for the Nova Scotia Canada Games Rowing Team include:
  - 1 Athletes that have been National Team Senior members at any time.
  - 2 Athletes that have held development or senior cards at any time (as defined by Sport Canada's Athlete Assistance Program).

## **Selection Criteria**

The following section details the selection criteria that will be used to identify, nominate, and appoint athletes to the 2009 Nova Scotia Canada Games Rowing Team. Compliance with all selection criteria is mandatory unless suitable arrangements have been made with the Nova Scotia Rowing Association. Appendix E outlines the specific selection criteria to be used to evaluate athletes.

Criteria (1): Participation in a club winter training program and participation in weekly Canada Games sessions during the winter training season, under the Canada Games coach, is mandatory unless suitable arrangements can be made with the Canada Games coach. Communication with the Canada Games coach about absences is crucial and instructions will be given on a case by case basis. The financial cost of the fitness facility used for the Canada Games sessions and club dues associated with the club winter training program are the responsibility of each athlete.

Criteria (2): Participation at the following monthly training camps is mandatory unless suitable arrangements have been made with the Canada Games Coach.

- March 2009      Canada Games Training Camp (6km or 2km Erg Test)
- April 2009      Canada Games Training Camp (6km or 2km Erg Test)

Prospective Nova Scotia Canada Games Rowing Team athletes are encouraged to meet the Nova Scotia Canada Games Rowing Team ergometer goals as outlined in Appendix C.

Criteria (3): A letter of intent (Appendix D) indicating the athlete's intent to try out for the Nova Scotia Canada Games Rowing Team must be submitted to the Canada Games Coach no later than March 15th, 2009.

Criteria (4): Canada games eligible athletes will be involved in on water training to prepare for two matrices to determine a ranking of athletes. These matrices will occur between May 23 and June 6<sup>th</sup>, 2009.

Criteria (5): This ranking through the matrices will allow the Canada Games Coach to select crews to participate in the GMS time trials. Three time trials will occur between June 13<sup>th</sup> and June 30<sup>th</sup>, 2009. These GMS time trials will assist the Provincial Team Selection Committee with determining a trend in speed for priority boats to determine whether those boats are fast enough to be selected to the Nova Scotia Canada Games Team.

Potential 2009 Canada Games rowing events are as follows:

Men: 1X, 2X, 4x, 4-, 2-, 8+, Lwt. 4- (Max. weight 160 lbs.)

Women: 1X, 2X, 4x, 4-, 2-, 8+, Lwt. 2X (Max. weight 130 lbs.)

Selected crews will participate in three 1000m time trials. The time trial distance will be 1000m (Lake Banook) with a row-in flying start. 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 Rowing Canada Aviron Gold Medal Standard (Appendix A). Gold Medal Standard percentages will be used by the Provincial Team Selection Committee to compare all crews and to decide the Gold Medal Standard % “cut off” point for nomination to the team.

The Canada Games Coach reserves the right to decide the order and day that each crew will conduct their respective time trial. Multiple time trial races may occur on the same day depending on the information needed to help select the Canada Games Team. The Canada Games Coach will ensure that the maximum number of crews race each day so that a reasonable comparison of Gold Medal Standard% achieved by each crew is possible. The Canada Games Coach reserves the right to delay or postpone racing should weather conditions not be suitable for a fair time trial.

Lightweight athletes are expected to be at weight (Men: 72.5kg max, Women: 59kg max) for the Nova Scotia Rowing Association Gold Medal Standard Time Trial. Due to the nature of early morning racing, test weigh-ins will be permitted the night before racing (location and time to be announced). Lightweight athletes will ‘officially’ weigh-in the morning of the Gold Medal Standard Time Trial no later than 90 minutes before the first race. Multiple weigh-ins will not be permitted in accordance with Rowing Canada Aviron 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 Gold Medal Standard time and as such will race as a heavyweight crew at the Canada Games even if making weight at a later date.

Criteria (7): Athletes/crews named to the Nova Scotia Canada Games Rowing Team will train under the Canada Games coach until the completion of the Canada Games regatta. The Canada Games Coach will have the responsibility of organizing the Canada Games team training, regatta registration, athlete transportation etc. Additional participation with club programs is possible (and encouraged) if suitable arrangements can be made between the Canada Games coach and an external club program. The Canada Games crews will row as 'The Nova Scotia Canada Games Rowing Team' at local regattas and may participate in club events if arrangements are made with the appropriate club program.

### **Provincial Team Selection Committee\***

The Provincial Team Selection Committee (PTSC) will be composed of three representatives (a single member from each club recognized by the Nova Scotia Rowing Association) and a single mediator as appointed by the Nova Scotia Rowing Association. The Provincial Team Selection Committee members will be approved by the Nova Scotia Rowing Association before the time trial is undertaken. It is the responsibility of the Provincial Team Selection Committee to uphold Objectives (3), (4), and (5) of this selection document.

After the final Nova Scotia Rowing Association Gold Medal Standard Time Trial is completely over, each club representative will vote, crew by crew, for *each day* of the time trial results until a democratic cut-off Gold Medal Standard% has been identified for *that* day of racing. The PTSC will use the GMS% cut-off from all three time trials to determine which crews will be named to the Canada Games Rowing Team. It is the role of the Nova Scotia Rowing Association 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 Nova Scotia Rowing Association appointed mediator has final say on the appointment of a crew to the Nova Scotia Canada Games Rowing Team. 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 Gold Medal Standard % are used to determine the cut off point.

The Nova Scotia Canada Games Rowing Team final selection results will be announced publicly no later than 9pm June 30<sup>th</sup>, 2009.

## **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 Nova Scotia Canada Games Rowing Team selection process.

An appeal must be submitted in writing to the President of the NSRA within 48 hours after the official team selection has taken place 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 48 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 Provincial Team Selection Committee 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.

Canadian Gold Medal Standard Time and Prognostic Speeds (Richardson 2004):

<u>Event/Boat Class</u>	<u>Junior Men</u>		<u>Junior Women</u>	
	<i>Time/2000m</i>	<i>Speed</i>	<i>Time/2000m</i>	<i>Speed</i>
1X	6:49	4.925 m/s	7:25	4.494 m/s
Lwt. 2X	N/A	N/A	N/A	N/A
2X	6:19	5.277 m/s	7:00	4.763 m/s
4X	5:49	5.731 m/s	6:25	5.195 m/s
2-	6:31	5.121 m/s	7:10	4.651 m/s
Lwt. 4-	N/A	N/A	N/A	N/A
4-	5:57	5.602 m/s	6:36	5.056 m/s
8+	5:35	5.907 m/s	6:10	5.405 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	%
Jr M 1X	3:45	4.444 m/s	6:49	4.925 m/s	<b>90.2%</b>
Jr W 2X	4:00	4.166 m/s	7:00	4.763 m/s	<b>87.5%</b>
Jr W 4X	3:41	4.524 m/s	6:25	5.195 m/s	<b>87.1%</b>

The crews can then be ranked based on the highest % of GMS obtained. In the example given the crews are listed in order of superior quality.

## **APPENDIX B**

### **Athlete Code of Conduct**

All members of the 2009 Nova Scotia Canada Games Rowing Team 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**

Nova Scotia Canada Games Rowing Team 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 Nova Scotia Canada Games Rowing Team 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 /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 Nova Scotia Canada Games Rowing Team (including 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 Nova Scotia Canada Games Rowing Team. 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 Centre 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 Nova Scotia Canada Games Rowing Team.

Appeal, arbitration, and re-instatement processes shall be those as described in the CCES Standard Operating Procedures Manual.

Members of the Nova Scotia Canada Games Rowing Team must not use illicit drugs/narcotics or performance enhancing drugs or methods.

Members of the Nova Scotia Canada Games Rowing Team must be prepared to submit to random drug testing during any event in which the Nova Scotia Canada Games Rowing Team 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 Nova Scotia Canada Games Rowing Team participates in as a team. This could be a regatta or other official Nova Scotia Provincial Rowing Team 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 NSCGRT 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 NSCGRT activities or function
- v) use of alcohol by a minor at any time
- vi) being under the influence of alcohol while attending official NSCGRT 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 Nova Scotia Canada Games Rowing Team.

## **APPENDIX C**

The following ergometer scores are representative of the level of competition that one should expect at a provincial level regatta such as the Provincial Rowing Championships. They should be considered a **performance goal** representative of your competition. These scores are encouraged *but are not mandatory for Nova Scotia Canada Games Rowing Team selection.*

	<b>6000m</b>	<b>2000m</b>
Canada Games Junior Men	20:30	6:30
Canada Games Lightweight Men	21:00	6:45
Canada Games Junior Women	23:15	7:30
Canada Games Lightweight Women	23:45	7:45

## APPENDIX D

### Nova Scotia Canada Games Rowing Team --- Letter of Intent

I, \_\_\_\_\_, have made the decision to try out for the 2009 Nova Scotia Canada Games Rowing Team that will compete in New London, Prince Edward Island from August 15 to August 21, 2009.

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

1. Have read, understood, and agree to abide by the NS Canada Games 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 Canada Games.
4. Have included a cheque dated March 15, 2009 for \$200.00 made payable to the NSRA as a financial contribution towards the provincial team training program.

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

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

Date of Birth (YY/MM/DD) \_\_\_\_\_

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

Club Coach Signature: \_\_\_\_\_

## **APPENDIX E**

### **Nova Scotia Canada Games Rowing Team -- Selection Criteria**

1. Attendance at training sessions (pre-selection)
2. Ranking from erg testing and training (pre-selection)
3. Ranking from running tests (pre-selection)
4. Ranking from on water training (pre-selection)
5. Stage 1 selection matrix (small boats)
6. Stage 2 selection matrix (prioritization of boats and seatings in those boats)
7. GMS time trials to test the speed of prioritized boats.