



# Rowing New Brunswick Aviron Selection Criteria 2021 Canada Summer Games



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# Rowing New Brunswick Aviron Canada Games Selection

## Objective

Rowing New Brunswick Aviron will be responsible for selecting a competitive team to represent the province at the 2021 Jeux Canada Games in the Niagara region of Ontario. RNBA's objective for the 2021 Canada Summer Games is to have a team that makes finals (top 6) in at least 50% of the events entered.

RNBA recognizes that athletes trying out for a position on this team will be coming from established club programs, university programs or both. This selection document has been established to give all eligible athletes a fair chance to be selected.

## High Performance Committee

RNBA will strike a committee to provide oversight of the selection and management of the 2021 Team NB Canada Games Rowing Team.

The committee will have the following responsibilities;

- Approval of the Selection Criteria document and any revisions to it.
- Approve the final rowing team to be selected to represent New Brunswick at the 2021 Canada Summer Games. This will be based on the data collected from the coaches defined in the selection criteria document.
- Hear any athlete appeals put forward by team members.
- Issue disciplinary action to team staff and athletes should it be required.

The High-Performance Committee will be made up of 4 individuals. All members of the committee will operate in a professional, non-biased manner

- One committee member will be the VP High Performance for RNBA, who acts as Chair.
- The committee will be ½ men and ½ women.
- Two of the candidates will be former Canada Games coaches that haven't coached a New Brunswick Canada Games team for at least 5 years.
- Two of the candidates will be former high-performance athletes from New Brunswick, preferably having been part of the Canadian National Team.

All members of the committee will operate in a professional, non-biased manner.

## Niagara 2021 Overview

The 2021 Canada Summer Games will occur from August 6th to 21st, 2021. The races will occur on the Royal Canadian Henley course in St. Catharine's,

Ontario. RNBA will select the coaches, managers, boatperson, and athletes. The final selection of the team will be that of the VP High Performance for RNBA with selection criteria input from the team coaches.

The 2021 Canada Summer Games will have the following events as stated in the 2021 Canada Summer Games Rowing Technical Package in section 5.1 Events:

### Men's Events

- Single scull (M1X)
- Double Sculls (M2x)
- Pair (M2-)
- Lightweight double sculls (LM2x)
- Four (M4-)
- Quadruple sculls (M4x)
- Eight with coxswain (M8+)

### Women's Events

- Single scull (W1X)
- Double Sculls (W2x)
- Pair (W2-)
- Lightweight double sculls (LW2x)
- Four (W4-)
- Quadruple sculls (W4x)
- Eight with coxswain (MW8+)

### Team Composition

- Head Coach – Selected at least 11 months in advance of Canada Games
- Manager—Selected 11 months in advance of Canada Games
- Assistant Coach— selected 6 months in advance of Canada Games
- Boat person—selected 4 months in advance of Canada Games
- Driver - selected 3 months in advance of Canada Games

Maximum of 26 athletes per provincial team:

Female: up to 14

Male: up to 14

Total team complement not to exceed 26 athletes

As permitted by the RCA Rules of Racing, a female crew may be coxed by either a female or a male and a male crew may be coxed by either a female or male [2.4 Coxswains].

The Team<sub>1</sub> will consist of:

<sup>1</sup> All Team Members, Coaches, Manager, Boat Driver, Boat Person and Athletes must be members of RNBA in Good Standing

### *Head Coach – John Oxley*

This will be the lead coach. He/she is responsible for the overall team's well-being and preparedness for competition. Coaches named on the official registration form must be certified under the National Coaching Certification Program (NCCP) Performance Coach (certified status) in Rowing.

Coaches must be so certified no later than 90 days prior to the opening ceremony (May 8, 2021). The Head Coach reports to the VP High Performance

### *Manager*

The Team Manager is the primary point of contact between the rowing team, RNBA and Team NB Assistant Chef de Mission and Mission Staff. The manager is also responsible for team logistics related to travel to Team NB events, team clothing and accommodations at events. As well the Team Manager is responsible for communication from the team to stakeholders like Mission Staff, Parents and Media. The Team Manager may from time to time assist with some of the on-water support if requested by the coach. The Team Manager reports to the VP High Performance

### *Assistant Coach*

Reports to and assists the Head Coach and/or be directly responsible for a group of Athletes.

### *Boat Person*

This person is responsible for the shells, rigging, oars and spare parts. They must work directly with the coaches and athletes to ensure all matters related to the hardware or rowing are taken care of. The boat person shall be accredited as a full team member (technical support) and the cost of their stay is borne by the host society (meals and accommodation in the Games' Village).

### *Driver*

This individual is responsible for the transportation of the Rowing Trailer to and from the Canada Games. They must have good experience with highway and city driving with extended trailers. The Boat Driver must be respectful and helpful to our team and other teams. The driver will receive a per diem daily for food along with accommodations (double occupancy) at a designated hotel as well as, Front and Back of House accreditation (zones 2 and 3 access) from the Host Society.

### *Athletes*

The following, taken from the 2021 Canada Summer Games Rowing technical package defines athlete requirement and eligibility:

Age - U21 as of December 31, 2021

Year of Birth - 2001 or later

Gender - The events for men can only be competed for by competitors who identify as male and the events for women can only be competed for by competitors who identify as female. Nevertheless, as permitted by the RCA Rules of Racing, a female crew may be coxed by either a female or male coxswain and a male crew may be coxed by either a female or male coxswain. [2.4 Coxswains].

### Weight

- The minimum weight of a coxswain for a female or male crew is 55 kg [2.5].
- The maximum weight for a female lightweight rower is 59 kg [2.10 Lightweight Competitors].
- The maximum weight for a male lightweight rower is 72.5 kg [2.10 Lightweight Competitors].

In addition to the criteria stated above, prospective Team members are also those who:

- Are members in good standing of Rowing New Brunswick Aviron, Rowing Canada Aviron and a local NB rowing club
- Have signed a letter of intent submitted to the VP High Performance by November 9, 2020. (Appendix I)
- Abide by and sign the Code of Conduct as provided by Rowing New Brunswick Aviron (Appendix II).
- There may be a requirement for short term relocation. The coaching staff will do what it can to minimize relocation requirements as this can be very difficult for athletes, their families and team staff.

## Excluded

Excluded from the 2021 Canada Summer Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
  - Senior World Championships
  - Olympic Games
  - Pan Am Games
- No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e. no athlete will be excluded if they become National Senior Team Members for the first time or are granted carding status in May 2021 or later).

## Selection Criteria

The VP High Performance RNBA reserves the right to change the date of any ergometer test, camp and/or time trial with a notice to the athletes presented a minimum of 30 days before the originally scheduled event, and no closer than 15 days of the newly scheduled event.

The Canada Games coaching staff will recommend selection of the team to the RNBA VP High Performance for approval by the High-Performance Committee on or before June 25, 2021.

The final team will be named no later than June 27, 2021.

## Team Selection

Selection to the Team will be based upon the following factors:

- Submission of Letter of Intent
- Standard of Conduct
- Ergometer Testing
- Performance at Selection Camp

## Letter of Intent

A letter of Intent (Appendix I) must be sent to the RNBA VP High Performance and the Head Coach on or before December 15, 2020 by all interested athletes. Any athlete who decides to try out for the team after this deadline must file an appeal with the RNBA High Performance Committee stating why a Letter of Intent was not forwarded on or before December 15, 2020. The same appeal procedures will apply as outlined in the Appeal Policy. (Appendix XI). Ergometer testing results must be included for Q4, 2020

## Standard of Conduct

All athletes and team staff are required to demonstrate the principles of True Sport ([www.truesport.ca](http://www.truesport.ca))

*Go for It - Rise to the challenge - always strive for excellence.*

*Play Fair -. Play honestly - obey both the letter and spirit of the rules. Winning is only meaningful when competition is fair.*

*Respect Others – Show respect for everyone involved in creating your sporting experience, both on and off the field. Win with dignity and lose with grace.*

*Keep It Fun -Find the joy of sport. Keep a positive attitude both on and off the field.*

*Stay Healthy - Place physical and mental health above all other considerations - avoid unsafe activities. Respect your body and keep in shape.*

*Include Everyone - Share sport with others.*

*Give Back Find ways to show your appreciation for the community that supports your sport and helps make it possible.*



## Ergometer Testing

All participants must complete the following Ergometer Tests and have scores sent to the Head Coach. The ergometer scores must be submitted by the respective dates as described below. Each test is to be performed not more than seven days prior to the respective deadlines. The scores will be ranked, and a copy will be sent to all participants. All tests are to be supervised and submitted by a club coach or individual pre-approved by the Head Coach.

<b>Completed by</b>	<b>Distance</b>	<b>Submit Test Scores to</b>
<b>11 Dec, 2020</b>	6 km & 2 km test	Head Coach and VP High Performance
<b>14 March, 2021</b>	6 km & 2 km test	
<b>22 May, 2021</b>	2 km test	

Any athletes intending to row lightweight will be required to submit their body weights with each test. Refer to Appendix III for details on weigh-in procedures and classifications for lightweights and coxswains.

For all athletes that are able, a camp will be held in February 2021 at which time the 2km and 6km tests will be performed. Further information for that camp will be provided to all interested athletes when their letter of intent is received.

A 1-day test camp will be held on 22 May to complete the 2k ergometer test.

Any athletes that are unable to attend the February testing camp or the May 22 camp must send a letter to the VP High Performance and the Head Coach stating as such at least 15 days in advance of the camp. Arrangements will be made to have the testing completed in a supervised manner.

## Selection Camp

The selection of the Team will take place on June 4th - 6th (scullers – lightweight and open) and on June 11-13, 2021 (sweepers)

## Athletes

The team will be selected by way of Matrix seat racing. Seat racing is defined as; "the procedure whereby an athlete competes directly with another athlete for a seat in the boat by switching that athlete from one boat to another. Although the use of this procedure is generally in situations where the coach has more athletes than seats available in crew boats, it may also provide information about the placement of the athlete within the crew."<sup>2</sup>

The tentative schedule is as follows:

### Saturday June 5th

- AM1 Double Matrix, Lightweight Males
- AM2 Double Matrix, Lightweight Females
- PM1 Double Matrix Open Males
- PM2 Double Matrix Open Females

Sunday, June 6th Open for inclement weather.

### Saturday June 12th

- AM Pair Matrix A & B, Females
- PM Pair Matrix A & B, Males

### Sunday, June 13st

- AM1 Pair Matrix C, Females
- AM2 Pair Matrix, C Males

### Lightweight Males

Up to the top 4 lightweight erg scores (numbers and performance permitting) from the May 22, 2021 ergometer test will be invited to the June 5th & 6th, 2021 Selection Camp Matrix.

The top 2 lightweight male from the Matrix will be named to the Team. If there is only 1 lightweight male, then no men lightweight 2x will be selected for Team NB.

### Open Males - Sculling

Up to the top 8 erg scores (numbers and performance permitting) from the May 22, 2021 ergometer test expressing intent to scull will be invited to the June 5th & 6th, 2021 Selection Camp Matrix.

The top 4 scullers from the Matrix will be named to the team.

### Open Males - Sweep

Up to the top 16 erg scores (numbers and performance permitting) from the May 22, 2021 ergometer test will be invited to the June 12th & 13th Sweep Time Trial. It should be noted, this number includes the Lightweights and Open scullers already named to the Team expressing their intent to race for an open (heavyweight) sweep seat.

### Lightweight Females

Up to the top 4 lightweight erg scores (numbers and performance permitting) from the May 22, 2021 ergometer test will be invited to the June 5th & 6th, 2021. A Double Matrix will be conducted. The top 2 athletes will be named to the Team. If there is only 1 lightweight female, then no female lightweight 2x will be selected for Team NB.

### Open Females - Sculling

Up to the top 8 erg scores (numbers and performance permitting) from the May 22, 2021 ergometer test expressing intent to scull will be invited to the June 5th & 6th, 2021 Selection Camp Matrix.

The top 4 scullers from the Matrix will be named to the team.

### Open Females - Sweep

Up to the top 16 erg scores (numbers and performance permitting) from the May 22, 2021 ergometer test will be invited to the June 12th & 13th Sweep Time Trial. It should be noted, this number includes the Lightweight scullers already named to the Team expressing their intent to race for a heavyweight sweep seat.

### Comments on Matrix Seat Racing

The race distance will be 1000m.

Final Boat Selection will occur at a date after the respective matrices. It should be noted that boats have not been prioritized.

It also should be noted that the size of the team has not been decided. This decision will occur at the end of the selection procedure. The decision will be based on the depth of competitiveness displayed through performance at the selection camp first and then ergometer testing. Athletes need to make boats move on the water.

At all times, if possible one Matrix will be conducted. If it is deemed, though that there is not enough of the proper equipment to conduct a fair single Matrix and/or due to possible the size of the group, the matrix would be divided into two groups: the A Group would consist of the top half of the athletes based on the ergometer scores; the B Group would consist of the bottom half based on the ergometer scores. Each group would conduct a separate matrix. The top portion from the A group would then move forward (ie. be named to the Team). The bottom portion from the A group would participate in a C Matrix with the top portion from the B Group. From the C Matrix the team would be decided.

### Coxswain's Selection

A coxswain will be named to the Canada Games team only if an 8+ is deemed competitive after the final selection camp in June 2021.

Coxswains interested in being considered for the team will be selected by the VP High Performance based on the following criteria:

- Results from technical skills analysis – to be evaluated during selection matrix in June 202. (Appendix IV)
- Athlete and coach input on ability
- Past racing experience and results
- Compatibility with athletes in a selected crew
- Willingness to support coach's direction
- Within 10lbs of the required minimum weight (Appendix III)

### Special Circumstances

If, because of injury, illness, prohibitive causes or exceptional circumstances, an athlete is unable to meet any of the requirements in the selection procedure, that athlete may still be considered for the 2021 NB Jeux du Canada Games Rowing Team. The athlete must advise the Head Coach and VP High Performance, in writing, of such injury, illness, causes or circumstances as per the instructions in Appendix VI and obtain the High Performance Committee's permission to defer the relevant requirement in the selection procedure. The athlete may be asked by the coach to complete a seat race upon return to the team. The coaching staff also reserves the right to request written documentation confirming an illness/injury.

### Announcement of 2021 Rowing Team

High Performance Committee will announce the final team selection. This will be based upon the criteria and recommendations submitted by the coaching staff. The formal announcement will be issued to each athlete and their guardians as well as to the NB Mission Staff and Assistant Chef de Mission. This will occur by 28 June 2021.

### Tentative Schedule

The following is a schedule of the major events from team selection to Canada Summer Games.

Timeline	Event
February 2021	Winter Camp – 2000 meter & 6000 m erg test
May 22, 2021	Spring Camp – 2000 meter erg test
June 5&6, 2021	Sculling selection camp
June 12&13, 2021	Sweep selection camp
June 28, 2021	Final Team Announced.
July 2021	Preliminary Team Regatta – Major national level regatta 6-8 weeks in advance of the Canada Games Regatta
July 2021	Final tune up regatta Nova Scotia Sprints, Dartmouth or Eastern Rowing Association Regatta, Montreal
August 2021	Canada Summer Games

## Appendix I - Letter of Intent

I, \_\_\_\_\_, have made the decision to participate in the RNBA winter training program 2020-2021 and to try out for the 2021 Jeux Canada Games New Brunswick Rowing Team.

I have received, read, understood and agree to abide by the Selection Procedure and Criteria, the Team Code of Conduct, True Sport Principles for Sport and the Appeals Procedure.

Club Coach \_\_\_\_\_ Club \_\_\_\_\_ RCA# \_\_\_\_\_

I intend to try out for the following positions(s): check or circle all that are appropriate

\_\_\_\_\_ Male \_\_\_\_\_ Female

\_\_\_\_\_ Sculling \_\_\_\_\_ Sweep

\_\_\_\_\_ Lightweight \_\_\_\_\_ Open

\_\_\_\_\_ Coxswain

Athlete Contact Information:

Mailing Address

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Athlete

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

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

Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

## Appendix II - Athlete's Conduct and Obligations Policy

All members of the 2021 Jeux du Canada Games NB Rowing Team are representing the Province of New Brunswick and are expected to exhibit appropriate standards of behavior, attitude, and responsibility effective from the date listed on their Letter of Intent.

### Respect for Others

Rowing New Brunswick Aviron 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.

### 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.

### Language

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

### 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.

### Social Behavior

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

### Attitude

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

- Being on time
- Respect for rules, coaches, officials and others
- Willingness and desire 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 Head Coach or Team Manager and/or his/her designate:

- Condescending talk by an athlete to another member of the team.
- Negative talk
- Gross verbal or physical abuse of any individual by an athlete
- Behavior that causes disruption of the peace
- Actions or conduct that significantly disrupt or interfere with a competition or the preparation of an athlete for a competition on any team

### Alcohol / Cannabis

Athletes who have reached the age of majority shall not consume prior to and during their event. Any consumption after the games must be kept within a responsible limit. Any direction from Coaches and Managers regarding limiting consumption must be absolutely followed. Any illegal and/or abuse will result in immediate dismissal from the Team. Such will also be the case for those that obtain alcohol or cannabis for minors.

### Sport Results Enhancing Drugs

Rowing New Brunswick Aviron strongly embraces the Concept of Fairplay 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).

Rowing New Brunswick Aviron 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 Team.

Appeal, arbitration, and re-instatement processes shall be those as described in the CCES Standard Operating Procedures Manual found in the Canada Anti-Doping Policy (CADP). (Appendix XI)

Members of the Team are not permitted to use illicit drugs/narcotics or performance enhancing drugs and/or methods.



Members of the Team must be prepared to submit to random drug testing during any event in which the 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 Team participates in as a team. This could be a regatta or other official Team function where participation is because of Sport or Provincial Affiliation.

### Social Media

The information you post is vulnerable to context, circumstance, and interpretation and comes with the same rights and responsibilities as your off-line actions. As an athlete you not only represent yourself, but also your team, your club, RNBA, and New Brunswick. Your posts are considered a part of your conduct and, therefore, must correspond with the Canada Games Code of Conduct.

Always use privacy and security settings on Facebook and other online media to restrict access to your account. For example, restrict access for viewing pictures, videos, status updates, etc. to your friends only and be cautious of your privacy settings when joining networks or groups.

If you intend to utilize social media outlets to promote your experience as a rower and athlete, please notify your head coach and/or club manager in advance so as to ensure accurate and appropriate distribution of information. If you are ever in doubt of the appropriateness of your on-line material, consider whether it upholds and positively reflects your own values, as well as the Code of Conduct.

Examples of inappropriate online activity include but are not limited to: Photos, videos or comments of yourself or teammates if they reflect partying, drinking, or questionable behavior, particularly in team gatherings or in rowing branded clothing.

Photos, videos, or comments that are of a sexual nature, or encourage unacceptable, violent, or illegal activity.

Offensive language in comments, videos, and other posts including threats of violence or derogatory comments regarding race, gender, sexual orientation, or team affiliation.

Unsportsmanlike or demeaning comments towards other athletes or teams, as well as governing bodies (RNBA, RCA, CIS, CGC, etc).

### Infractions and Penalties

Infractions can be reported in writing by concerned individuals within 48 hours of the occurrence, to the RNBA VP High Performance (vphighperformance@rowingnb.ca).

### Infractions

- Use of tobacco products by minor or adults at events
- Disrespectful, offensive, abusive, racist or sexist comments or behavior
- Unsportsmanlike conduct such as arguing
- Unsportsmanlike conduct such as fighting
- Curfew violations
- Repeated disrespectful, offensive, abusive, racist or sexist comments or behavior
- Repeated lateness for or absence from Team activities or function
- Use of alcohol by a minor at any time
- Under the influence of alcohol while attending official Team functions as sponsored by RNBA
- Intoxication
- Activities or behavior which disrupts competition
- Pranks, jokes or other activities which endanger the safety of others
- Criminal activities, vandalism

### Penalties

All infractions will be reviewed by the RNBA High Performance Committee and President of RNBA. A Conduct Review Meeting will be held as soon as possible after the code of conduct infraction. Disciplinary action be based on the severity of the offense and may include but is not limited to verbal warning, written warning, written reprimand, suspension and/or dismissal from the Team. Any and all transportation costs home from the event will be at the cost of the athlete.

Penalties will be reported to the athlete(s) by the President of RNBA.

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

Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

## Appendix III - Athlete Classification & Weight Classification

Athlete classification and weight classifications are defined by the Rowing Canada Aviron (RCA) Rules of Racing.

Lightweight competitors are classified as follows:

Men: No individual shall weigh more than 72.5kg.

Women: No individual shall weight more than 59kg.

Coxswain weight classification:

The minimum weight of a coxswain for a female crew and for a male crew is 50 kg.

Weigh-in Procedures:

- Athletes will be weighed not less than one hour and not more than two hours before their event
- Athletes shall be weighed in while wearing their racing clothes by at least one male and one female adult present to witness.
- “Multiple step” Weigh-in Rule for Lightweights: If a rower fails to meet weight requirements on the first weighing, he/she will be allowed multiple attempts as per the RCA Rules of Racing. An athlete failing to make lightweight in the final attempt will be excluded from the Lightweight selection process but will be able to do the Erg Test for the purpose to be invited the Open Final Selection Camp.

NOTE: The health and safety of athletes is the first priority for RNBA in any and all selection requirements. All athletes intending to be lightweight must communicate with the Head Coach indicating that they are doing so in a responsible manner. Nutritionist support is advised for all athletes.

Ergometer Testing for Lightweights (up to and including May 2021) Body weights:

- Men: No individual shall weigh more than 74Kg
- Women: No individual shall weight more than 60.5kg
- Lightweights who are of the correct body size are eligible for selection to the open weight crews. Lightweights wishing to be considered for both weight categories should so indicate on their letter of intent.

## Appendix IV - Coxswain Technical Skills Analysis:

Coxswain technical skill analysis will be completed in March 2021 at the Georgia Training Camp.

3 main points – steering, execution, technique

Goal: earn rowers trust	Goal: act as a link between the coach and the rowers	Goal: make the boat faster with the cox in it, than out
Consistently and safely gets boats out of the boathouse	Can steer to a point, stick to the point, and change when directed	Can set up turns to get best line through a course
Can do a full boat check before going on the water and make minor adjustments as needed	Not afraid of buoys. Can steer around objects within 3 feet of his/her blades, and he/she can steer so objects go under the riggers	Can adjust boat position to deal with head wind, tail wind, cross winds, high waves, etc.
Consistently and safely can get the crew and boat off the dock	Can reiterate the point of a drill or a practice throughout the exercise	Can make calm appropriate calls to get the boat into a stake boat start, and keep it on point during the start sequence
Consistently uses one to two-inch adjustments on the rudder	Can follow and execute a given race plan and insert one ten for a given reason	Can make calm appropriate calls to get a boat moving through a head race style running start
Stays on the correct side of the river and uses correct arch when going under bridges	Can feel an absence of leg drive and can make calls to improve it	Can bring the crew to their maximum power and rhythm output, minimizing weakness and maximizing strengths
Takes precautions to avoid collisions	Can identify and fix a sloppy catch or release	Can motivate crew to maintain maximum performance output during races, capitalize on strengths
Can turn the boat safely and quickly	Can call rowers to prepare ready for race start at the appropriate time	Can motivate crew to maintain maximum performance output during practices

Demonstrate the correct reaction to a wake	Always puts safety of people and equipment above all rowing	Can assign a drill independent of the coach to fix a technical problem
Tells the rowers clearly and concisely who should row and what they should do	Voice control – clear, calm, powerful	Can design a race plan independent of the coach
Use the timing device on the box to execute a practice	Able to adjust voice tone making it appropriate for the task : drills, hard work, racing, recovery, etc.	Can adapt a race plan “on the fly” to deal with the situation around them in practice or at a race
Can notice early and late rowers within the stroke cycle and corrected them	Able to use the cox box controls to best effect during practice and races	
Recognize poor ratio and uses calls to correct		
Recognize when balance is off and makes specific handle height adjustment calls to fix it		
Can dock safely and consistently in all weathers		

## Appendix V - Canada Games Council – Residency Requirements

As defined by the Canada Games Council.

Canada Games Council – Residency Requirements 180 days before the opening of the games.

### Residency

An athlete's permanent residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province / Territory they are representing.

An athlete can have only one permanent residence. Should an athlete not meet the 180 days permanent residence requirement, he/she may be ruled as eligible as defined in point (b) below.

If an athlete is training outside his or her Province / Territory of permanent residence, the athlete may represent the Province / Territory in which they are training providing he or she can demonstrate a commitment to the province or territory she or he wishes to represent by:

- having been a member of a club or Provincial/territorial sport organization in that province/territory for the entire previous or current competitive season.
- having represented that province or territory at a national or regional championship (if applicable),
- not having received direct development funding from their province or territory of permanent residence within a year of the Opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.
- Athletes attending school on a full-time basis outside their province or territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their P/T of permanent residence or the P/T in which the athlete attends school.

## Appendix VI - Exemptions and Appeals

### Special Circumstances / Exemptions

If, because of injury, illness, prohibitive causes or exceptional circumstances, an athlete is unable to meet any of the requirements in the selection procedure, that athlete may still be considered for the 2021 NB Jeux du Canada Games Rowing Team. The athlete must advise the VP High Performance in writing, of such injury, illness, causes or circumstances 48hrs prior to the start of the event or as soon as possible (if a medical reason occurs less than 48 hrs prior). and obtain the Head Coach's permission to defer the relevant requirement in the selection procedure.

The athlete is required to submit written documentation from a licensed medical practitioner confirming an illness/injury.

### Appeal Procedures

The RNBA Appeals Committee consists of the 4 un-biased High Performance Committee members

- An appeal must be submitted in writing to the President within 48 hours after the official team selection has taken place or within 48 hours after any disciplinary action has been levied. The contact information for the President will be provided to all athletes prior to the Selection Procedure.
- An appeal must be answered within 36 hours after it has been received.
- If a hearing is held an athlete may make submissions and arguments. One person who is familiar with the reason for the appeal may accompany the athlete.
- An appeal may only be heard if there are sufficient grounds for the appeal. Sufficient grounds include the respondent:
  - making a decision for which it did not have the authority or jurisdiction as set out in the governing documents;
  - failing to follow procedures as laid out in the Selection Criteria;
  - failing to consider relevant information or taking into account irrelevant information in making the decision;
  - exercising its discretion for an improper purpose.
- The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding.