



# HENLEY ROWING CLUB

## Junior Selection policy

### JW and J 14-18

This document sets out the selection process to be applied for Junior Men's and Junior Women's crews at Henley Rowing Club in the J14-18 age groups, primarily in relation to, but not exclusively, "Priority Events" [see below].

#### **1. Process if numbers are higher than the capacity of the Club**

If the numbers for the year groups are exceeded, the top athletes will be selected according to the criteria below. This will be undertaken formally by around half term, (October).

The juniors will all begin in their age group where the following will be considered:

- Attendance: 80% (J14s), 85% (J15s), 90% (J16-18).
- Physiological ability assessed through water work and land training each week.

Throughout the season the Lead Coach of each age group will work with the Junior Men's and Women's Head Coaches to establish which athletes should be in the performance squad and which should be in the development squad.

#### **2. Process for race selection**

For J15-18 rowers, the Junior Head Coaches are responsible for crew formation and selection in each year group. The Head Coaches may work with and/or delegate responsibility for selection to age group Lead Coaches.

For J14 rowers, the age group Lead Coach is solely responsible for formation and selection of crews.

In forming and selecting crews, the coaches will base their judgement on a rower's performances:

- In small boats [1x, 2x – less relevant for J14s]
- On the ergometer
- In the racing boat [ie the boat to be selected]
- In seat racing and/or time trial [where necessary]

These performances may be assessed:

- At squad training sessions
- At specific trials, tests, and assessments
- At head races and regattas

While the coaches will use all reasonable steps to base their decisions on the objective criteria available, they will also use their experience and judgement when forming crews, assessing crew compatibility and making selections [eg the fastest 4 scullers in 1x may not make the fastest 4x- for various reasons including variations in technique].



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A rower's performance and progress on both land and water will be monitored on a regular basis. A rower will need to demonstrate their capabilities and, importantly, compatibility in crew boats in all different tests, trials, head races and regattas. A rower must demonstrate commitment to continuing improvement in all aspects of personal performance on land and in the boat.

Regular attendance at training sessions is important to enable this. It is unlikely that a rower will achieve continuous improvement if attendance is lower than:

- J16-18 90% of training sessions
- J15 85% of sessions
- J14 80% of sessions.

### **3. Application of the process**

The selection process described above will so far as practical be used in the formation and selection of crews for "Priority Events". These events will be designated at the start of each rowing season.

Outside of these events, selection of crews for events will be made on a broader range of criteria including, for example the benefit of experimenting with different combinations and the aim of ensuring that all squad members are able to compete at a range of events where practical.

### **4. Selection of coxes**

All coxes are expected to attend all training sessions at the Club. All coxes may be asked to cox all age groups.

All coxes will need to demonstrate the following:

- Boatmanship (Handling and awareness).
- Preparedness (age dependant) : crew organisation, boat knowledge, boat race preparation, ability to maintain equipment.
- Use of a wide range of calls within a race plan or training session (Linked to what the race / coach requires). A recording maybe required. Responsiveness to coaches is important.
- Race strategy.

All Coxes are assessed by the relevant Crew Coaches, Junior Head Coaches and the junior rowers. The limit as to how many coxes can participate at each event is determined by the number of crews entered.