



Rowing New Brunswick Aviron Selection Criteria 2022 Canada Summer Games





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Rowing New Brunswick Aviron Canada Games Selection

Objective

Rowing New Brunswick Aviron (RNBA) will be responsible for selecting a competitive team to represent the province at the 2022 Jeux Canada Games. The games will be in the Niagara region of Ontario from August 6 to August 22, 2022. RNBA's objective for the 2022 Canada Summer Games rowing team is to make finals (top 6) in at least 50% of the events entered.

RNBA aims to field a large, competitive team to attend the 2022 Canada Summer Games. While RNBA wants to see as many eligible New Brunswick athletes as possible attend the games, each athlete must demonstrate the ability to row well and integrate with a crew to make fast competitive boats.

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 High-Performance committee (HP Committee) to select the team and provide oversight of the management of the 2022 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 2022 Canada Summer Games.
- Hear any athlete appeals put forward by team members.
- Issue disciplinary action to team staff and athletes should it be required.

The HP Committee will be made up of 4 individuals selected by RNBA. All members of the committee will operate in a professional, non-biased manner.

- The VP High Performance for RNBA will be a member and be the committee Chair.
- The committee is gender balanced; 50% men, 50% women.
- Two committee members will be former NB Canada Games coaches.
- Two committee members will be former high-performance athletes from New Brunswick, having been part of the Canadian National Team.

If any members of the committee must step down, RNBA will attempt to maintain the configuration of the committee as stated above.



Niagara 2022 Overview

The 2022 Canada Summer Games will occur from August 6th to 21st, 2022. The races will occur on the Royal Canadian Henley course in St. Catharine's, Ontario during the second week of the games. Competitions will begin on Monday, August 15th. Final competition schedule is not yet published.

RNBA will select the coaches, manager, and boatperson. The final selection of athletes for the team will be that of the HP Committee, which includes the VP High Performance for RNBA as the chair. Testing and trial results will be provided to the committee by the coaches to assist in the final selection.

The 2022 Canada Summer Games will have the following events as stated in the 2022 Canada Summer Games Rowing Technical Package in section 5.1 Events:

Men's Events

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

Women's Events

Single scull (W1X)	Pair (M2-)
Double Sculls (M2x)	Four (M4-)
Lightweight double sculls (LM2x)	Eight with coxswain (M8+)
Quadruple sculls (M4x)	

Team Composition

Head Coach – Selected in 2021 by RNBA

Manager - Selected July 2021 by RNBA

Assistant Coach - by RNBA

Technical Support - selected by RNBA

Driver - selected 3 months in advance of Canada Games by RNBA

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 Team¹ will consist of:

¹ All Team Members must be members of RNBA in good standing



Head Coach

This is the lead coach, responsible for the overall team's well-being and preparedness for competition. 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 (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.

Assistant Coach

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

Technical Support

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). Technical support must work well with the coaches and manager.

Driver

This individual is responsible for the transportation of the Rowing Trailer to and from the Canada Games. They must have experience with highway and city driving with extended trailers. 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 2022 Canada Summer Games Rowing technical package defines athlete requirement and eligibility:

Age – Under 22 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 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].

Prospective Team members must also adhere to the following:

- Are members in good standing of Rowing New Brunswick Aviron (RNBA) and Rowing Canada Aviron.
- A member of a New Brunswick rowing club recognized by RNBA
- Have signed a letter of intent submitted to the VP High Performance by December 12, 2021. (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 aim to minimize relocation requirements, appreciating the impact on the individual athlete and their family. This would happen between July 1st and August 11, 2022.
- Compliant with any Covid-19 requirements established by the Team NB Mission staff



Excluded

Excluded from the 2022 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 National Team status, carding status or competing in an excluded event (i.e., If an athlete is granted National Team status for the first time, carding status or competed in an excluded event after May 8, 2022, they will still be considered eligible to compete at the 2022 Canada Games).
- Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case-by-case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council's

Modifications to Key Dates

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. This will be communicated by email and the RNBA website (www.rowingnbaviron.ca)



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

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 26, 2022.

The final team will be named no later than June 27, 2022.

Special Circumstances

If, because of injury, illness, prohibitive causes or exceptional circumstances, an athlete is unable to meet all the requirements in the selection procedure, that athlete may still be considered for the 2022 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 HP 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.

Letter of Intent

A completed Letter of Intent (Appendix I) must be sent to the RNBA VP High Performance (VPHighPerformance@RowingNB.ca) and the Head Coach (GamesCoach22@RowingNB.ca) on or before December 12, 2021 by all interested athletes. Any athlete who decides to try out for the team after this deadline must file an appeal with the RNBA HP Committee stating why a Letter of Intent was not forwarded on or before December 12, 2021. The same appeal procedures will apply as outlined in the Appeal Policy. (Appendix XI). Ergometer testing results must be included for Q4, 2021. This appeal can be directed to the VP High Performance.



Standard of Conduct

All athletes and team staff are required to demonstrate the principles of True Sport (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.

Covid-19 Requirements

With the Covid-19 pandemic, protocols may be adopted by the Team NB Mission staff and/or the 2022 Host Society. Any requirements based on Covid-19 protocols will be communicated to athletes in a timely manner. Any and all special requirements will be communicated to the entire rowing team by RNBA.



Ergometer Testing

All athletes, except coxswains must complete the 3 Ergometer Tests and submit scores to the VP High Performance (VPHighPerformance@RowingNB.ca) and the Head Coach (GamesCoach22@rowingNB.ca). The ergometer scores must be submitted by the respective dates as shown in the following table 1 below. Each test is to be performed not more than 21 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.

Completed by	Distance	Submit Test Scores to
10 Dec, 2021	2 km test	Head Coach and VP High Performance
25 March, 2022	2 km test	
27 May, 2022	2 km test	

For these 3 tests there will be a testing session in Saint John with details to be published on RNBA's website (www.RowingNB.Aviron.ca). If an athlete cannot make a session, they must complete a test supervised by a coach approved by the Head Coach for Team NB. The testing protocol is provided in Appendix VII.

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.

The 3 ergometer tests must show continuous improvement or a consistency of performance. Club Elite standards are provided in the following table. Athletes need to be focused on meeting and/or exceeding the appropriate standard.

Men Open	Men Lightweight	Women Open	Women Lightweight
6:30	7:10	7:30	8:05



Selection Time Trials

Time trials will take place from June 24-26. The trials will involve a series of races, which will be as close to 1000m as possible. Weather circumstances may require a modified distance. The races will begin on Friday evening and will continue through the weekend until they can be successfully completed.

There will be 4 separate time trials: Men's 2-, Women's 2-, Men's 1x and Women's 1x. All entries will race the pre-determined course in their categories. The racecourse may change through the trials if weather conditions require. However, all entries into a specific event will be timed on the same course of approximately 1000m.

All entries for each time trial (pairs of singles) will be placed in a draw and up to 6 boats at a time will go into the time trial for each race. Equipment limitations may reduce the quantity in each trial. Times will then be recorded for each entry in the time trial.

The following results will be recommended to the HP selection committee for inclusion on Team NB.

- 3 fastest pairs - men (M2-)
- 3 fastest pairs - women (W2-)
- 2 fastest open singles - men (M1x)
- 2 fastest open singles - women (W1X)
- 2 fastest lightweight singles - men (LM1X)
- 2 fastest lightweight singles - women (LW1X)

If an athlete competes in both the 2- and 1x, only their best result will be used for team recommendation.

The remaining athletes will be evaluated by the HP selection committee based on erg testing results and performance during the time trials.

Team Identification

The HP committee will identify and select a team with the fastest rowers that can make up the largest number of competitive boats. A boat is deemed competitive if the HP committee believes it has a realistic chance of making a final at the Canada Summer Games. The HP Committee will select a team based on 4 factors.

1. Letter of Intent
2. Demonstrated commitment to the Standard of Conduct
3. Ergometer test results provided by Head Coach
4. Time trial results provided by head coach.



Boat Selection

Once the team has been selected it will be at the prerogative of the coaching staff as to the makeup of each boat. At all times, it may be possible a seat racing Matrix will be conducted. This could be utilized to determine the optimal makeup of a specific boat. If a seat racing matrix is required, then details of this will be provided to the athletes prior to completing the seat racing.

The goal of the coaching staff is to have as many competitive boats as possible with the athletes chosen for the team. Constraints on the coaches will be equipment availability and competition schedule. Coaches can make changes to boat composition up to the Canada Games if it is determined that the boat performance may improve. The Canada Games regatta schedule will also influence the makeup of each boat.

If there are at least 2 competitive lightweight males and / or 2 lightweight competitive females, then a lightweight double will be strongly considered for entry. If it is deemed that the lightweight athletes would be more beneficial in a different boat that creates a scheduling conflict at the Canada Games regatta then the lightweight double event may not be entered.

Coxswain's Selection

Up to 2 coxswains will be named to the Canada Games team. This will only occur if a men's and / or women's 8 + is deemed competitive after the final selection camp in June 2022.

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 spring 2022. (Appendix IV)
- Athlete and coach input on ability
- Past racing experience and results
- Compatibility with athletes in a selected crew
- Within 10% of the required minimum weight (Appendix III)

Announcement of 2022 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 27 June 2022.



Tentative Schedule

The following is a schedule of the major events from team selection to Canada Summer Games. Competition dates are estimated and need to be confirmed.

Timeline	Event
10 Dec, 2021	Deadline to submit ergometer test 1
25 March, 2022	Deadline to submit ergometer test 2
27 May, 2022	Deadline to submit ergometer test 3
June 24-26, 2022	Time Trials
June 27, 2022	Final Team Announced.
July 8-10, 2022(Date to be confirmed)	ERA Regatta – Montreal.
July 23-24, 2022(Date to be confirmed)	Nova Scotia Sprints
August 2022	Canada Summer Games



Appendix I - Letter of Intent

I, _____, intend to try out for the 2022 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 2022 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

The use of offensive language will not be tolerated.

Vandalism

Athletes who willfully cause property damage will pay for all damages. If the athlete cannot or will not pay, then the parents will be held responsible. Further disciplinary action will also occur.

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

Attitude

All athletes are to demonstrate a positive attitude and effort toward training. This includes:

- Respect for rules, coaches, officials, and others
- Promptness – being on time
- Willingness and desire to work hard during training and competition
- Demonstrating a positive attitude toward other athletes, coaches, manager, support staff and officials.

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.

Results-Enhancing Drugs for Sport

Rowing New Brunswick Aviron 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).

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 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.

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, sexist comments or behavior
- Unsportsmanlike conduct such as aggressive arguing and fighting
- Curfew violations
- Repeated lateness for or absence from Team activities or functions
- Use of alcohol or cannabis by a minor at any time
- Under the influence of cannabis or alcohol while attending official Team functions as sponsored by RNBA
- Activities or behavior which disrupt competition
- Pranks, jokes or other activities which endanger the safety of others



- Criminal activities, vandalism
- Photos, videos, or comments that are of a sexual nature, or encourage unacceptable, violent, or illegal activity.
- Online activity as part of Team NB that has offensive language in comments, videos, and other posts including threats of violence or derogatory comments regarding race, gender, sexual orientation, or team affiliation.
- Demeaning comments towards other athletes or teams, as well as governing bodies (RNBA, RCA, CIS, CGC, etc.).

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 will 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. 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 weigh 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 to 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 2022) Body weights:

- Men: No individual shall weigh more than 74Kg
- Women: No individual shall weigh 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 prior to the time trials though coach observation.

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	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 when balance is off and makes specific handle height adjustment calls to fix it		
Can dock safely and consistently		



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 all the requirements in the selection procedure, that athlete may still be considered for the 2022 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 hours 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 process for appeal is being updated and will be published during Q4, 2021.



Appendix VI – Concept 2 Ergometer Testing Protocols

All ergometer tests will be 2000 meters and must be supervised by a coach.

The correct drag factor must be set before the test.

Women	110	Lightweight Men	120	Open Men	130
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Prior to starting the test, the PM3 or PM5 monitor must be set for a single distance of 2000 meters. For the PM5 use the following steps

- On the Main Menu, choose Select Workout.
- Select New Workout.
- Select Single Distance.
- On the Set Distance window
 - set the workout distance to 2000,
 - set the split length to 500m
- Once set select the check mark to begin the workout.

Following the test, the athlete can recall the test information in the memory of the ergometer. The athlete is asked to take 2 pictures and send to the Head Coach (GamesCoach22@rowingnb.ca). Figures 1 & 2 provide a sample of the screen information

A picture can be taken showing the time, average split, and average rate. The screen should also display the average split for 500m, 1000m and 2000. This is shown in figure 1. Select the units' button to change the screen to watts. This will look like figure 2.

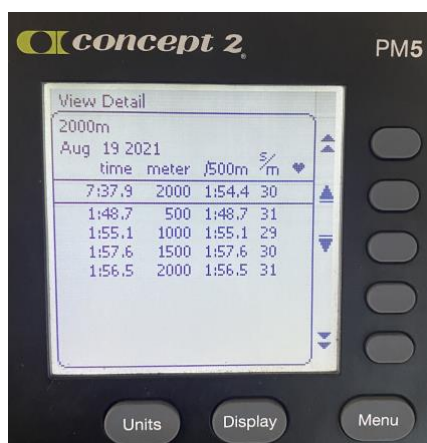


Figure 1

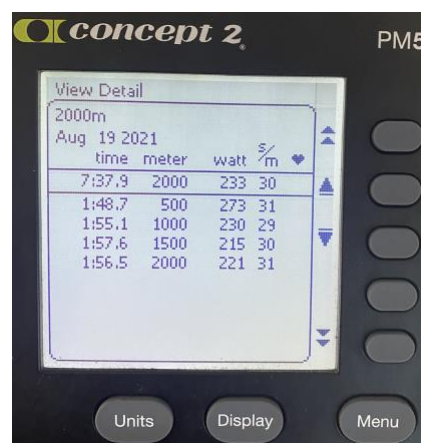


Figure 2

If technical issues make the test splits unavailable, an athlete simply sends the final time, average split, and rate (s/m) to the Head Coach