



Selection Criteria

2017 Jeux du Canada Games

Rowing New Brunswick Aviron Team

Objective

Rowing New Brunswick Aviron will select a competitive team to represent the province at the 2017 Jeux du Canada Games in Winnipeg, MN. The rowing venue will be located in Kenora, ON.

Canada Games Rowing Events:

Male and Female Open 8+, 4-, 4x, 2-, 2x, 1x

Lightweight Men 4-

Lightweight Women 2x

Team Composition

Accredited: Head Coach – Chantelle Hanley, current HP Coach RNBA
Manager—tbd 10 months in advance of Canada Games
Assistant Coach— tbd 6mths in advance of Canada Games
Boatman—tbd 6 months in advance of Canada Games
Driver - tbd 6 months in advance of Canada Games

Maximum of 30 athletes per provincial team:

Men's Team- Up to 14 members of which 4 can be Lightweights + 1 coxswain (male or female)

Women's Team- Up to 14 members of which 2 can be Lightweights + 1 coxswain (male or female)

Team size will be determined after Confirmation Time Trial camp in June 2017.

Eligibility

Coaches:

Any staff listed as coaches on the official registration form must be NCCP fully certified Level 3 in Rowing or have “trained” status in “RCA Performance Coach”. These coaches must be so certified not later than 120 days before the opening of the Games.

Athletes:

In order to be eligible an athlete must be under 21 as of December 31st, 2017 and their year of birth 1997 or later and meet NB residency requirements as defined by The Canada Games Council (Appendix VI).



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

- i) Are members in good standing of Rowing New Brunswick Aviron, Rowing Canada Aviron and a local NB rowing club
- ii) Have signed a letter of intent submitted to the HP Committee by November 15, 2016. (Appendix I)
- iii) Abide by and sign the Code of Conduct as provided by Rowing New Brunswick Aviron (Appendix II).
- iv) Willing to relocate within the province after the Final Selection Camp to train.

Excluded from the Canada Games are:

- i) Athletes that have been National Senior Team members at any time.
- ii) Athletes that have held senior cards (as defined by Sport Canada's Athlete Assistance Program) at any time.
- iii) Athletes that have competed for any nation at any Pan American Games, Commonwealth Games, Olympic Games, or Senior World Championships
- iv) Athletes that hold C cards (including C1) for any length of time between August 2016 and May 2017.

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 2017).

Selection Criteria

The RNBA High Performance Committee 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 High Performance Committee for Approval on June 30, 2017.

The final team will be named no later than July 5, 2017.

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

A) A Letter of Intent (Appendix I) must be sent to the Head Coach or Manager on or before November 15, 2016 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 November 15, 2016. The same appeal procedures will apply as outlined in the Appeal Policy. (Appendix XI)



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B) 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.

Ergometer Test Submissions

Date	Distance	Submit Test Scores to
November 15/2016	RADAR testing 2k, 6k, 1 minute & PP (Peak Performance)	RCA & Head Coach
January 30, 2017	6km	Head Coach
February 28, 2017	RADAR testing 2k, 6k, 1 minute & PP (Peak Performance)	RCA & Head Coach
April 15, 2017	RADAR testing 2k, 6k, 1 minute & PP (Peak Performance)	RCA & Head Coach
May 14, 2017	2000m	Head Coach

All athletes (lightweight and open) 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.

C) All candidates for selection to Team NB **must attend identified workshops and camps.**

All costs associated with these camps and workshops will be the responsibility of the athlete.

If an athlete is unable to attend one of these camps written notification must be sent to the Head Coach, Manager and High Performance Committee outlining why the athlete is unable to attend. Notifications must be received at least 48 hours prior to the start of the camp. All Notifications are to be sent to VP High Performance Donna Bliss at vphighperformance@rowingnb.ca. Exemption situations will be handled on an individual basis as to the acceptability of the reasons for absence.

All interested athletes **must** attend the final selection camp in May 2017



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Camps	Date	Location
Winter Camp	1- 3 January 2017	NB, TBC
March Break Camp	March 4-12, 2017	Georgia, USA
Easter Camp (tbc)	April 14-17, 2017	Ontario, TBC
Spring Camp	April 29 2017	Rothsay/KRC
Selection Camp	Between May 15-30, 2017	TBD (Halifax?)
Time Trial Team Camp	June 27-30, 2017	TBC (Montreal?)

Workshops	Date	Location
Seat race rehearsal and Basic Nutrition *This camp is not mandatory	August 14, 2016	Fredericton
Energy Neutral Training & Nutrition *This camp is not mandatory	September 11, 2016	Rothsay
Training Principles & HR Monitoring and Learn to Love the Erg: How to prepare for races / competition	November 18, 2016	Fredericton, CSC-A
Mental Fitness & Practical Nutrition	February 10-11, 2017	Fredericton, CSC-A
On water Technique & review of Selection Criteria	April 29, 2017	Rothsay
Mandatory Canada Games workshops. Special arrangements for out of province athletes will be made between the athlete and Head Coach.	6pm Friday, Nov. 18 and each Friday thereafter	CSC-A (UNB Campus) Fredericton

Details of the required Winter, Spring, and Summer Camps will be forwarded in advance of each camp.

Draft schedule of workshops, camps, races, etc. associated with Canada Games can be found in Appendix VIII.

D) Time Trials and Seat Race Matrices will be held between May 15-30, 2017. Location is TBD.

Appeals, for inclement weather/storm delays, equipment breakage, and unforeseen circumstances can be presented to the High Performance Committee up to and including June 9, 2017.

Separate time trials and seat racing matrices will be held for Lightweight and Open athletes.



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Rules for Matrix Seat Racing

- When possible one Matrix will be conducted
- Matrices will be divided into 2 or more groups if there is not enough proper equipment to conduct a fair matrix
- In the event of multiple matrices, 2 or more groups will be determined and each group completes a separate matrix:
 - the A Group will consist of the top half of the athletes based on the May 2017 2k ergometer scores
 - the B Group would consist of the bottom half based on the May 2017 2k ergometer scores.
- The top half from the A group matrix are named to the NB Canada Games Rowing Team
- The C Matrix is held with athletes from the bottom half of the A group matrix and the top half of the B group matrix.
- Top athletes from the C matrix are then named to the team
- Athletes named to the team still must compete in the Confirmation Time Trial 27-30 June 2017 to secure a spot in a designated Canada Games boat.

(*the number of athletes participating in the top half and/or bottom half of matrix groups will be determined based on the number of athletes submitting ergometer scores in May 2017)

Confirmation Time Trial:

- During the Time Trial Team Camp a 2000m time trial will be conducted to confirm crew speed in order to be competitive at Canada Games regatta.
- The time trial will assess each crew's relative speed to the RCA's Under 23 Water Time Standards - see Appendix IV
- Designated Canada Games boats must meet 85% of the RCA U23 Water Time Standard to compete at the Canada Games.

Tentative Schedule for Time Trials and Matrix Seat Racing (there will be changes due to number of participants and weather conditions)

Date		Distance	Event
May 19-22, 2017			
Friday	Time Trials	2000m	M1x W1x
Friday	Seat Racing	1000m or 1500m	LW2x
Saturday	Seat Racing	1000m or 1500m	LM2-
Saturday	Seat Racing	1000m or 1500m	M2-
Sunday	Seat Racing	1000m or 1500m	W2-
Sunday	Seat Racing	1000m or 1500m	M2-
Monday	Seat Racing	1000m or 1500m	W2-
Monday	Weather day	Or Any repeats	If needed

Distance for seat racing will be either 1000m or 1500m pending the location of the event.



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E) Commitment, Coach-ability, Sportsmanship (according to true Principles for Sport)

- Commitment - attendance and effort; making choices that put the team goals ahead of personal goals.
- Coachability - the athlete's ability to make psychological, technical, or physiological change suggested by the coaches within the time frame required; willingness to receive, process, assimilate change to adapt under pressure situations.

F) Adherence to administrative procedures (example: getting forms submitted on time)

G) Attendance at practices, camps, workshops, and races.

Coxswains 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 2017.

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

- 1) Results from technical skills analysis – to be completed at March 2017 Georgia Camp and again in May 2017 (Appendix V)
- 2) Athlete and coach input on ability
- 3) Past racing experience and results
- 4) Compatibility with athletes in a selected crew
- 5) Willingness to support coach's direction
- 6) Within 10lbs of the required minimum weight. (Appendix III)



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Appendix I - Letter of Intent

I, _____, have made the decision to participate in the RNBA winter training program 2016-2017 and to try out for the 2017 Jeux du 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.

I understand that relocation to either Rothesay or Fredericton may be required for the 4-6 weeks before the Canada Games in order to train with the crew, and that the Canada Games Rowing Manager will facilitate that process.

Athletes will be informed of the need to relocate in May 2017. Athletes will be expected to relocate in June 2017 after completion of high school exams, if applicable.

Effective Friday, November 18, 2016 all athletes involved with the Canada Games Training Group are required to be in Fredericton at the CSC-A (UNB campus) each Friday evening by 6pm to attend mandatory Canada Games workshops. Special arrangements for out of province athletes will be made between the athlete and Head Coach.

Club Coach _____ Club _____ RCA# _____

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

_____ Male _____ Sculler _____ Lightweight _____ Coxswain
_____ Female _____ Sweeper _____ Open

Athlete Contact Information:

Mailing Address

Phone Number _____ Email _____

Athlete Signature: _____ **Date** _____

Parent/Guardian _____ **Date** _____



Appendix II - Athlete's Conduct and Obligations Policy

All members of the 2017 Jeux du Canada Games NB Rowing Team must exhibit appropriate standards of behavior, attitude, and responsibility effective from the date listed on their Letter of Intent.

Standard of Conduct

a) 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.

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

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 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.

g) 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.



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The following actions will constitute review by the Head Coach or his/her designate:

- condescending talk by an athlete to another athlete or coach
- 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

h) Alcohol

Team athletes shall not consume alcohol at any time during travel to, at, and traveling back from regattas. The penalty will be immediate dismissal from the Team. Such will also be the case for those that obtain beverages for minors.

i) 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.



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j) 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 and RNBA. 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).

a) Infractions

- use of tobacco products by minor
- use of tobacco products by adults at events
- disrespectful, offensive, abusive, racist or sexist comments or behavior
- unsportsmanlike conduct such as arguing
- being late for Team events
- other similar infractions of minor severity
- 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



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- use of alcohol by a minor at any time
- under the influence of alcohol while attending official Team functions as sponsored by RNBA.
- intoxication
- betting or gambling
- activities or behavior which disrupts competition
- pranks, jokes or other activities which endanger the safety of others
- criminal activities, vandalism
- other similar infractions of major severity

b) 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.

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 while wearing their racing clothes
- “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 2017) Body weights:

Men: No individual shall weigh more than 74Kg

Women: No individual shall weigh more than 60.5kg

Athletes submitting test results with weights above the allowances indicated shall be ranked as Open weight athletes and their Erg scores will be calculated against the Heavyweight Under23 Standard.

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 - Erg standards and RCA U23 water time standards:

RCA U23 Water Time Standards and Erg Standards are defined by the Rowing Canada Aviron (RCA).

RCA U23 Water Time Standards (ideal water conditions)

Event water times:	U23 Men				U23 Women			
	GMS	90%	85%	80%	GMS	90%	85%	80%
8+	5:26	5:58	6:14	6:31	6:00	6:36	6:52	7:08
4-	5:48	6:23	6:40.5	6:58	6:24	7:02	7:21	7:40
2-	6:21	6:59	7:18	7:37	6:59	7:41	8:23	9:05
4x	5:39	6:13	6:30	6:47	6:13	6:50	7:09	7:27
2x	6:09	6:46	7:04.5	7:23	6:46	7:27	7:47	8:07
1x	6:41	7:21	7:41	8:01	7:16	7:59	8:21	8:43
Lwt M 4-	5:53	6:28	6:46	7:04				
Lwt W 2x					6:53	7:34	7:55	8:16

RCA Ergometer Standards U23 and JCG U21 Performance Guidelines:

Erg 2k Standards:	100%	90%	85%	80%	75%
U23M	5:47 (1:26.8) 535w	5:59.6 (1:29.9) 481w	6:06.4 (1:31.6) 455w	6:14.0 (1:33.5) 428w	6:22.4 (1:35.6) 401w
U21M	6:08				
U23 Lwt M	6:12 (1:33.1) 434w	6:25.6 1:36.4) 391w	6:33.2 (1:38.3) 369w	6:41.2 (1:40.3) 347w	6:50.0 (1:42.5) 325w
U21 Lwt M	6:35				
U23 W	6:46 (1:41.4) 336w	6:59.2 (1:44.8) 304w	7:08.0 (1:47.0) 286w	7:16.8 (1:49.2) 269w	7:26.4 (1:51.6) 252w
U21 W	7:10				
U23 Lwt W	7:05 (1:46.2) 292w	7:20.0 (1:50.0) 263w	7:28.8 (1:52.2) 248w	7:37.6 (1:54.4) 234w	7:47.6 (1:56.9) 219w
U21 Lwt W	7:30				



Appendix V - Coxswain Technical Skills Analysis:

Coxswain technical skill analysis will be completed in March 2017 at the Georgia Training Camp.

3 main points – steering, execution, technique

Goal: earn rowers trust	Goal: act 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
Demonstrated 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
Used the timing device on the box to execute a practice	Able to adjust voice tone making it appropriate for the	Can adapt a race plan “on the fly” to deal with the situation



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	task : drills, hard work, racing, recovery, etc.	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 VI - 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

- a. 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 P/T 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.
- b. If an athlete is training outside his or her P/T of permanent residence, the athlete may represent the P/T 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:
 - (I) having been a member of a club or Provincial/territorial sport organization in that province/territory for the entire previous or current competitive season
-AND-
 - (ii) having represented that province or territory at a national or regional championship (if applicable),
-AND-
 - (iii) 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.
-OR-
 - (iv) other similar circumstances may be considered.
- C. 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 VIII – Draft Calendar of Canada Games Events

Summer 2016 (June – August)

June 26, 2016 Rothesay, NB – technique camp, on water

July 6-10, 2016 Hampstead, NB – not CG specific, NB High Performance on water camp

Aug 12-13, 2016 NB Time Trials for Provincial Team selection to NRCs, Fredericton

Aug 14 2016 Fredericton, NB – seat race matrix simulation & nutrition (energy neutral training)

Fall 2016 (September – November)

Sept 11, 2016 Rothesay, NB – seat race matrix simulation & nutrition (energy neutral training)

Sept 18, 2016 NorthWest Arm Regatta and Cogswell Harbour Championship – Halifax, NS

Sept 22-25, 2016 National Rowing Championships & Canada Cup, Burnaby, BC

Oct 1, 2016 Head of the 4 Bridges, Fredericton

Oct 3-7, 2016 RADAR Week

Oct 8, 2016 Head of the Housatonic, NY

Oct 15-16, 2016 Atlantic Rowing Championships & Atlantic University Rowing Championships, Antigonish, NS

Oct 22, 2016 Head of the Charles, Boston, MA

Oct 29, 2016 Really Chilli Race, Dartmouth, NS

Nov 4-6 Canadian University Rowing Champs, Welland, ON

Nov 15, 2017 LETTER OF INTENT DUE! And RADAR ergs scores DUE to RCA site.

Nov 16, 2016 Winter Training Begins

Nov 18, 2016 Fredericton, NB – HR monitoring & 7 basic training principles, learn to love the erg – winter training guide



Winter 2016 – 2017 (December – February)

Each Friday over the winter: 6pm the Team will train together at CSC-Atlantic at UNB Fredericton LB Gym

1–3 Jan, 2017 Place TBD in NB– winter camp for team building & focus on Podium Pathways, steps to success, mental toughness, nutrition for weight gain /weight loss

Jan 30, 2017 6000m erg due

Feb 10-11, 2017 Fredericton, NB – Mental fitness, practical nutrition = cooking skills & grocery store tour

Feb 28, 2017 RADAR erg scores due

Spring 2017 (March – May)

March 4-12, 2017 Georgia, USA – on water technique camp, coxing skills development, team building

Apr 14-17, 2017 Easter on water Camp, Ontario, place tbc (likely St Catharines)

Apr 15 RADAR erg scores due

April 29, 2017 Rothesay, NB - hope to be on water for technique assessment – focus on selection process, review appeals process & the requirements for being on the team.

May 14, 2017 2000m erg due

May 19-22, 2017 – Selection Camp – place tbd – possible Dartmouth on the 1000m race course or Montreal or Antigonish on 2000m course? Or in Fredericton and Rothesay

Summer 2017 (June - August)

27-30 June, 2017 Time Trial camp – 2000m time trials in TBD (Montreal? Antigonish?) To confirm crew speed

July 1-2, 2017 Montreal, QC – Eastern Championships Regatta

July 3, 2017 Team NB Rally, Fredericton (TBC)



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July 5-9, 2017 Hampstead, NB – NB Performance & Canada Games Team camp – on water & team building

July 22-23, 2017 Dartmouth, NS – Nova Scotia Sprints Regatta

July 27, 2017 LEAVE FOR CANADA GAMES, to Winnipeg, MN. Flying from Moncton Airport.

July 29- 2 Aug, 2017 Canada Games Regatta, Kenora, ON

Aug 4, 2017 RETURN TO NB

Aug 4 or 5, 2017 Parent & Volunteer Thank You Party!

Aug 8-13, 2017 St Catharines, ON – Royal Canadian Henley Regatta

Fall 2017 (September – November)

Sept 9-10, 2017 Fredericton, NB - -NB Time Trials for National Rowing Championships

Nov 9-12, 2017 NRC & Canada Cup



Appendix XI – 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 2017 NB Jeux du Canada Games Rowing Team. The athlete must advise the High Performance Committee **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 three un-biased members: RNBA President; FRC Designate TBA; and KRC Designate, TBA. Designates will be identified no later than November 15, 2016.

An appeal must be submitted in writing to the President of RNBA within 48 hours after an official team selection has taken place or within 48 hours after any disciplinary action has been levied. The contact information for the President is: president@rowingnb.ca

All appeals will be answered within 36 hours after it has been received.

If an appeals hearing is held the respondent may make submissions and arguments to the appeals committee. It is recommended the respondent is accompanied by one other person.

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 discretion for an improper purpose.



JCG 2017 RNBA Team Selection Criteria

The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding.

CCES Standard Operating Procedures Manual found in the Canada Anti-Doping Policy (CADP) at the Canadian Centre for Ethics in Sport. www.cces.ca

Report Doping Hotline = 1-800-710-cces