



Every opportunity, endless possibilities...

# The King's School Rowing Club 2019-2020 International Representation Guide





## Contents

1. Front cover
2. Contents
3. Overview
4. Levels of Representation
5. Ergo Tests & Linking into the KSRC Plan
6. Projected Costs for 2019-2020
7. Key Points 2019-2020
8. Home Countries – *Wales*
9. Home Countries - *England*

## **Overview**

The King's School Rowing Club has a long history of international representation, both from athletes within the school and former rowers. The club is very proud of its past international athletes who are listed on the honours boards at the club.

To represent your country is the highest honour that you can achieve as an athlete and only the most determined and hardworking athletes will reach this level of representation.

The club fully supports any athlete who aspires to row at the next level, both financially and through the process that athletes are trained and developed on an annual cycle.

The demands of trialling for Great Britain are great, the director of rowing, supported by his coaches will always endeavour to provide the best environment for the clubs rowers. At times the demands of the GB programme are deemed to great and it is important that all rowers understand that their primary goal is to represent the club on the national circuit through the season.

Throughout the process it is important that there is a good level of communication between the athlete, coach and parents. The director of rowing will monitor the athlete's progress and each individual's ability to balance his/her academic work alongside the process, if it is felt that the demands are too great the Director of Rowing will discuss this with the coach and athlete.

The guide has been put together to run through the different areas that need to be considered when looking into gaining representation. It is also important to ask your squad coach about any concerns or issues you have before embarking on the separate pathways.

## Levels of Representation

### Junior World Championships

*To achieve this level a consistent top 15 performance in all trials & ergo's is expected, an ergo score of 6.15 and below for boys, girls 7.15.*

### Coupe de la Jeunesse

*The next 16-20 athletes below the top 15 (Girls 9-20 athletes behind the top 8). An ergo score of 6.25 and below for boys, girls 7.20*

*Qualification through both of the above events is through the GB trials process.*

### J16 Anglo – French Match

*Qualification for this event is from a regatta held at Nottingham on Sunday 28 June. KSRC will be expected to put crews forward for this. Involvement in the GB trials process is not necessary to get into the J16 team. J16s of the standard are expected to join the GB trials process in February.*

### Home Countries International Regatta

*Athletes have two options depending on their heritage/ qualification criteria*

#### England

The team is picked at a National Trial, crews may be Formed by KSRC for the trial. Pre-Registration is required by the Athletes interested in this.

#### Wales

The team is picked through a trials process held in Monmouth/ Cardiff (TBC). The team trains as a squad for two weeks before the regatta.

## Ergo Tests & Linking into the KSRC Plan

- To qualify for the water based trials ergo tests are performed at regular intervals throughout the year.
- These will be submitted by the club upon completion, if you are not able to do the ergo test a medical note from your doctor is required to continue on the GB pathway
- On each ergo test there is a cut off score which must be reached to qualify for the next round of water trials.
- The GB ergo tests have been linked in with the KSRC ergo test plan so that a good test for KSRC can qualify for the GB process.

## Ergo Targets & 2019-2020 standards

- **GB France av. 2k ergo:** boys 6:49.3 & girls 7:47.3
- **Coupe av. 2k ergo:** 6:25.6 & girls 7:18.2
- **Worlds: av. 2K ergo:** boys 6:17.1 & girls 7:14.4

*Obtaining the ergo score above does not automatically mean you will be selected for the team as trials are based on water selection.*

## Projected Costs for 2019-2020 – GB Rowing

Projected British Rowing Costs	Costs (KSRC)	Costs (individual)
<b>Early I.D. Long Distance Trial</b>		
Accommodation	0	50
trailerage	200	0
<b>Entry Cost</b>		100
<b>Junior Potential Camp</b>		
	0	375
train (transport to London)	0	80
<b>Long Distance Trial – Feb. Boston</b>		
Accommodation	120	120
Trailerage	200	0
<b>Spring Assessments</b>		
Costs	300	340
transport	200	50
<b>GB Trials - Nottingham</b>		
Trailerage	200	0
<i>Munich 2020</i>	0	265
<b>Final Trials</b>		
Costs	300	365
transport	200	50
Training Camp (before event)	0	300-500
<b>World/ Coupe</b>	0	800 (min)
Kit		150
transport		150
<b>2017-2018 Totals (est)</b>	<b>£1725</b>	<b>£3395</b>

## Key Points

### GB 2019-2020 Season

- To qualify for the Long distance sculling trial the athletes must go under the required ergo score and be within the top 150 boys & top 75 girls. (*roughly 6:45 for boys & 7:45 for girls*)
- The singles will be towed on the evening before to Boston for the trial. It is recommended that the athletes travel the night before, this transport and overnight booking will need to be arranged by the athletes/parents.
- The same policy will follow for the February trial, a one night stay is required at least for this trial (Saturday night) to this effect one parent should make themselves available for the overnight stay.
- Parental supervision is not required at the spring assessments or final trials, however it may be required the night before each of these trials due to the early start in Nottingham
- The club will not be able to provide transport to the Junior Trial in April, 2018. Athletes will be required to meet the coach at Nottingham on the morning of the April trial.

**It is a big undertaking to partake in the GB trials process with no guarantee's at the end. Athlete's should enter this process with a full understanding of the trials process ahead of them.**

### GB J16 Match

- The club will provide transport to the trial in June at Nottingham
- If the crew qualifies for this event, the coach will remain with the crew throughout the duration and will take on the supervision of the athletes.

### Home Countries (Wales)

- The club will provide the transport of the required boats to this event and to the trials process.
- Parents and athletes are responsible for the transport of the athletes and accommodation to the trials in April & July.

## Home International Selection Policy 2020

### Rowing for Wales

Wales will send teams to the Home International Regatta in 2020.

### Home International Regatta

The Home International Regatta 2020 will be held in Wales.

To represent Wales at the Home International Regatta you must fulfil one of the requirements below and be able to provide evidence in support of your eligibility:

- Having been born in Wales.
- Having a parent or Grandparent born in Wales.
- Having resided for not less than six consecutive months in Wales and having been a member of a rowing club therein during that time.
- Where a rower lives in Home Country A and rows in Home Country B actively for more than six months that athlete may opt once to row for either country.
- Where a rower has competed for Wales before.
- Having been educated in country for 5 years at primary and/or secondary level

**To be included in our monthly newsletter, which will provide details of HIR selection for 2020, please sign up here: [https://www.welshrowing.com/about\\_us.php](https://www.welshrowing.com/about_us.php)**

For juniors, we would recommend attending our development days, which aim to raise the standard of junior rowing in Wales, and to familiarise Welsh athletes with each other in advance of HIR. Email [admin@welshrowing.com](mailto:admin@welshrowing.com) for more details, or sign up to the newsletter above.

**We will be running a residential Land Camp in Cardiff aimed at aspiring Welsh juniors on December 14/15. Further details and registration details can be found [here](#).**

### Ergo Targets

	Men Hwt	Junior Men	J16 Men	Wome n Hwt	Junior Wome n	Men Lwt	Wome n Lwt	J16 Wome n
2k Ergo Score	6.25	6.55	7:05	7:30	7:50	6:45	7:45	8:00
Drag Setting	138	130	130	130	125	135	125	125



## Home Countries Rowing – England (Details of the 2019 event & selection, 2020 details to follow)

The Home International Regatta is an annual competition that sees junior and senior crews from across England, Ireland, Scotland and Wales compete against each other. Each match has a winner; Junior Men, Junior Women, Senior Men and Senior Women, with an overall winner for the whole event.

For some rowers, the England Team is a pathway to the GB Rowing Team. Lightweight rower Charlotte [Taylor](#) won for England in 2014 and then went on to represent Great Britain at the Rio 2016 Olympics. [Graeme Thomas](#) has also taken a similar pathway, representing Wales in 2012 and now representing Great Britain at a World and European level, including being selected for the Rio 2016 Olympic Games.

The Home International Regatta comprises events in the following boat classes:

### Junior men and women

2-, 4-, 4+, 1x, 2x, 4x, 8+

### Senior men and women

2-, 4-, 4+, 1x, 2x, 4x, 8+

Lightweight: 2-, 1x, 2x

### Para-rowing

One woman, one man

## 2019 Home International Regatta

The 2019 Regatta will take place on Saturday, 27 July 2019 at the The Scottish Rowing Centre, Motherwell, ML1 3ED. All races will be over 2000m.

A copy of the selection policy can be found [here](#).

Selection policy for the other home nations can be found [here](#).

### Trials

Both the Junior and Senior Team trials will take place at The Royal Albert Dock, London on Sunday, 14 July 2019.

The Junior men's and women's Coxed fours & single sculls are selected through GB Rowing Team Junior Crew Formation.

Entries for trials will open on Monday, 27 May 2019 on BROE2. There will be an entry fee of £20.00 per seat (excluding coxes).

### Contact details

For any questions relating to the England Team at the Home International Regatta please email Team Manager, [Tim Liversage](#).

## Eligibility

No athlete may row/scull/cox for a country in the Match if he/she has rowed/sculled for another country in the HIR the previous year.

Every competitor must be qualified by one or more of the following conditions:

- Having been born in that country.
- Having a parent or grandparent born in that country.
- Be a resident in that country for 6 of the 12 months prior to the match and be a member of a club in that country during that time.
- If an athlete lives in Home Country A, and rows for a club in Home Country B and has competed for that club for more than the previous 6 months, that athlete may compete for Home Country A or Home Country B.
- Having had 5 years of primary or secondary education in that country.

The Home International Regatta is an event which is linked to the [Performance Talent Programme](#).

As part of the trials process, individuals will be asked to provide anthropometric data as well as information about their training background. Athletes who show the correct characteristics may be invited to be part of the England Talent Pathway programme along with their coaches