



23 October 2023

U19 National Selection – 2024

The U19 national team will be competing in Canada in August of 2024. We invite all interested candidates to enter the U19 selection process. Please ensure you are familiar with the National Selection Policy- General Procedures, in addition:

1. Register on <https://rowsa.co.za/national-squad/> - Before 30 November
2. Submit your 5000m ergo score before 30 November
3. Submit your 2000m ergo score before 30 January
4. Submit 2000m ergo score before 29 February
5. Athletes should participate in a small boat event at South African Schools Championships

Important Note: After the registration deadline, all communication will be through Provincial representatives and the email address provided by you at registration.

Procedure

- Provincial boat development and selection will be discussed by a team including the Junior IC representative, Junior National Head Coach, and the National Head Coach.
- The Junior National Head Coach will oversee the Provincial training program, and all ergo and water data must be submitted through a central database.

Criteria for Provincial Team Inclusion

- I. At the South African Schools Championships, the following achievements are considered:
 - i. Provincial winner of JW 19 1x and JM 19 1x
 - ii. Provincial winner of JW 19 2- and JM 19 2-
 - iii. Provincial winner of JW 19 2x and JM 19 2x
 - iv. Rowing with 2% of the fastest provincial winning time in above mentioned boat classes
- II. 2000m ergo score submitted in the season that are faster than:
 - i. 7:27 for junior woman or
 - ii. 6:27 for junior men

Selection criteria for U19 National team

Provincial crews will be expected to attend a provincial camp. Final selection will be made at the National Selection Regatta, based on a minimum of 2.5% of Selection Regatta performances.





Expectations

Should you wish to be a part of the team, athletes need to have an open approach to the following aspects:

1. **Commitment to Excellence:** The National Head Coach expects unwavering commitment to excellence in both training and performance. Athletes are encouraged to give their absolute best and continuously strive for improvement. Pushing personal barriers
2. **Coachability:** A willingness to learn and adapt is crucial. Prospective athletes should be open to feedback, actively engage in the coaching process, and adjust their techniques and strategies as advised by the coaching staff.
3. **Teamwork and Sportsmanship:** National-level rowing requires a strong sense of teamwork and sportsmanship. Athletes are expected to work collaboratively with their teammates, support one another, and show respect for competitors and officials, embodying the values of fair play.

Calendar

October / November	Registration
November	5000m ergo submission
January	2000m ergo submission
February	2000m ergo submission
March	South African Schools Championships (school crews)
April	Provincial camps & South African Senior Championships (Invited provincial crews)
May	National Selection Regatta (Invited provincial crews)
June	National training camp (selected crews)
August	U19 World Rowing Championships

Best wishes,

Caitlin Dace

Junior National Head Coach

Mobile: +27 72 22 30 731

Email: juniors@rowsa.co.za

Website : www.nationalsquad.co.za

