



10 January 2024

U16 NATIONAL SELECTION – 2024

The U16 National Development team will be competing in England in May of 2024. We invite all interested candidates to enter the U16 process. Please ensure you are familiar with the National Selection Policy- General Procedures, in addition:

1. Athletes and coxes are required to be registered at a South African School
2. All athletes born in 2008
3. Valid passport by end of February 2024
4. Register on <https://rowsa.co.za/national-squad/> - Before 30 January
5. Submit your 2000m ergo score before 30 January.
6. Submit 2000m ergo score before 29 February
7. Results at the South African Schools' Championship in March 2024 will be used for selection:
 - a. **Boys**
 - i. 10 boys
 - ii. The first four places in the JM 16 1x A Final will qualify.
 - iii. The first three places in the JM 16 2- A final will qualify.
 - b. **Girls**
 - i. 10 girls
 - ii. First six places in the JW 16 1x A Final
 - iii. First and second place in JW 16 2- A Final.
8. Transformation
 - i. JIC aims to achieve a 25% transformation target for the tour
 - ii. The JIC reserve the right to select further athletes for the tour based on results throughout the season.
 - iii. Transformation athletes will be included as per the respective selection boats based on fastest prognostic in the following boat classes:
 1. JM16 1x & JM16 2-
 2. JW16 1x & JW16 2-
 3. A semi-final will be included for the U16 Boys and U16 Girls scull event, regardless of the number of entries.

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



COXSWAINS

1. U16 coxswain may apply for position to tour
2. Have a valid passport by end of February 2024
3. Register on <https://rowsa.co.za/national-squad/>

COACHES

1. Any coach may apply for position to tour
2. Coach must be available for squad training from Tuesday after South African Schools' Championships and be able to commit to training 6 days a week.
3. Register on <https://rowsa.co.za/national-squad/>
4. Prerequisites:
 - a. Long term develop career focus
 - b. Have a valid passport by end of February 2024
 - c. First Aid level 1 certificate
 - d. RowSA level 1 certificate
 - e. Guardian or Police Clearance (Sexual offenders)
 - f. Safeguarding certificate

MANAGEMENT

Tour Manager: Caryne Lodge

Head Coach: Kate Christowitz

CALENDAR

November	5000m ergo submission (Optional)
January	Registration
January	2000m ergo submission (Mandatory)
February	2000m ergo submission (Mandatory)
March	South African Schools' Championships (school crews)
April	Boat Selection Gauteng Championships South African Senior Championships (TBC)
May	SASRU Tour



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.

Best wishes,

Trevor Dedlow

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