



14 November 2024

U16 Provincial and National Selection – 2025

The U16 National Development team will be competing in England or Munich in May 2025. We invite all interested candidates to enter the U16 process. Please ensure you are familiar with the National Selection Policy- General Procedures, in addition: <https://rowsa.co.za/official-documents/>

Eligibility

Athletes and coxes are required to be South African citizens

All athletes born in 2009

Valid passport by end of February 2025

Key Steps and Deadlines

1. Register on <https://rowsa.co.za/national-squad/> by 30 November
2. Submit your 2000m ergo score by 30 January, and 28 February
3. Results at the South African Schools' Championship in March 2025 will be used for selection:
 - a. **Boys**
 - i. 10 boys
 - ii. First four (4) places in the JM 16 1x A Final.
 - iii. First three (3) places in the JM 16 2- A Final
 - b. **Girls**
 - i. 10 girls
 - ii. First six (6) places in the JW 16 1x A Final
 - iii. First two (2) placed in JW 16 2- A Final.
4. 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.



Coaching Requirements

1. Register on <https://rowsa.co.za/national-squad/> by 30 November (every year)
2. Prerequisites:
 - a. Career focus on long-term athlete development
 - b. Valid passport, First Aid Level 1, RowSA Level 1, police clearance, and safeguarding certificate

Management

Tour Manager: TBC announcement will be made by Schools Boatrace

Head Coach: TBC announcement will be made by Schools Boatrace

Calendar

November	5000m ergo submission (Optional)
November	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	U16 development 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 or boundaries.
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,

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