

14 November 2024

## U19 Provincial and National Selection – 2025

The U19 national team will be competing in Lithuania in August 2025. We invite all interested candidates to enter the U19 selection process. Please ensure you are familiar with the National Selection Policy - General Procedures: <https://rowsa.co.za/official-documents/>

### Eligibility

All athletes and coxswains born between 2007 - 2009 are eligible, including those from clubs and schools.

### Key Steps and Deadlines

- Register on <https://rowsa.co.za/national-squad/> by 30 November
- Submit a 5000m ergo score by 30 November
- Submit a 2000m ergo score by 30 January, 28 February
- All ergo scores should be submitted through provincial reps on the designated spreadsheet.
- Athletes must participate in a small boat/s event at South African Schools Championships, quads, fours and eights are NOT a considered for inclusion.

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

### Provincial Representatives

|              | Contact person | Email  |
|--------------|----------------|--|
| Eastern Cape | Ed Goodier     | e.goodier@sacschool.com  |
| Gauteng      | Darryn Roff    | roffd@stbenedicts.co.za  |
| KZN          | TBC            | TBC  |
| Western Cape | Jame Buchanan  | james.buchanan@rondebosch.com  |
| Other        | Caitlin Dace   | <a href="mailto:Sa.junior.rowing@gmail.com">Sa.junior.rowing@gmail.com</a> |

### 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. Using this link: [Training Data link](#)



## Criteria for Provincial Team Inclusion

1. At the South African Schools Championships, the following achievements are considered:
  - a. Provincial winner of JW 19 1x and JM 19 1x
  - b. Provincial winner of JW 19 2- and JM 19 2-
  - c. Provincial winner of JW 19 2x and JM 19 2x
  - d. Rowing with 2% of the fastest provincial winning time in above mentioned boat classes
2. 2000m ergo score submitted in the season that are faster than:
  - a. 7:27 for junior woman or
  - b. 6:27 for junior men
3. Development Focus
  - a. U17 athletes, athletes of colour, and female athletes are encouraged.

## 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

## Selection criteria for U19 National team

- Provincial teams must attend an April/May provincial camp.
- Final selection will occur at the National Selection Regatta, with performance within 2.5% of Selection Regatta standards.

## Expectations

- **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
- **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.
- **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

|          |  |
|----------|--|
| November | Registration   |
| November | 5000m ergo submission  |
| January  | 2000m ergo submission  |
| February | 2000m ergo submission  |
| March    | South African Schools Championships (small boats)                                |
| 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   |

\*Supply doctors note if athlete is unable to trial

Best wishes,

Trevor Dedlow

**Junior International Commission Chair**

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Website : [www.rowsa.co.za](http://www.rowsa.co.za)

Caitlin Dace

**Junior National Head Coach**

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