

17 November 2025

U16 Development Squad Selection – 2026

The U16 National Development Squad will be competing in an international tour in 2026. 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/>

Squad Objective

The objective of the U16 Development Squad is to provide an enriched training and racing experience to selected Under 16 athletes, through exposure to a high-performance training environment. The emphasis is not on forming priority crews and medalling but rather on developing basic skills, learning multiple disciplines and adapting to shifting crew environments.

Eligibility

All athletes and coxes are required to be South African citizens.

Be born in 2010.

Hold a valid South African passport by the end of February 2026.

Key Steps and Deadlines

1. Register on <https://rowsa.co.za/national-squad/> by 30 November 2025.
2. Submit your 5000m ergo score by 30 November 2025.
3. Submit your 2000m ergo score by 31 January, and 28 February 2026.
4. The selection requirements are currently being reviewed and will be published shortly, however results at the South African Schools' Championship in March 2026 will be used for selection.

Transformation

- i. The JIC aims to achieve a 25% transformation target for the tour.
- ii. The JIC reserve the right to select further transformation athletes for the tour based on results throughout the season should insufficient transformation athletes qualify automatically.
- 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 through the email address provided by you at registration.



Coaching and Management Roles

All coaches who wish to be selected for either a coaching or management role are requested to refer to the International Commission's request for coach and management registrations published under separate cover.

A Head Coach and Tour Manager will be announced by the end of December 2025.

Calendar

November 2025	5000m ergo submission (Mandatory)
November 2025	Registration
January 2026	2000m ergo submission (Mandatory)
February 2026	2000m ergo submission (Mandatory)
March 2026	South African Schools' Championships (school crews)
April 2026	Boat Selection Gauteng Championships South African Senior Championships (TBC)
May 2026	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.

Trevor Dedlow

Junior International Commission Chair

Email: head-junior-IC@rowsa.co.za

Website : www.rowsa.co.za

