

17 November 2025

U19 National Selection – 2026

The U19 national team will be competing in Bulgaria in August 2026. 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 2008 - 2010 are eligible, including those from clubs and schools.

Key Steps and Deadlines

- Register on <https://forms.gle/qx5kbMRuwUx6TmrdA> by 30 November 2025
- Submit a 5000m ergo score by 30 November 2025
- Submit a 2000m ergo score by 30 January, 28 February 2026
- All ergo scores should be submitted by your club coach to sa.junior.rowing@gmail.com.
- Athletes must participate in a small boat/s event at South African Schools Championships, quads, fours and eights are NOT considered for inclusion.

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

Process

Athletes wishing to be selected for the Junior National Squad will need to achieve selection to their Provincial Squad. Provincial crews will be invited to compete at the Selection Regatta in May 2026 at which Junior National Squad crews will be selected.

The selection criteria for both the Provincial and National Squads are currently under review and will be published shortly. In the interim athletes are encouraged to register, submit their ergo data and row small boats.

Coaching Requirements

Any coaches or managers who wish to stand for selection to either the Provincial or National Junior Squads are requested to refer to the IC's Request for coach and management document published under separate cover and respond accordingly.

It is envisaged that the Head Coach and Tour manager appointments will be made by the end of the year.



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

Trevor Dedlow

Junior International Commission Chair

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

Website : www.rowsa.co.za

Executive Committee: B Burnand (President), C Thompson (Vice President), B Sihole, C Muirhead, D Roff, K Christowitz, L Fortuin, P Dabrytski, R di Clemente, R Dellbridge, G du Toit

