

# TORRIDGE

## Pilot Gig Club



### Selection process for both men and ladies' competitive rowers:

The below outlines the process Selectors will follow for our club rowers who wish to be considered for competitive rowing.

For training purposes, rowers will be divided into **squads**, following the set of guidelines. When there is an upcoming event or regatta, the Selectors will decide on the **crews**, which will be based on an additional set of criteria.

### Squad selection criteria:

Squads will comprise of approx. 7 or 8 rowers.

A rower's **technique** will be considered, evaluated against the Torriddle stroke (with feedback from coxswains and/or observations made by the Selectors).

Selectors will aim to form **age-appropriate** squads, where possible.

**Commitment to training**, club and weekly rows will be monitored, with Selectors looking for approx. 75% attendance on a regular basis. Captains to help by reporting to Selectors, if necessary.

A rower's '**coachability**' and **willingness to improve** by adopting and practicing suggested technique tips will be considered, with Selectors requesting feedback from coxswains.

**Ergo times** will be a factor and rowers are expected to submit their times to either Captains or Selectors at the end of January, May and September. Rowers will be expected to complete; a 2K distance, with a stroke of 24, and a drag rate of 130, (to evidence this for Selectors, ideally rowers will go into the settings > History and photograph the splits, there is also an app which is compatible with all PM5 Concept2 rowers, including our own at the Garage).

Selectors will consider the individual's **potential** – this will be measured by Selectors, coxswains and Captains, looking at fitness and technique.

And finally, **fostering squad spirit** - eg team player attitude, supporting squad members

### Crew selection:

The Selectors will base their decisions for racing crews use the following criteria;

Selectors will only choose from the **names on calendar** – For typical regattas the deadline for adding your name for selection is 2 weeks before the regatta. For special events (e.g. World Championships, Great River Race and Three Rivers Race) an earlier deadline may

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apply. Anyone can put their name down for any of the regattas, but there is no guarantee that you will be selected.

Selectors need to ensure that each seat is filled appropriately. There are many factors which play a part in this decision but will include whether a person rows **Bow side/Stroke side**, how well they row as a pair, and the balance of the crew, are all considered.

For CPGA events Selectors will only select **CPGA members**.

Selectors will consider if a rower has a **competent and confident rowing technique** in all conditions, to ensure the safety of the crew as well as the individual.

A rower's **fitness**, including ergo times, will be a factor in the selection process to make sure the crew is properly balanced.

Selectors will aim to provide **competitive crews**, and in mixed races will consider the best rowers eligible to qualify for the race. If selected for a particular crew, the selectors' decision will be final. Withdrawal without a reasonable cause will be viewed as unsupportive.

**Commitment to the club** will be assessed, and the rowers who only race for this club will be selected. On the day at a regatta – any rower is able to fill in for other clubs to help out (this is ok) and this will not impact the selection process for any future Regattas.

The Selectors will use these guidelines to help inform the decision process, to ensure the selection is transparent and based on clear criteria. Selectors will also be able to provide clear feedback on why a rower has not been selected, and in which areas they need to improve.