

2010 SELECTION PROCEDURES

*2010 Junior World Championships
August 4-August 7, 2010
Racice, Czech Republic*

REQUIREMENTS OF ALL POTENTIAL NATIONAL TEAM MEMBERS

Eligibility:

The USRowing National Team selection process is open to all athletes who meet all the following criteria:

- Hold United States citizenship at the time of trials or by the end of selection camp
- Hold current membership and be in good standing with USRowing
- Complete a 2010 USRowing Athlete Agreement and Consent Form and adhere to the USRowing Code of Conduct
- Must be born in 1992 or later.

Athletes are encouraged to check the status of their USRowing membership by calling 800.314.4ROW or online at www.usrowing.org, and to renew it if necessary, at least 30 days prior to the date of trials. This will allow time for USRowing to process new or renewed memberships. Do not leave these critical eligibility requirements to the last minute.

Drug Testing:

All athletes participating in selection for the national team are subject to drug testing administered by representatives of the United States Anti Doping Agency (USADA) or FISA. Athletes who violate USADA, IOC, USOC, WADA, FISA, or USRowing rules relating to banned substances will be subject to penalties as established by the respective organization. Athletes are responsible for calling the USADA drug hotline (800.233.0393) prior to taking any medications and making sure the medication they are taking is not on the banned list. A complete guide to banned substances is available by contacting USADA Drug Control and Education Program (800.233.0393) or USRowing (609.751.0708)

SELECTION CAMP PROCEDURES

Selection Camp Events (M8+, M4+, M4x, W8+, W4-, W4x):

The M8+, M4+ and the M4x will be selected at the Selection Camp and recommended to the nomination committee by the Junior Men's National Team Coach. The W8+, W4- and W4x will be selected at the Selection Camp and recommended to the nomination committee by the Junior Women's National Team Coach.

Invitation of Athletes to Selection Camp:

Selection Camp invitations will be sent by the Junior Men's and Junior Women's National Team Coaches to junior men and women, respectively. More information regarding the junior national team selection process, as well as deadlines for submission, may be found at www.usrowing.org.

All candidates proposed for invitation to Selection Camp, and for selection to the Camp Boats, will be evaluated according to the following criteria:

- Performance at the 2009-2010 Junior Identification Camps
- Video and audio tapes of performance
- Competition results during the 2010 season
- 2009-2010 National Team Testing results and other trials held throughout the year
- Letter of recommendation
- Athlete's ability to match the style and technique of the crew as determined by the designated coach
- Physical and physiological characteristics, e.g. height, weight.

Composition of the National Team Head Coaches and the Nomination Committee:

a) The National Team Head Coaches shall be comprised of the National Junior Women's Head Coach, Justin Moore, and the National Junior Men's Head Coach, Colin Campbell (or any replacement). Each coach shall be responsible for making recommendations relating to a boat that he/she will coach. In making recommendations called for under these Selection Procedures, each National Team Head Coach may seek input and information from other coaches as he/she deems appropriate.

b) The Nomination Committee shall be comprised of each of the National Team Head Coaches; the Junior High Performance Committee co-chairs, Craig Hoffman and Gil Roehrs; the USRowing Board Representative or Alternate Representative to the USOC AAC, Tyler Winklevoss or Mary Whipple.

Dates and Locations of Selection Camps:

- M8+, M4x and M4+ will be held at Mercer Lake, West Windsor, NJ from June 14 to July 5, 2010
- W8+ and W4- will be held at USCGA, New London, CT from June 16 to July 5, 2010.
- W4x will be held at GMS Rowing Center, New Milford, CT from June 14 to July 5, 2010

The end date of the Selection Camps may be earlier than the dates listed above.

Selection Camp:

a) At the Selection Camp, each National Team Head Coach will recommend crews for the boat(s) he/she will coach based on the following factors, which are listed in no particular order:

- 2009-2010 National Team Testing
- Athlete's compatibility with rest of crew

- Competitive performance during training sessions
- Overall performance at the Selection Camp
- In the case of coxed events, the cox's weight

b) Results of measurable competitive processes at the Selection Camps, e.g. time trials and seat racing, will be posted in a public location for athletes to review, in most instances within 24 hours of the end of practice. USRowing will keep written records of the data used to evaluate athletes in the selection process for a period of six months after the 2010 Junior World Championships.

c) All recommendations shall be made by the National Team Head Coaches by July 12, 2010.

d) The recommendations of the National Team Head Coaches shall be subject to review of the Nomination Committee and must be approved by the Nomination Committee to be effective.

e) If a crew nominated by the National Team Head Coaches and approved by the Nomination Committee satisfies all eligibility criteria, then that crew will represent the United States at the 2010 Junior World Championships.

TRIALS PROCEDURES

Trials Events (M4-, W2x, M2x, W2-, M2-, W1x, M1x)

Trials will be held as follows for the indicated boats:

| <u>Trials Events</u> | <u>Dates</u> | <u>Location</u> | <u>Entry Deadline</u> |
|----------------------------|------------------|------------------|-----------------------|
| M4-, M2x, W2x, M1x, W1x | June 23-26, 2010 | West Windsor, NJ | June 11, 2010 |
| W2-, M2-* | July 5-8, 2010 | West Windsor, NJ | June 25, 2010 |

*The W2- and M2- trials event will run as a separate trials event in West Windsor, NJ, July 5-8, 2010.

The winning boat at the Trials for each of these events will represent the United States at the 2010 Junior World Championships provided that the boat satisfies the Eligibility Criteria and declares his/her intent to compete in the 2010 Junior World Championships, in writing, to Elpi Pagitsas, the USRowing Programs Manager, no later than two hours after the finals race has been declared official.

Each winning crew is required to propose a coach at the Trials, who is required to travel with the crew for the length of the World Championships, including roundtrip travel with the crew.

Coaches will travel as members of the USRowing Junior National Team contingent and will be under the direction of the Team Leader and appropriate Junior National Team Head Coach. Each winning crew is required to pay, **at the trials site**, a fee to cover local travel and housing expenses for the 2010 World Championships. The fee amount will be posted on the USRowing

website by June 19, 2010. Trials winners may be responsible for their own boat arrangements/costs and travel costs to World Championships.

Team Boats Trials Procedures

All trials will be run according to the Trials Rules set forth in the USRowing Rules of Rowing unless superseded by these Procedures.

Format for Selection Trials:

Depending on the number of entries in each event, a head race style time trial and finals will be conducted at selection trials following a modified FISA progression system as follows:

All events will follow a modified progression system with a “two out of three” final progression format. Each event with more than one entry shall consist of a minimum of two finals races with a third finals race if necessary. Due to course configurations, races will follow a 4-lane progression system.

Initial 4-lane Progression:

If there are four or fewer entries, all crews are placed in the first final. If there are five or more entries, crews advancing out of the time trial are placed in the first final; all others are eliminated. Once a particular progression in any given event has begun, scratches throughout the event will not warrant any change in the method of progression.

The following shall constitute the forms of progression for four-lane racing:

| Number of Entries | Heats | Advance in Each Heat |
|--------------------------|----------------|-----------------------------|
| 1-4 | 0 | - |
| 5+ | 1 (Time Trial) | 1 st 4 |

Finals Format & Seeding – All Trials Boats:

Under the “two out of three” progression system, all crews advancing to the finals round shall automatically compete in the first finals race. The heat results will be used to determine lane assignments in the first final. The first three places from the first finals race shall then advance to race in the second finals race. If the same crew wins both of these races, it shall be considered the winner of the event. Otherwise, a third race shall be held between the winners of the first two finals races only, and the winner of the third race shall be considered the winner of the event.

The assignment of lanes for finals shall be assigned according to the order of finish in the previous level of competition. Should no previous level of competition exist, the draw will be randomized.

Changes in the Form of Progression:

Once the form of progression has been published according to the number of entries received, it may be changed under the following circumstances:

1. By USRowing staff, no less than two hours before the scheduled time of the first race in the event, if due to scratches, the reduced number of entries would call for a different form of progression under the applicable progression system.

2. By USRowing staff any time before the first race in the specific event, if due to scratches the event would be reduced to a final only, with no heats, under the applicable progression system.

If USRowing staff change the form of progression they shall continue to utilize the same seeding excluding those entries dropped to determine the composition of heats and lane assignments.

Tentative Racing Schedule for Junior Trials, June 23-26* (Weather Permitting):

Wednesday, June 23: Athlete Meeting

Thursday, June 24: Time Trial

Friday, June 25: Finals Race #1 and Finals Race #2

Saturday, June 26: Finals Race #3 (will only be held if necessary)

Tentative Racing Schedule for Junior W2-, M2- Trials, July 5-8* (Weather Permitting and subject to change):

Note: Day 1 is Monday, July 5, 2010.

Day 1: Athlete Meeting

Day 2: Time Trial

Day 3: Final #1 and Final #2

Day 4: Final #3 (will only be held if necessary)

*Dependent upon number of entries and subject to change

General Trials Rules

Trials Weight Requirements:

Coxswains: male coxswains must weigh a minimum of 55kgs. (121.25 lbs.). Female coxswains must weigh a minimum of 50 kgs. (110.23 lbs.). A coxswain may only carry a maximum of 10 kgs. (22.04 lbs.) dead weight to meet this minimum standard.

Rules of Racing:

All athletes must abide by all trials rules and safety procedures set forth in the USRowing Rules of Rowing.

Boat Weigh-In:

All boats are required to be at weight according to the FISA Rules of Racing. It is the responsibility of the athletes and/or their coaches to have their boats at weight. All boats will be subject to “weight checks” during the course of the trials procedure. Any crew, whose boat is found to be under the minimum weight as a result of a weight check, will be disqualified. A scale will be provided at the trials course following the athletes’ meeting as well as throughout the remainder of the trials procedure. Athletes are strongly encouraged to weigh their boats well in advance of the start of the race.

Athlete Check-In:

A representative of each boat will be required to attend and confirm their participation at the roll call during the Athletes’ Meeting. Any crew failing to have at least one representative present at the meeting is subject to disqualification. All athletes and coaches are responsible for abiding by any information given out by USRowing staff during the athletes’ meeting.

Declaration of Intent to Compete:

Within two hours after a race which results in the determination of a winning crew is declared official, the winning crew must declare in writing its intention to compete in the World Championships. If the winning crew declines, the second place crew must declare its intention to compete. This digression in finishing place will continue through the third place crew. This digression will not continue past the third place.

USRowing Code of Conduct Agreement & USRowing Team Agreement:

All national team athletes, coaches, and staff selected to the Junior World Championship Team must sign and adhere to the USRowing Code of Conduct, as well as the 2010 Team Agreement prior to being authorized to travel to the World Championships.

Selection of Replacements:

The Junior Men’s and Women’s National Team Head Coaches in consultation with the co-chairs of the Junior High Performance Committee, Craig Hoffman and Gil Roehrs, and USRowing staff will select the male and female replacements for the Junior World Championships.

Replacements to the World Championships will only be substituted into an existing crew for any of the reasons listed in the “Removal of an Athlete from the World Championship Team or World Championship Team Boat” section listed subsequently.

All proposed candidates will be evaluated according to the following criteria:

- 2010 Junior World Championship Trials results
- Performance at the 2010 Junior National Team Identification Camps
- Performance at the 2010 Junior National Team Camps
- Competition results during the 2010 season
- 2010 Junior National Team Testing results and other Trials held throughout the year
- Athlete’s ability to match the style and technique of the crew as determined by the designated coach
- Physical and physiological characteristics, e.g. height, weight.

Selection of Coaches:

The winning crews from the Junior World Championship Trials, may propose one coach for their boat to the World Championships. The Nomination Committee will then select the team coaches based on the criteria listed below. World Championship Team Coaches will be named no later than three days after the last day of the junior trials.

All proposed candidates will be evaluated according to the following criteria (listed in order of priority):

1. The number of available coaching positions on the team
2. Demonstrated commitment to the crew throughout the year
3. Demonstrated commitment to the National Team throughout the year
4. Choice of and compatibility with the selected crews
5. Number of athletes on the team trained by a particular coach
6. International coaching experience
7. Domestic coaching experience

Selection of other staff:

USRowing Programs staff will select the team manager and other related staff.

Removal of an Athlete, Coach, or Staff Member from the World Championship Team:

A team member may be removed from the team for any of the following reasons:

- A team member may remove himself/herself.
- For behavior in violation of the USRowing Code of Conduct or the 2010 USRowing Team Agreement. Such removal may only take place after a hearing conducted in accordance with the expedited Grievance procedure outlined in Article IX, Section J of the USRowing By-Laws.

In addition, an athlete may be removed from the team under the following circumstance:

- A USRowing team doctor, after consultation with the athlete and the coach of that boat, may declare an athlete medically unable to compete because the athlete's physical condition would inhibit the performance of the boat per the doctor's diagnosis.
- An athlete is not in compliance with USADA/FISA/WADA/IOC/USOC/USRowing anti-doping policies.

Replacement of an Athlete:

If an athlete on the team is unable to continue at any time (as specified above under "removal of an athlete"), the coach of the boat will select a substitute for that crew from any of the replacements or any other existing team members. The newly-selected athlete must be in agreement with such a selection. If the replacement of an athlete has created a vacancy in an existing boat, a new team member (s) may be identified using criteria listed in the "selection of replacements" criteria. The appropriate National Team head coaches must approve such a selection. All athletes selected to the World Championship Team as a result of the trials

procedures detailed above shall race at the World Championships in the same boat in which they were selected to the team, except that any of the national team head coaches, if coaching more than one team boat, may alter the lineups only of those specific team boats they are coaching. An athlete affected by these changes may not be removed from the World Championship Team.

FUNDING:

USRowing will not be able to provide funding for the Junior National Teams and the Junior World Championships in 2010. The team may derive funding from other sources including the National Rowing Foundation, team fund-raising efforts, and self-funding. For trials boats, a fee for local travel and housing costs at World Championship must be submitted by trials winners for the athlete(s) and coach at the conclusion of trials, and **no later than June 26, 2010** in USD. In the case of the W2- and M2- funds must be submitted by trials winners for the athlete(s) and coach at the conclusion of trials, and **no later than July 8, 2010 in USD**. Bank check, cash and VISA or MasterCard are accepted forms of payment. Trials winners are responsible for their own arrangements and costs for overseas airfare to and from the Junior World Championships. Boat rental is not included in the estimated cost.

QUESTIONS:

Any questions on these procedures can be referred to any USRowing programs staff at: Elpi Pagitsas 609.751.0708 or elpi@usrowing.org

Questions may also be directed towards the co-chairs of the Junior High Performance Committee:

Gil Roehrs 610-363-7999 gilroehrs@roehrs.com

Craig Hoffman 610-812-6957 choff69845@aol.com