



Broxbourne Rowing Club

Crew Selection Protocol

Aim

The aim of this protocol is to ensure a fair and transparent approach to the selection of racing crews. All members of the racing squad should have the opportunity to participate in events that are suited to their individual skill levels, fitness, and overall ability, so that both the club and the rower gain a positive experience. The crew selection process is intended to be a collaborative effort between the Vice-Captain (VC), the coach and/or a senior member of the squad. If agreement cannot be reached, the Captain will be consulted for a final decision.

Process

1. Racing plans are agreed and shared seasonally
2. Rowers are required to update Fitclub with availability and interest in events once these are posted.
3. A Selection Panel will meet to agree crew selection and will comprise of:
 - Vice-captain (VC)Plus:
 - Coach (if a coach is not allocated to a squad, one should be requested)
 - Senior rower – elected by the squad who will represent the rowers and ensure fairness in the selection process.
4. Where possible, crew selection starts 6 to 8 weeks prior to a race, and final selection will be confirmed 3 – 4 weeks prior to a race.
5. The VC or coach may choose to make changes to any crew where completion of set training is not being completed in the lead up to any races.

The following 5 areas will be reviewed and assessed during crew selection:

Area for consideration	How
1. Technical ability - individual technique in performing a rowing stroke	Observations and ranking system held by the Coach (if allocated), which will be shared with the VC and Senior Rower during the selection process
2. Boat moving ability – cohesion and adaptability into a crew	Data from crew races and training observations. Time trials/seat racing will be used where appropriate.
3. Ergo scores- referenced in terms of weight age, height and final score and consistency of split	5k – 1k - 2k - 30 mins
4. Commitment to completing weekly set training programme;	Date held by the Coach or VC, as shared by rowers
5. Availability to train for an event in the lead up	Prevailing method of availability sharing

Event Withdrawals and Fees

If a crew withdraws after the point at which a refund is no longer available, the crew will remain responsible for covering the fees. If the VC or coach withdraws a crew after a refund is no longer possible, the circumstances and responsibility for boat fees will be discussed with the crew.

Other Considerations

Additional factors that may be taken into account when selecting crews include:

- The standard of the event, e.g. non-championship event at Masters Nationals
- Rowing preferences, such as bow/stroke, scull/sweep, steering, etc.
- Age (for masters' categorisation)
- Current ranking and personal goals – for example, this may apply to development rowers

Appeals

Any rower may meet with the selection team to discuss their selection. If the matter cannot be resolved, the Club Captain may be requested to attend a meeting with the Selection Team and the rower to provide a final decision on the selection.