



**Row Nova Scotia Provincial Team**  
**2017 Jeux du Canada Games Rowing Team**  
**Selection Document**

The 2017 Jeux du Canada Games will be held in Winnipeg, Manitoba, with racing occurring in Kenora, Ontario from July 27 to August 4. The Canada Summer Games occur once every four years, and are Canada's largest multi-sport interprovincial games. Selection to represent Nova Scotia at the Jeux du Canada Games will be highly competitive and highly selective. Only athletes who achieve the highest standards of selection will be selected to the team.

Selection will take place throughout the winter and spring of 2017. Selection will be based on the following criteria

**Eligibility:**

All athletes wishing to be selected to the 2017 Nova Scotia Canada Games Rowing Team must be:

- Under the age of 21 (birth year of 1997 or later) in 2017.
- Must be a Canadian citizen or Permanent Resident.
- Be members in good standing with Rowing Canada, and Row Nova Scotia as of April 1, 2017.
- Abide by the Row Nova Scotia and Canada Games Code(s) of Conduct (Appendix A).
- Must meet all eligibility requirements as laid out in the Rowing Technical Package.

[https://www.google.ca/search?client=safari&rls=en&q=Canada+Games+Code+of+Conduct&ie=UTF-8&oe=UTF-8&qfe\\_rd=cr&ei=LfYtWPauKa7M8Af84aCIBQ#q=Canada+Games+Rowing+Technical+Package](https://www.google.ca/search?client=safari&rls=en&q=Canada+Games+Code+of+Conduct&ie=UTF-8&oe=UTF-8&qfe_rd=cr&ei=LfYtWPauKa7M8Af84aCIBQ#q=Canada+Games+Rowing+Technical+Package)



## **Events:**

### **Men's Events:**

Single Scull (M1x)  
Double Sculls (M2x)  
Quadruple Sculls (M4x)  
Pair (M2-)  
Four (M4-)  
Lightweight Four (LM4-)  
Eight with coxswain (M8+)

### **Women's Events:**

Single Scull (W1x)  
Double Sculls (W2x)  
Quadruple Sculls (W4x)  
Lightweight Double Sculls (LW2x)  
Pair (W2-)  
Four (W4-)  
Eight with coxswain (W8+)

## **Selection:**

To be considered as a member of Team Nova Scotia for the 2017 Canada Games athletes must:

1. Participate in NSPT Assessment Camps (Oct/Nov 2016; Jan 2017; Feb 2017; April 2017; May 2017).
2. Have submitted a completed Application Form/Letter of Intent to the Canada Games Team Manager, no later than 5:00PM (Atlantic) on Thursday April 27. Applications may be sent to [coach@rowns.ca](mailto:coach@rowns.ca).
3. Have completed and submitted their 2016/17 RADAR scores (Peak Power, 1min, 2000m, 6000m) to the Provincial Team coach [coach@rowns.ca](mailto:coach@rowns.ca) prior to the application deadline.
4. Athletes will have to have met the minimum ergometer standards to be invited to participate in the Small boat selection Trials.

U-21 Hwt Men	U-21 Lwt Men	U-21 Hwt Women	U-21 Lwt Women
6:40	7:10	7:48	8:10

*\* Please note that achieving these 2Km ergometer times will not constitute selection to the 2017 Nova Scotia Canada Games Team. They are the bare minimum times required to be considered for the next stage of selection to the team.*

5. Small Boat Trials (May 21) Lake Banook, Dartmouth, NS. Athletes will trial 2x1000m to demonstrate small boat speed. A rank order will be determined from these trials. Based on the rank order successful athletes will be invited to

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6. continue with the selection process and compete in further crew boat selection events (matrices) on May 22, as well as June 10 & 11. A sculler or pair achieving a cumulative on water GMS percentages must be greater than 92% at these trials will be automatically selected as the single or pair representing Nova Scotia at the 2017 Canada Games.

Trials Schedule:      Sunday May 21 AM: Men's 1x and Women's 2-  
   Sunday May 21 PM: Women's 1x and Men's 2-.

7. Crew Boat Ranking via Matrices, Seat Racing and Time Trials (from May 22 through June 10-11); as deemed necessary by the Provincial Coach.
8. Coachability, performance in training sessions, technical proficiency and performance in crew boats, and weight management (for lightweight athletes and coxswains).
9. Eastern Rowing Association Championships Regatta and Canada Games Team Training/Selection Camp (June 29-July 7), in Montreal, PQ. \*Preliminary crew selections will be tested at this event. Should the Provincial Coach determine further crew selection is appropriate it will be conducted during this camp.

The Provincial Coach and the Canada Games Selection Committee will consider all of the above selection criteria when selecting the final Team. Following selection boating orders and crew assignments may be changed at the coach's discretion in order to maximize boat speed and team performance any time leading up to the Canada Games.



**Pre-selection:** Athletes may be preselected to the Row NS Canada Games Team if they meet the following criteria:

1. Athletes who have been selected to competed for Canada during the 2017 year at a:
  - a. World Championships (Junior, U23, Senior)
  - b. National Team Development regatta (Henley Royal Regatta, Holland Beker)
  - c. World Cup
  - d. Commonwealth Rowing Championships
  - e. FISU/World University Rowing Championships
  - f. US Rowing National Championships
  - g. CanAmMex
  
2. Meet the Pre-selection 2Km Ergometer Standards listed below:

U-21 Hwt Men	U-21 Lwt Men	U-21 Hwt Women	U-21 Lwt Women
6:08	6:35	7:10	7:30

\*from Appendix 3 in the Canada Games Rowing Technical Package - Performance Guidelines

**Out of Province Athletes:** Athletes who are training at an out of Province University, club or National Training Center and cannot trial at the Team NS Selection events must meet the pre-selection standards listed above.

**Exemptions:** Exemptions will be considered, if an athlete has a valid medical condition which is supported by a Medical Doctor's note, provided the athlete will be ready compete at the Canada Games's and has a strong history of performance in past RADAR testing and 2000m racing at the National or International Level.

**Selection Committee:**

The Provincial Selection Committee will review athlete performances. The selection committee will be composed of the Provincial Team Coach and two competitive coaches appointed by the Row NS High Performance Committee. The coaches will be from different clubs in NS. These coaches will review the results and make their recommendations for team composition to the Row NS High Performance Committee for approval.



### **Appeals:**

An appeal must be submitted in writing to the President of the Row NS within 48 hours after the official team selection has taken place or within 48 hours after any disciplinary action has been levied. Row NS contact information is provided in this document. An appeal must be answered within 5 business days after it has been received.

The President of Row NS will appoint the Appeals Committee and the committee will decide if they will act as a panel of review of the decision of the Provincial Team Selection Committee or if they will deal with this appeal on the basis of a hearing de novo.

An appeal may only be considered if there are sufficient grounds for the appeal. Sufficient grounds include:

- Making a decision for which the 'respondent' did not have authority or jurisdiction as set out by the governing documents
- Failure to follow procedures as laid out in the Selection Criteria
- Failure to consider relevant information (or account for irrelevant information) in making a selection decision

The Appeals Committee's decision will be final and binding.



## **APPENDIX A**

### **Athlete Code of Conduct**

All members of the 2017 Nova Scotia Canada Games Rowing Team must exhibit appropriate standards of behavior, attitude, and responsibility at all times. Therefore, the following policies and guidelines will apply to all members:

#### **Standards of Conduct**

##### **a) Respect for others**

Row NS is committed to providing an environment in which all individuals are treated with respect thus supporting equal opportunities and prohibiting discriminatory practices. Participants will refrain from comments or behaviors, which are disrespectful, offensive, abusive, racist or sexist.

##### **b) Curfew**

Curfews will be set at the various regattas/events that will be attended and will be enforced. Room checks will be done on a routine basis.

##### **c) Language**

Nova Scotia Canada Games Rowing Team members will be expected to use proper language at all times. The use of offensive language will not be tolerated.

##### **d) Vandalism**

Athletes who willfully cause property damage will pay for all damages. In the event that the athlete cannot or will not pay, then the parents will be held responsible.

##### **e) Theft**

Any member caught stealing from teammates, other athletes, teams or other people will be dismissed immediately.

##### **f) Social Behavior**

It is necessary for all Nova Scotia Canada Games Rowing Team members to



abide by certain rules of social behavior and personal presentation. All athletes are expected to behave like responsible individuals. Team members must exhibit a high level of moral standards and values.

#### **g) Attitude**

All athletes are to maintain a positive attitude and effort toward training. This includes such items as:

- i)** being on time
- ii)** respect for rules, coaches, officials and others
- iii)** willingness to work hard during training and competition

Athletes are expected to maintain a positive attitude toward all other athletes, coaches, manager, support staff, officials, etc. The following actions will constitute review by the /Coach or his/her designate:

- i)** constant condescending talk by an athlete to another athlete or coach.
- ii)** constant negative talk
- iii)** gross verbal or physical abuse of any individual by an athlete
- iv)** behavior that causes disruption of the peace
- v)** actions or conduct that would be expected to significantly disrupt or that may interfere with a competition or the preparation of an athlete for a competition

#### **h) Alcohol**

Members of the Nova Scotia Canada Games Rowing Team shall not consume alcohol at any time during travel to, at, and traveling back from provincial team events. The penalty will be immediate dismissal from the Nova Scotia Canada Games Rowing Team. Such will be the case for those that obtain alcoholic beverages for minors.

#### **i) Drugs**

Row NS strongly embraces the concept of fair play in sport and unequivocally opposes cheating which includes the use of drugs, substances and other doping methods banned by Rowing Canada Aviron (RCA) and the Canadian Centre for Ethics in Sport (CCES).

Row NS recognizes the Canadian Policy on Penalties for Doping in Sport and will



honor suspensions of athletes or others determined to have committed doping or doping related infractions. Should an athlete test positive at an event or be found guilty of a doping related infraction (as determined by CCES), or should any other person found to be guilty of a doping or doping related infraction at an event (as determined by CCES), they will be immediately suspended from the Nova Scotia Canada Games Rowing Team.

Appeal, arbitration, and re-instatement processes shall be those as described in the CCES Standard Operating Procedures Manual.

Members of the Nova Scotia Canada Games Rowing Team must not use illicit drugs/narcotics or performance enhancing drugs or methods.

Members of the Nova Scotia Canada Games Rowing Team must be prepared to submit to random drug testing during any event in which the Nova Scotia Canada Games Rowing Team participates.

**ANY POSITIVE TEST WILL RESULT IN THE AUTOMATIC REMOVAL FROM THE TEAM AND THE PARTICIPANT RETURNING AT HIS OR HER OWN EXPENSE.**

**NOTE:** The word "event" describes any function that the Nova Scotia Canada Games Rowing Team participates in as a team. This could be a regatta or other official Nova Scotia Provincial Rowing Team functions where participation is a result of Sport or Provincial Affiliation.

## **Infractions and Penalties**

Penalties will be based on the severity of the offense. These will include, but are not limited to, written warnings, written reprimands, suspensions and potentially, dismissal from the Nova Scotia Canada Games Rowing Team.