

Hinksey Sculling School **Selection Policy**

The following selection policy outlines the way in which coaches at Hinksey Sculling School select crews for racing. Selection criteria may vary according to event, age group, and the number of athletes wishing to race at a particular event. Most often, selection will entail selecting the fastest possible combination of athletes in any given crew.

All final selections will be discussed with the Head Coach and Director of Rowing. In order to select crews we will use the following methods to gather data on individuals and crews:

- Ergometer (rowing machine) tests
- Time trials on the water
- Seat racing
- Attendance at training sessions (land and water)
- Consistency in performance (land and water)
- Coaches professional assessment of:
 - o Attitude towards training and squad dynamic
 - o Technical ability
 - o Skillset of the individual athlete
 - o Performance under pressure

While crew line-ups will ordinarily remain stable after selection, if coaches have reason to believe that the original selection is no longer suitable an alternative crew may be entered or boated for the competition in question.

Injury or illness

In instances where a last-minute crew change needs to be made due to injury or illness, coaches will make a professional judgement using the data already acquired from the athletes available to row. If an athlete sustains a long-term injury or illness, rehabilitation and recovery will be the top priority. Athletes will be encouraged to seek medical attention, and with reoccurring pain or discomfort will be removed from training until advice has been sought from a medical professional. Coaches can then discuss a timeline for re-integration into training with the athlete, based on the medical advice given. Once the athlete has resumed training with no evidence of continued injury / illness, coaches will take them into consideration for future races.

Queries about selection

Athletes are strongly encouraged to talk to their coach about the selection process as well as their own performance. Athletes should also feel able to talk to the Head Coach or Director of Rowing. Discussion will be limited to the athlete in question, without reference to the selection of their team-mates.

It is our strong preference that selection concerns should be discussed between an athlete and their coach as an important step in their athletic development. Parents should therefore take an active role in encouraging athletes to ask questions about selection. However, we understand that in some circumstances athletes may not feel able to do so. In this case, parents may contact the Director of Rowing to discuss the selection concerns of an individual athlete.