



Truro River Rowing Club CIO

Selection Process

Truro River Rowing Club aims to provide a friendly and competitive environment in which members can take a full part. Some members are just learning – Learn to Row and Development groups – some may want only to row socially and others may want to race competitively. The process set out below provides a platform to enable selection of TRRC racing crews.

Rowers wishing to be selected for Championship events including WPGC, Newquay County Championship, Supervets, Juniors, Caradon Mixed etc) should demonstrate the following:

- a good base level of fitness
- a good level of competency in rowing
- the willingness to take on board constructive coaching points
- that they are good team players/possess team spirit

Pre-selection, the following will be taken into account:

Land Based Training

- All rowers wanting to be considered will need to evidence their fitness by posting for example onto a Whatsapp training group or similar. This may be running, cycling, swimming, erg training, spin classes, circuits etc. and will demonstrate commitment to training and a desire to improve fitness levels. This can be done either individually or with the support from a group scenario.
- Testing of some kind: this could be a goal or various set milestones such as a 5k run time trial or a 2k erg piece with parameters such as a split time or a power output value outlined in advance.

In each case above, the Club should be seen to offer support to enable everyone to aspire, improve and achieve. For example, in 2019/2020 the Club introduced circuit training sessions and a masterclass in erg training.

On Water Pre-selection

- The Rowing Captain will set up a 'selection panel' made up of a handful of individuals. These could be rowers who have excelled in the sport or experienced coxes/coaches who know what to look for in a good competitive crew.
- The weeks leading up to a selection weekend should consist of a mix-up of experience and ability so that technique can be observed and nailed week on week. This will give the selectors chance to observe everyone and start to identify the stronger, fitter, more competitive rowers.

The Selection Weekend(s)

- Two dates should be published in advance so that all rowers have the chance to attend at least one of the dates. (The second could also serve as a reserve date in case of bad weather).
- Draft crew lists will be put together following discussions between the Rowing Captain and the selectors. These crews will then be put to test over some set pieces eg a 500m sprint. A series of pieces will then run to a timed format. This will be evidenced either via video or drone footage so that each boat and every rower can be observed for technique along with boat speed/flow etc.
- Results will be culminated and discussed amongst the selection panel and then fed back to everyone via the appropriate forum eg email.
- The selection panel will remain anonymous so that there can be no adverse or unfair pressure from disgruntled rowers.
- The selection panel reserves the right to move rowers up or down crews as a result of injury, illness or change in performance level of individuals.

Selection for future championships eg Caradon Mixed or Newquay should then follow a similar format where possible.

This process aims to ensure that TRRC is able to field the best available crew in all age categories.