

## South Island Under 18 Team Selection Guidelines - 2019

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The South Island Under 18 selectors will select a team of 8 sweep athletes, 4 sculling athletes and two coxswains (girls and boys) to make up a team of 24 rowers and 4 coxswains. Additionally four coaches will be selected.

The primary focus for the selection is performance on the water, and performance on the ergometer.

The South Island Under 18 Selection Panel will be reviewing the performances of all athletes who have officially nominated to Rowing New Zealand, at the following regattas:

- South Island Secondary Schools Championships
- New Zealand Secondary Schools Championships

### South Island Under 18 Trial details:

Dates:	Saturday 13 April (assemble at McRae Lounge, Twizel at 1pm) through to Monday 15 April. Athletes selected for the South Island Team will stay in Twizel on Monday 15/Tuesday 16 and then travel from Twizel to Hamilton on Wednesday 17 April for training and competition which concludes Saturday 20 April. Athletes who miss selection will travel home late afternoon on Monday 15 April)
Activities:	2000m maximum ergometer test (Saturday 13 April) On water seat racing over 1000m
Accommodation:	Lodge - Ruataniwha Rowing, Twizel
Meals:	Provided
Transport:	There will be <i>some</i> transport in mini-vans available from Christchurch for athletes to travel to the trial. Athletes who miss selection will need to arrange their own transport home from Twizel on Monday 15 April.

The selected team will travel in vans from Twizel to Christchurch and then fly to Hamilton on Wednesday 17 April.

Cost: - Trial \$120 (including GST) payable before the start of the trial. Athletes will not be able to participate in the trial until payment is made.

Cost: - Selected Team \$800 incl GST to attend this Camp/Regatta (note: this is additional to the trial cost).

Competition: South Island Under 18 Camp and Competition against North Island Under 18 Team to be held at Lake Karapiro 19-20 April 2019

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**PLEASE READ INFORMATION PACK ON WEBSITE REGARDING THE UNDER 18 REGATTA**