

Selection trajectory U19 Junior & Talent 2022

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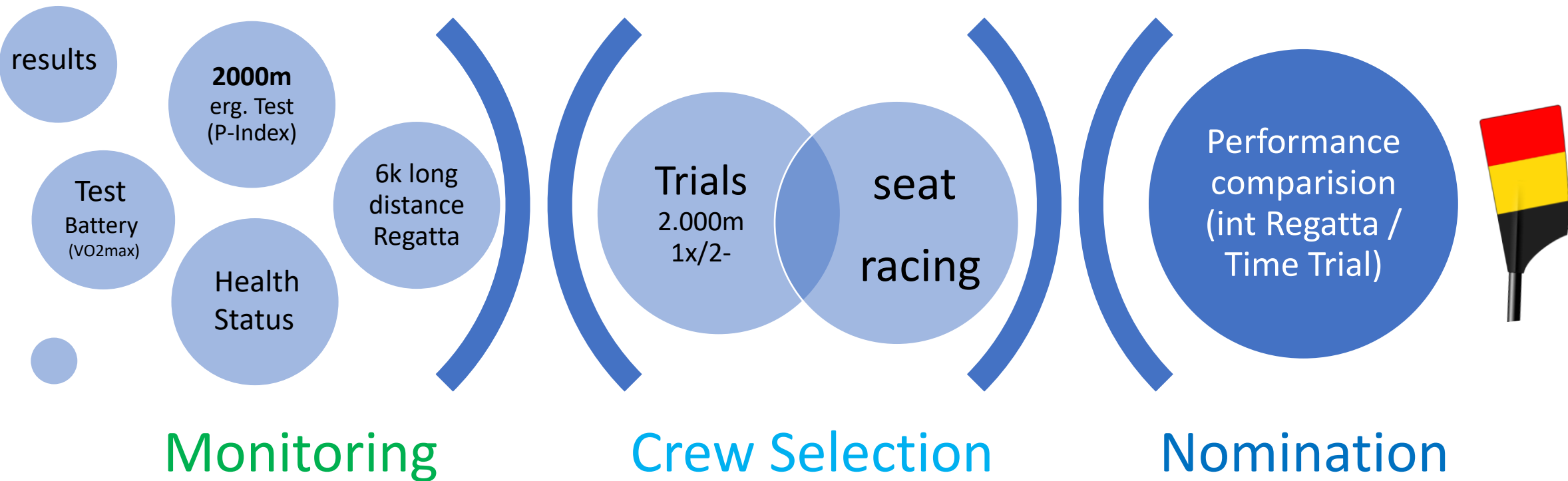
Team selection criteria



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U19 Principles & Guidelines



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Goal:

Use an open system with possibilities for growth, with points of entry but also with clear guidelines, measures and limits towards toprowing selections

During training camps as much as possible we work with big boats

Talentdays – from 14 year onwards:

- Possibility for young rowers to taste the toprow selection & coaching
- Detection of talents
- Preparation for coming years
- By invitation or presented by a coach

Trials – from 15years onwards

Distances:



Distances	Ergo	Trials	Lange afstand
14-year	1000m	-	4000m
14-year with international ambition	1000m (in club 2 weeks after OBIC 2000m)	-	4000m
U17	2000m	2000m	6000m
U19	2000m	2000m	6000m

U19 Selection criteria Junior & Talent



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Selectie Criteria general:

- **Topsport ambition (goal topsport is a top 8 on the Olympic Games) - Long Term Planning required !!**
- **The engagement to do daily trainings according to the schedule** (follow up by the Junior- & Headcoach)
 - In April 22 an engagement declaration form will be discussed
- The club to which the rower is connected has the engagement to give the rower all opportunities to select for the national rowing team
- Training camps are on invitation, it is expected that the athlete is present if he / she is invited
- The results on these evaluation moments: **OBIC / Netekanaal (1x) / GRS ergo / Seneffe (6km in 1x) / BK-Trials (1x/2-)**
- No presence is only justified by means of a medical forfait
- A missed ergometer test is supposed to be caught up with within 2 weeks, or until the athlete is medically approved fit again
- In the table on the next slide the reference times are shown, these are the objectives per age category
 - Limits will be determined

Criteria for training camp participation:

- By invitation
- Rower masters the individual rowing technique and is adaptable to crew technique

Selection for International regatta's :

- The selection for EC U19 is made based on results of Trials (National Championships) & Selection camp (Seat Racing)
- The selection for WC U19 is made based on results of EC U19
- The selection for the Coupe is made based on the results of the KRSG May regatta and on confirmation of the results during the DIYR
- Based on crew performance (% of GMS (= Gold Medal Standard) in zero conditions @ Time Trial / international competition)
- Confirmed by the FSTC – Federal Sport Technical Commission

Reference times



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SHARKS



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Men	Ontwikkeling	Internationale ervaring	Leren Presteren	Topsportontwikkeling	Prestatie
	U17	U19	U21	U23	Elite
	15-16 j	17-18 j	19-20 j	21-22 j	+23 j
ERGO					
100m	00:16,9	00:16,3	00:15,6	00:15,0	00:14,5
500m	01:30,9	01:26,0	01:23,1	01:19,8	01:17,5
2000m norm (critical power test) (m:s)	06:20,0	06:10,0	06:04,0	05:58,0	05:52,0
6000m (critical power test) (m:s)	20:44,0	20:15,0	19:47,0	19:21,0	19:00,0
BOAT					
1x (m:s) - 2000m	07:28,0	07:15,0	07:05,0	06:56,0	06:50,0
1x (m:s) - 6000m	24:20,5	23:38,1	23:05,5	22:36,2	22:16,6

Women	Ontwikkeling	Internationale ervaring	Leren Presteren	Topsportontwikkeling	Prestatie
	U17	U19	U21	U23	Elite
	15-16 j	17-18 j	19-20 j	21-22 j	+23 j
ERGO					
100m	00:18,4	00:18,1	00:17,6	00:17,2	00:16,8
500m	01:42,0	01:37,5	01:34,5	01:31,0	01:28,5
2000m norm (critical power test) (m:s)	07:27,4	07:17,3	07:08,3	06:57,3	06:49,0
6000m (critical power test) (m:s)	23:40,2	23:00,2	22:30,2	22:04,3	21:40,0
BOAT					
1x (m:s) - 2000m	08:10,0	07:58,0	07:47,0	07:37,0	07:30,0
1x (m:s) - 6000m	26:37,4	25:58,3	25:22,4	24:49,8	24:27,0

Backup



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