

Bei Loon Dragon Boat Club – Crew Selection Policy

This Policy applies to all registered Bei Loon members.

1) Paddler Input:

During July each year, paddlers will be asked to indicate their Regatta competition participation intent. This will be checked some 3 weeks prior to each Regatta. Once confirmed, paddlers are required to compete barring illness or emergency.

2) Crew Selection Criteria:

Initial crew selection considerations will centre on the following criteria:

- **Ergometer (Erg) Test**
- **Water Trials**
- **Technique/Timing**
- **Crew Composition/Teamwork**
- **Attitude/Attendance**

Excluding exceptional circumstances, all paddlers wishing to be considered for Open and Women's A squad competition crews will normally be required to undertake two tests.....an Erg test and a Water Trial.

Paddlers who do not complete these tests may miss out on 'A' crew selection. Paddlers should therefore ensure that their early season fitness levels are sound. Tests may be required for other paddlers depending upon Club numbers and actual Regatta entries.

The Qualitative criteria mentioned above are also important. It's not just about the numbers. Squad compositions may change during the season due to new paddler registrations, fitness level variations, technique improvement, and other assessments.

3) The two basic tests are:

a) Erg Test:

This consists of undertaking a 2 minute test on a specially modified rowing machine (Resistance setting at Level 1).

The distance covered during that period (the raw Erg score), is then weight adjusted against the average paddling group/boat weight by approximately +/- 0.6m per kilogram, e.g. Therefore, weight loss should become a focal point for some paddlers who wish to increase their Erg score/Erg score ranking.

b) Water Trials:

This trial consists of timing each individual paddler, solo paddling a standard boat over a distance of around 165m. A like weighted non-paddler also sits in the boat to provide appropriate balance.

All paddlers will be notified of their Erg result and Water Trial time and their ranking within the Club, and will also be able to see the anonymous Test/Trial results for all other paddlers. Such relativities will then be used as part of crew selection considerations. These tests only provide the quantitative basis for selection decisions.

4) Crew Selection:

Bei Loon's Selection Panel, is comprised of people who are jointly responsible for deciding Bei Loon crew compositions:

Following input from the Coaches, the Selectors will base their considerations firstly upon the Club's Crew Selection Criteria (refer 2 above).

They will then have to consider additional factors such as age cut-offs, weight distribution, paddling side preferences, technique impact on seat position, overall paddler numbers, gender mix, number of races per individual, sweep/drummer availability, DBNSW/Ausdbf crew composition constraints. etc.

5) Selection Communication:

All paddlers who wish to paddle but have not been selected, will be contacted personally and be so informed. Paddlers are invited to approach the Selectors at any time with any suggestions, concerns or queries they may have.

6) Championship Regattas:

State and Australian Championship crew selections will be more stringent reflecting the increased competitive nature of these events.

For the Australian Championships, where travel, work time and accommodation costs are involved, it is our intent, based on available Ausdbf information, to select and advise paddlers of their individual event involvement at least 2 months prior to the Regatta.

August 2017