



RGS Rowing

Selection Policy

More often than not there will be more people than seats available in a boat. We feel athletes deserve to row in boats which are suited to their abilities. As a consequence, there is a necessity for a transparent selection process. The overriding principle in regards to selections is that individual performance is the only factor considered.

Squad Testing & Rankings

Each student tests individually, and his/her results are compared to a Gold Standard. The weighted sum of all performances will make be the student's final score. Scores will be ranked allowing for the selection of crews. For practical reasons, students are assessed on two performances: Single Scull and Rowing Ergometer.

Gold Standards

Gold Standards are set yearly by the Head of Rowing. Breaking the Gold Standard would ensure victory at a major regatta. These standards are achievable for the motivated, dedicated and hardworking individuals. Using the standards on a daily basis allow students to monitor their progress.

Example: A School Boy Single Scull (SB1x) rows a 2000m in 7mn36s.

(GS time: 430s) ÷ (Race Time: 456s) = 94.30% of the Gold Standard.

Gold Standards								
MU16	MU17	MU19	SB		SG	WU19	WU17	WU16
1000m	2000m	2000m	2000m		2000m	2000m	2000m	1000m
03:40.0	07:30.0	7:00.0	07:10.0	1x	08:00.0	07:50.0	08:00.0	04:00.0
03:25.0	06:50.0	6:40.0	6:50.0	2x	07:35.0	07:20.0	07:35.0	03:45.0
03:15.0	06:35.0		06:25.0	4x+	07:05.0		07:15.0	03:30.0
		06:05.0		4x		06:55.0		
		6:50.0		2-		07:35.0		
		06:25.0	6:30.0	4+	7:20.0	07:00.0		
		6:20.0		4-		06:55.0		
		05:45.0	05:45.0	8+	06:35.0	06:35.0	06:45.0	
408 W 03:10.0	442 W 06:10.0	480 W 06:00.0	480W 06:00.0	Erg	338W 06:45.0	338 W 06:45.0	302 W 7:00.0	282 W 03:35.0

Testing Protocol

Each student performs a Single-Scull time-trial and a Rowing Ergometer time-trial over his/her own race distance:

- Year 8/9: 1000m
- Year 10/11/12: 2000m (Schoolboy & Schoolgirls Gold Standards are used for selection).

Single Scull:

- **To ensure a fair process, unless exceptional circumstances all students within a squad must test on the same day.** The testing schedule is published in advance. Students who aspire to be part of the top boats must make arrangements to attend the test.
- The use of floating pontoons is acceptable.
- Rowers start at 30s intervals to ensure the wash from the previous boat doesn't affect speed.
- Race time is recorded and compared to the Gold Standard.
- Results will not be published before selection are finalised.

Ergometer:

- **The ergometer test can be completed at any time during the testing week under the supervision of an RGS Rowing Coach.**
- Rowers complete a time-trial on a static rowing ergometer (Concept 2 Model C/D)
- Coaches record the average Power [W] and compare it to the Gold Standard.
- Results will not be published before selection are finalised.

Ratios: The following weights are applied to provide a balance between boat moving ability and rowing power.

Boat Class	Single Scull	Ergometer
1x	100%	0%
2x/2-/4x/4-/4x+/4+	80%	20%
8+	70%	30%

Formula:
$$\text{Score [\%]} = \frac{\text{Scull GS [s]}}{\text{Scull [s]}} \cdot \text{Scull Ratio} + \frac{\text{Erg [W]}}{\text{Erg GS [W]}} \cdot \text{Erg Ratio}$$

Example: Senior Boys Coxed Quad (SB4x+). Scull GS: 7mn10s, Erg GS: 480W, Scull-Erg ratio: 80%-20%

Name	Scull [mm:ss]	Scull [%]	Scull x 80%	Erg [W]	Erg [%]	Erg x 20%	Score	Rank
Claude	7:18	98.20%	78.56%	324	67.50%	13.50%	92.06%	1
Maurice	7:20	97.70%	78.16%	298	62.10%	12.42%	90.58%	2
Loic	7:28	96.00%	76.80%	296	61.70%	12.34%	89.14%	3
JP	7:34	94.70%	75.76%	260	54.20%	10.84%	86.60%	4
Thomas	7:44	92.70%	74.16%	240	50.00%	10.00%	84.16%	5
Carl	8:00	89.60%	71.68%	272	56.70%	11.34%	83.02%	6
Antoine	8:16	86.70%	69.36%	281	58.50%	11.70%	81.06%	7
Squad Average	7:40	93.66%	74.93%	282	58.67%	11.73%	86.66%	

Calculations for Claude:

(1)	Single [mm:ss]	= 7mn18s (438s)	= 98.20% of GS	
(2)	Single Scull Score	= (1) x 80%	= 98.20% x 80%	= 78.56%
(3)	Ergometer [W]	= 324 W	= 67.50% of GS	
(4)	Ergometer Score	= (3) x 20%	= 67.50% x 20%	= 13.50%
(5)	Final Score	= (2) + (4)	= 78.50%+13.50%	= 92.06%

Claude's final score is 92.06% which places him at the top of the ranking.

Attendance: We understand students are involved in different school co-curricular activities, and we encourage it. However, a crew can only function if all members are present. While attendance is not used in the selection process, coaches record it (records are available to students and parents on the Sportlyzer app). Following selection, if a student lack of attendance repeatedly affects the training of the crew, the Head of rowing will deduct 5% from the student's final score, update the squad ranking, and modify the crew composition if necessary.

Notes:

- If a student misses an assessment due to exceptional circumstances, he/she will have to organise an alternative testing date with the Head of Rowing.
- Selection will not be changed after publication unless exceptional circumstances.
- In the case of unexpected events, the Head of Rowing reserves the right to make substitutions while minimising the effect on selected crews.

Factors out of Coaches Control

Some factors are out of the coaches' control when making selections. One would ideally like to be able to select boats as outlined above. There are however the occasions when the following occur:

- a) Illness/Injury within the boat club that is so widespread that it makes impossible for coaches to organise the tests.
- b) Weather conditions are such that we cannot row on the river for weeks.
- c) Students are missing the testing dates.

In this case, the squad will not be able to fully trial. Coaches will make a professional judgement based on data they have collected to that point. Coaches deal with athletes on a daily basis. 99% of the time, the selection process confirms what the coaches already know. Therefore, it is important to respect and trust the decisions made by coaches, who ultimately have to pass all selections through the scrutiny of their fellow coaches and the Head of Rowing before the crew selected.

How do I make a query about selection?

Feel free to approach the Head of Rowing if you have questions about the selections process. Please chose a sensible time as regattas are not the place to discuss the selection process.

Félix Dieu
Head of Rowing



Todd Wells
Director of Co-Curricular

