

RAME GIG CLUB

BASIC RULE OF THUMB – CREW SELECTION CONCERNING THE INTEGRATION OF JUNIOR ROWERS INTO ADULT TEAMS

General Principles

The club aims to integrate junior rowers into adult rowing in a seamless and progressive fashion in order to aid their development

By doing so the club hopes that the junior rowers will progress to becoming active adult members of the club in the future, sustaining the club for many years to come whilst upholding the core values of the Rame Gig Club, which makes our club so special

It is also recognised, however, that the club is here for all of its members, whatever their age or capability.

At the heart of the development of our rowers are the coaches, both adult and junior coaches. They have a responsibility to manage not only the development of the rowers but also the selection for regattas in a fair and transparent way recognising the capabilities and fitness of all those that participate.

It is noted that the coaches have the best interests of all our rowers at heart whilst acknowledging the clubs desire to develop, promote and integrate juniors into the adult teams at an appropriate stage. It is therefore fundamentally important that all members recognise, accept and respect that the coaches decision on crew selection, either for training or regattas, is final.

Training Sessions

- Training sessions are allocated for each section of the club (e.g. juniors, mens, ladies etc). The Junior coach, after consultation with a junior rower, may put forward a junior for adult training but must discuss and agree this with the Adult coaches before the training session commences. Similarly any junior themselves may request to move up to an adult training session, providing the move is then subsequently approved by both the Junior and Adult coaches. This must be agreed in advance of the training session to ensure relevant DBS representation on the boat at all times.
- In accordance with British Rowing guidelines, junior rowers must not be over-trained. Equally, consideration must be given to the adult rowers to ensure that they get a fair training session. These factors will be assessed and taken into account by both the Junior and Adult coaches prior to training sessions commencing.
- To aid the coaches all rowers who wish to attend training must confirm their intentions prior to training via the clubs Facebook pages ('Rame Gig Club Rowing' and 'Rame Gig Club (Juniors)'). This will avoid any disappointment when turning up to training and help with crew selection

Regattas

- Junior rowers can move up one section in CPGA events in accordance with CPGA rules i.e. U14 can row with U16, and U16 can row with Adult
- If a full 12 or more adults are in attendance at a regatta, normally those adults will be allocated positions in the A or B race (although the coaches will take into consideration the capabilities of those adults attending and the competition at the Regatta, and may elect to enter the B and C race as opposed to A and B).
- Juniors would normally be entered into the C race, or if applicable, a mixed race. However, juniors may be entered into either an A or B team at the discretion and agreement of the Junior and Adult coaches after they have taken into account those adults in attendance.
- To aid the coaches all rowers who wish to attend a Regatta must confirm their intentions no later than Wednesday preceding each Regatta via the clubs Facebook pages ('Rame Gig Club Rowing' and 'Rame Gig Club (Juniors)'). Failure to do so may result in a rower not being selected to race at the Regatta