



---

## Yarra River Dragons

---

### COMPETITIVE CREW SELECTION POLICY EFFECTIVE FROM 20<sup>TH</sup> NOVEMBER 2016

---

#### Our commitment

Our club supports an open and fair process for the selection of crews. Selection will be based on a clear set of criteria that are communicated to all paddlers prior to the season commencing. The Yarra River Dragons' motto is Serious fun... just add water! While we will always retain our culture of openness, friendliness and inclusiveness, we are also a competitive crew and will generally be attending regattas with a competitive spirit.

The YRDs will enter competitive crews at all regattas where we will use the ranking system outlined below to select our most competitive crew(s) with the aim of achieving the best possible result as a club. Where possible we will also endeavour to include those not in the selected crew in a separate crew (either 10s or 20s depending on race draw and numbers) for racing experience and development.

#### What we will do

##### Criteria

Selection decisions will be based mainly on performance, however they will also consider:

- attendance at competition and training (commitment)
- good [sportsmanship](#) (values)
- abiding by our club's Code of Conduct (as below) on and off the water (behaviour).

In addition, paddlers:

- must be financial members of the club and have paid for the relevant regatta on time
- will be selected on their performance, commitment, values and behaviour, not their personal characteristics or attributes (e.g. race, sexuality, religion)
- may be precluded from selection if there is a concern about their ability to compete safely (e.g. if injured) or if their participation poses a risk to others.



---

## Process

- Paddlers will be informed in writing of the dates, location and criteria for team selection.
- As requested, or as necessary, paddlers will be provided with reasons for non-selection and areas to improve in order to be considered for selection.
- The coaching team will be responsible for all decisions about team selection, with the Head Coach having the final decision.
- Selection criteria will be reiterated during the season so that paddlers are clear about how crews are chosen.
- Concerns about team selection should be discussed with either Club Captains or the Head Coach in the first instance. A formal written complaint to the club committee should be made if these concerns cannot be resolved and the paddler believes s/he has not been treated in accordance with the selection policy.

## What we ask you to do

- Make yourself familiar with the selection criteria and clarify any concerns prior to scheduled trials.
- Talk with any of the club coaching team about any concerns and seek feedback about how to improve your performance.
- Commit to giving it your best shot!

---

I, \_\_\_\_\_ have read and understood the selection policy and the Code of Conduct policy and will abide by it as a member of the Yarra River Dragons.

Signature:

Date:

If under 18 years of age, parent/guardian:

Signature:

Date:



## Selection Policy Season 2016/17

This document outlines the process for selection and configuration of Yarra River Dragons regatta competitive racing crews during season 2016/17. All members are subject to this policy upon payment of membership fees.

You will be ranked based on the following selection criteria, in addition to the details above:

1. Fitness Benchmarking
2. TK1 time trials
3. Regular attendance at training (as monitored by coaches and Teamapp)
4. Technical paddling ability
5. Attitude in the boat (e.g. focus, commitment)
6. Ability to balance the boat
7. Selection criteria as above

### How does this work?

First, you need to nominate a preferred paddling side – i.e. left or right. You can be ranked on both sides by completing a trial on both sides, but note that your time for each side will be considered separately.

Dual side paddlers may be allocated to either side of the boat at the coaches' discretion and the requirements of the crew at the relevant event.

### Benchmarks

The following benchmarks will be required to be completed once a month. Your benchmarking results will need to be submitted to the coaching team further details:

<b>Kettle Bell</b>	<b>Sit ups</b>		<b>Bench Press</b>	<b>Pull ups</b>	<b>Beep test</b>
60 each arm in 2 minutes	70 in 2 minutes. Feet not anchored, hips on floor, shoulder blade touch at bottom, must touch thigh. Men touch ears, women touch ears or across chest.		Max reps 1 minute	Max reps Can use red band	Men finish level 10 Women finish 9
<b>Women</b>			<b>Men</b>		
<b>Body Weight</b>	<b>Kettle Bell</b>	<b>Bench Press</b>	<b>Body Weight</b>	<b>Kettle Bell</b>	<b>Bench Press</b>
Under 60kg	14 kg	20kg	Under 70 kg	20 kg	30kg
Over 60 kg	16 kg	20kg	Over 70 kg	24 kg	30kg
Over 80 kg	20 kg	20kg	Over 90 kg	28 kg	30kg



---

## TK1

- All paddlers must complete 2 x 200m with a 1' rest under supervision on the designated time trail days.
- You will only have an opportunity to complete a single trial in any one day unless you go severely off course or capsize.
- If you can't complete a trial on the selected date(s) then by special arrangement we will organize an alternative date where you will time trial. To obtain a fair comparison we will ask at least one (1) other paddler to time trial with you. This paddlers will have already completed the previous time trial and therefore we will be able to compare your performance to those previous times.
- Your ranking time will be recorded and you will be placed in order from fastest to slowest against the other club members of the same gender and side.

### How will the crew be configured?

The team will not be selected on ranking alone. In all aspects of selection, regular and consistent attendance at official on-water training sessions, technical paddling ability, weight and general attitude towards team members and policies will be considered, regardless of ranking. The coaches reserve the right to refuse your position in the boat if you are not complying with the YRD Code of Conduct.

### 20's Crews

In general and subject to the comments above, the top six ranked paddlers on the left and top six on the right will be selected for the crew. For a mixed crew, this will be subject to the gender balance requirements.

Next three on the left and three on the right, along with up to four reserves, will be selected at the head coach's discretion.

This will be based on the following factors:

- The race conditions (is it a heat, semi or final?)
- General fitness
- Stroke style
- Regular and consistent attendance at official on-water training times
- Paddle side
- Weight (ensuring the boat will be balanced with the 14 top ranked paddlers)
- General attitude towards the team
- Should 2 paddlers' time be relatively equal, they may be required to undertake another time trial against the other paddler
- Paddler injury will also be taken into account (as per page 2 commitment)

### 10's Crews



---

In general and subject to the comments above, the top three ranked paddlers on the left and top three on the right will be automatically in the crew. For a mixed crew, this will be subject to the gender balance requirements.

Next two on the left and two on the right, along with up to four reserves, will be chosen on coach's discretion.

This will be based on the following factors:

- The race conditions (is it a heat, semi or final?)
- General fitness
- Stroke style
- Regular and consistent attendance at official on-water training times
- Paddle side
- Weight (ensuring the boat will be balanced with the 6 top ranked paddlers)
- General attitude towards the team
- Should 2 paddlers' time be relatively equal, they may be required to undertake another time trial against the other paddler
- Paddler injury will also be taken into account (as per page 2 commitment)

### **Timing of trials**

The final dates for ranking are available in the calendar below and also from the YRD website: [www.yarrariverdragons.com.au](http://www.yarrariverdragons.com.au) and on Teamapp.

Once you have a ranking, it will stand until either another paddler overtakes you based on their time, you trial again or the coaching team believes your performance requires reassessment. Alternatively, you can choose to trial at any point during the year to change your position in the ranking.

### **A final word**

Each coach is fully committed to every club member's paddling development, from the newest to the longest serving member of the YRDs. A focus on continual development of every paddler is essential to the continued development of the club.

If you have any questions or you require assistance preparing for selection, particularly if you wish to become proficient in the TK1, please contact our coaching team for advice. Additionally if you have a valid reason for not being regularly and consistently at training – i.e. illness, injury or travel, please let the coaches know as this will be taken into consideration.

Our coaching team for 2016/17 season is:

Head Coach: David Abel

Assistant Coaches: Jarrod Whitwell, Eliza Campbell, Amanda Furse



## Yarra River Dragons

---

### CODE OF CONDUCT

---

This Code of Conduct aims to set out the minimum standards for anyone involved in sport. It should apply when playing, training or taking part in club-sanctioned activities.

- Act within the rules and spirit of dragon boat racing.
- Promote fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each person as an individual.
- Show respect and courtesy to all involved with the sport.
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Respect the decisions of officials, coaches and administrators.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- Display appropriate and responsible behaviour in all interactions.

---

This information provided by *Play by the Rules* is not intended as a substitute for legal or other professional advice.

[www.playbytherules.net.au](http://www.playbytherules.net.au)



- Display responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Do not tolerate abusive, bullying or threatening behaviour.

### **Paddlers**

- Give your best at all times.
- Participate for your own enjoyment and benefit.
- Play by the rules and show respect for other paddlers, coaches and officials.

### **Coaches**

- Place the safety and welfare of the paddlers above all else.
- Help each person (paddler, official, etc.) to reach their potential. Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback.
- Keep up-to-date with the latest coaching practices and the principles of growth and development of young paddlers.
- Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development.



## Officials

- Place the safety and welfare of the paddlers above all else.
- Ensure all paddlers are included and can participate, regardless of their race, gender, ability, cultural background, sexuality or religion.
- Be consistent, impartial and objective when making decisions.
- Address unsporting behaviour and promote respect for other paddlers and officials.

## Administrators

- Ensure quality supervision and instruction.
- Support coaches and officials to improve their skills and competencies.
- Act honestly, in good faith and in the best interests of the sport as a whole.
- Ensure that any information acquired or advantage gained from the position is not used improperly.
- Conduct club responsibilities with due care, competence and diligence.

## Parents

- Encourage your child to participate, do their best and have fun.
- Focus on your child's effort and performance, rather than winning or losing.



- Never ridicule or yell at a child for making a mistake or losing a competition.
- Help out the coach or officials at training and games, where possible.
- Model appropriate behaviour, including respect for other paddlers and officials.

### **Spectators**

- Respect the effort and performances of paddlers and officials.
- Reject the use of harassment, bullying or violence in any form, whether by other spectators, coaches, officials or paddlers.