



SELECTION PROCESS

Rowers and Coxswains

Rowers

1. The season's relevant erg test, This is the best effort under ideal conditions that a rower can complete a certain distance.
 1. 2k spring
 2. 6k fall
2. Seat racing, Shows how well the boat can be moved with a certain lineup
 1. Must be within a 30% delta on the ranking sheet
 2. Coaches can use discretion for some seat racing
 - There is an "X" factor for some athletes. This typically is very obvious team-wide, where an athlete may have an average erg, but every boat they row improves.
 - Additionally, a Watts/Kilogram may be taken into account when selecting for a singular eight or four person boat, in lieu of direct ergometer score. This metric will show relative speed by size.
 - Seat racing is time and water limited and may or may not be able to be completed.
 - On-the-water seat racing can be performed in a variety of ways. The coaches have publishable and consistent metrics to complete these races. Coaches will not complete selection based on intangible results.

Coxswains

1. Coxswain surveys, an objective way of ranking coxswains which is similar to a coxswain 2k/5k test. The coaches will fill out the coxswain survey.
2. Coxswain seat racing occurs after the boat has been selected and will be an opportunity for the coxswain to demonstrate their skills to the boat and the coach of how they manage the boat. **Speed will be a determining factor.**
3. The coxswain's ability to follow the hierarchy of rowing.
 - Safety
 - Troubleshooting tech
 - Motivation to the crew
4. Coxswains will also be expected to be helpful off water and show leadership. A lack of this can cause a cox to be excluded from a race.