## **PLANNING FOR SUCCESS**



## **ON MY WAY**

## **Invited to the Underage Selection Trials**



**Speak with your employer/school/university** to plan your absence whilst at Trials. RA can provide a letter detailing the requirements and confirming your attendance. Consider any conflicts with assessment tasks, exams, etc. Think about how your selection may impact your ability to adequately prepare and be successful in your studies during this time.



**Ensure you are compliant with RA's anti-doping policies.** All athletes at this stage must complete the following online education modules:

- Clean Sport 101
  - Level 1 Anti-Doping

Consider how your seat fee might be paid if you are selected:

- Talk to your parents about how they might be able to assist
- Consider possible fundraising activities
- Think about how a part-time job might fit in with your schedule
- Talk to your state pathway lead about club or SIS/SAS support



**Check your passport!** In the event of your selection, you will require a current Australian passport, valid for the period of international travel, plus at least six months after the return date.



Think about how you might manage a relocation to another state or training centre and who you will need to speak with to assist you.

Once you have considered and understood the requirements and expectations of selection, it is critical that you ask the right questions of yourself and others to ensure you are well prepared for the journey:



- Have I completed all the necessary Rowing Australia online education modules?
  Have I spoken to my support network about what to expect at Trials?
- Do I understand a seat fee must be paid if I'm selected onto an underage team?
- Have I spoken to my employer/school/university about my absence to attend the event?
- Have I contacted Rowing Australia for a letter of support, confirming my attendance?
- Am I aware of the exam schedule and deadlines for withdrawal of university subjects?
- Do I have a current Australian passport with at least 6 months validity?
- Do I understand I may be required to relocate interstate if I'm selected?

Disclaimer

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