



National Training Centre Invitation Guidelines **Updated and approved August 2024**

Rowing Australia's (RA) objective is, on an annual basis, to select the best possible team to represent Australia with the best chance of producing podium performances and winning Gold medals at the World Championships and the Olympic Games. The National Training Centre's (NTC's) play an integral role in supporting this objective through daily training environments providing world class coaching, support staff, equipment, and support.

This document outlines both the criteria and process for athletes seeking to be invited to be part of the Men's and Women's NTC.

RA recognises that athletes moving to the NTC's are committing fully to the achievement of their full athletic potential. We are equally committed to supporting our rowers to achieve their sporting goals, and to assisting the broader personal and professional development of our athletes.

In addition to supporting athletes to develop and progress to podium performances at the international level, athletes that are invited to train at the NTC will be provided with:

- resources and support to proactively pursue vocational, educational and professional opportunities through the RA Athlete Wellbeing and Engagement service.
- concentrated support to assist new athletes transitioning into the NTC, including the consideration of individual circumstances for athletes moving as part of Intake 2; and
- concentrated support to assist athletes departing the NTC to transition into other aspects of their rowing or personal lives.

An athlete that wishes to be considered for selection to the 2025 Senior National Team must also nominate for consideration to be invited to an NTC.

Accordingly, we encourage all athletes who wish to be part of our 2025 Senior Teams and NTC environments to read in detail the following guidelines.

Invitations to the NTC's:

The priority for the NTC's for the 2024-25 season is to develop athletes capable of delivering medal winning performances at the 2025 World Rowing Championships and have the potential to medal at the 2028 Los Angeles Olympic Games



The Performance Director will invite athletes to the NTC's for the 2024-25 season based on these Invitation Guidelines and an assessment of the athletes' ability to contribute to these priorities. The NTC placement will be for a period commencing from the date the athlete is required to attend the NTC and continuing until after the 2025 World Rowing Championships. For the removal of any doubt, the NTC environment will be focused entirely on athletes and crews in selected Olympic Class boats post the 2025 Selection Trials. Individual plans will be determined for any NTC athlete not selected to the Australian Rowing Team through the 2025 Selection process.

All places at the NTC will be assessed annually, will be performance based and consistent with these Guidelines. All athletes will be considered as working towards selection and performance at the 2028 Los Angeles Olympic Games.

There will be two intakes for the 2024-25 season as follows:

Intake 1 (see Note E): The following athletes will be invited to train at the NTC as part of Intake 1:

The Benchmark Event Performance Standard is relevant to Intake 1, being the first round of invitations to the NTC (see Note E). The Benchmark Event Performance Standard is determined by the Performance Director in his sole and absolute discretion.

(a) Olympic Class Boats: athletes that were selected onto the 2024 Australian Olympic Rowing Team will receive an automatic invitation to the NTC. The Paris Olympic Games is the Senior Benchmark Event for 2024.

Intake 2 (see Note I): The second intake will be determined by the performance of athletes invited to the NTC Testing Camps. (see **Note F**). Intake 2 invitations to the NTC will be made on the following criteria:

- previous international performances.
- training history, past and current performances, interview and testing results during the NTC Testing Camp;
- potential to contribute to medal performances in crews at the Los Angeles Olympic Games.

Invitations for athletes that are part of Intake 2 will be confirmed in the first instance by phone, and subsequently via email. All athletes and coaches are encouraged to seek specific feedback regarding both the invitation process and outcome and how these may impact on future plans.



In exceptional circumstances, the Performance Director may, invite an athlete to train at the NTC outside of Intake 1 and Intake 2 (see **Note L**). The Performance Director may also hold back NTC positions and invite athletes to the NTC on a camp basis until the 2025 Senior Trials where confirmation of NTC positions would be finalised.

Attendance at NTC's:

It is expected that athletes selected to train at the NTC will make every endeavour to relocate to the NTC to commence training by no later than the applicable NTC Commencement Date.

For the 2024-25 NTC season, this is:

- for Intake 1 Athletes: **07 October 2024 or with an agreed home training program 2 January 2025;**
- for Intake 2 Athletes who were members of the 2024 Australian Senior Rowing Team and/or NTC for season 2023-24: **2 January 2025 with an agreed training program from October 2024 to January 2025;**
- for Intake 2 Athletes who were not members of the NTC for season 2023-24 the arrival date for the test camp is: **2 January 2025 with an agreed training program from October 2024 to January 2025.**

(see **Notes G, J and K** below).

Any factors preventing this should be discussed with the Performance Director as soon as possible. Athletes are required to continue training at the NTC for the duration of the NTC placement (with breaks for Christmas and as otherwise directed).

TAKE NOTE that failure to meet the requirement to attend a Mandatory Event (see Note K) on the required date (without an exemption being granted by the Performance Director) will result in the athlete being ineligible for:

- **selection to the Senior Australian Rowing Team for the 2024-25 season;**
- **potential support from RA or its NIN partners for the upcoming season based on the outcome of a review of Athlete Categorisation.**



Milestone (to be completed on or before the specified date)	2024-25 NTC Season
Senior Benchmark Event	2024 Paris Olympic Games Regatta (27 July – 4 August 2024)
Nomination Due Date: Athletes to submit nominations to be considered to train at an NTC and be considered for Selection to a Senior National Team (see Note C)	4 October 2024
Announcements: <ul style="list-style-type: none"> • Maximum number of places available at each NTC (see Note D) • Invitations to train at the NTC – Intake 1 Athletes (see Note E) 	7 October 2024 30 August 2024
Announcement: Invitations to attend the NTC Testing Camp (see Note F)	13 September 2024
Mandatory Event: NTC Commencement Date for Intake 1 Athletes (athletes to be relocated and training full time) (see Notes G and K) and 2024 Senior Australian Rowing Team Athletes who have received invites for Intake 2 NTC Testing Camp	07 October 2024/2 January 2025
Mandatory Event: NTC Testing Camp (see Notes H and K)	13 - 20 October 2024
Announcement: Invitations to train at the NTC – Intake 2 Athletes (see Note I)	21 October 2024
Mandatory Event: NTC Commencement Date for Intake 2 Athletes who were members of the NTC for the previous season (see Notes J and K)	7 October 2024/2 January 2025
Mandatory Event: NTC Commencement Date for Intake 2 Athletes who were not members of the NTC for the previous season (see Notes J and K)	Agreed training program/camps up to 2 January 2025 which is the commencement date of the NTC
Future dates:	20 October 2025, Start date NTC Intake 1 26-31 October 2025, NTC Test Camp 21 September 2026, Start date NTC Intake 1



27 September – 2 October 2026, NTC Test Camp

20 September 2027, Start date NTC Intake 1

26 September – 1 October 2027, NTC Test Camp



Please Note: We intend to review these Guidelines in July each year but may review and update them at any time. Any updated version of these Guidelines will be notified to athletes by publication on the RA website. The updated version will take effect one day after publication or on the date specified in the update version (whichever is the later).

NOTE A: Benchmark Performance Standard

The Benchmark Performance Standard is relevant to Intake 1, being the first round of invitations to the NTC (see **Note E**). The Benchmark Performance Standard is determined by the Performance Director in their sole and absolute discretion.

For the 2024-25 season, the Benchmark Performance Standard is being selected to the 2024 Paris Olympic Squad.

NOTE B: Minimum eligibility requirements to attend NTC Testing Camp

Certain athletes must achieve the minimum eligibility requirements to be eligible to be invited to the NTC Testing Camp (see Note F below for details). Satisfaction of the minimum eligibility requirements by an athlete does not guarantee that athlete will be invited to attend the NTC Testing Camp or to train at the NTC.

The minimum eligibility requirements are determined by the Performance Director in their sole and absolute discretion.

The minimum eligibility requirements* to be invited to the NTC Testing Camp are:

Event	Date	Minimum Standard to be achieved				
5000m ergometer test	As per Event Requirements		Heavyweight Men	Lightweight Men	Heavyweight Women	Lightweight Women
		5000m (mm:ss.s)	16:25.8	17:24.1	18:44.7	19:47.2
		These Minimum Standards equate to a standard within 6% of the Senior A Australian Rowing Team Ergometer Benchmarks for the athlete's respective category (available at http://www.rowingaustralia.com.au/wp-content/uploads/2016/12/2016-2020-Benchmarks-V2.1-1412161530.pdf)				
5km Domestic on-water time trial	As per Event Requirements	A standard within 4% of the prognostic score of the leading boat within the athlete's respective weight category in the athlete's State based Domestic 5km Time Trial				

*Coxswains are not required to meet the eligibility requirements.



NOTE C: Athletes to submit nominations to be considered to train at a NTC and be considered for Selection to a Senior National Team

Athletes must submit a nomination to be considered for an invitation to train at a NTC and be considered for Selection to the Senior National Team on or before the due date, and in the manner specified.

There will be one nomination process in each year which incorporates both a nomination to be considered for an invitation to train at a NTC and a nomination to be considered for selection to the Senior National Team. An athlete that wishes to be considered for selection to the Senior National Team must also nominate for consideration to be invited to an NTC.

Notwithstanding anything in these Guidelines, an invitation to train at an NTC is contingent on the athlete signing the RA Athlete Agreement.

The Performance Director may, in their sole and absolute discretion, accept a late nomination.

Note D: Maximum number of places available at each NTC

The maximum number of places available at each NTC will be determined by the Performance Director in their sole and absolute discretion.

Factors to be considered in determining the maximum number of places may include (amongst other things):

- (a) availability of funding;
- (b) program priorities;
- (c) availability of NTC resources.

NOTE E: Invitations to train at the NTC – Intake 1 Athletes

An athlete who achieves the Benchmark Performance Standard, will automatically be invited to train at the NTC for the upcoming season (each an **Intake 1 Athlete**).

After considering the recommendations of the relevant National Head Coach, the Performance Director may, in their sole and absolute discretion, invite (to train at the NTC for the upcoming season) any athlete or crew selected to the 2025 Australian Rowing Team at the National Trials (each also an **Intake 1 Athlete**).

NOTE F: Invitations to attend the NTC Testing Camp

The NTC Testing Camps will be used to determine further invitations to the NTC's for the upcoming season.

In summary, an athlete who wishes to train at the NTC and who is not an Intake 1 Athlete must:

- (a) be invited to attend the NTC Testing Camp (**NTC Testing Camp Athlete**);
- (b) attend and compete at the NTC Testing Camp; and
- (c) be invited to train at the NTC following the NTC Testing Camp (**Intake 2 Athlete**).

Usually up to 50 athletes, 25 of each gender will be invited by the Performance Director to attend the NTC Testing Camp in accordance with the following:

Automatic Invitation: The following athletes will be automatically invited to attend the NTC Testing Camp for the following season (Note: these athletes are not required to meet the minimum eligibility requirements set out in Note B):

- (a) athletes selected in the Australian Rowing Team at the 2024 Senior Selection Trials who were not invited to train at the NTC as an Intake 1 Athlete;



(for example; athletes, including reserves, selected in the 2024 Australian Rowing Team at the March Trials and who were not invited to train at the NTC for the 2023 - 24 season as an Intake 1 Athlete will be invited to attend the NTC Testing Camp for the 2024-25 season)

- (b) athletes who trained at the NTC in the previous season but who were not selected in the previous Australian Rowing Team;

(for example, athletes who trained at the NTC for the 2023-24 season and who were not selected in the 2024 Australian Rowing Team will be invited to attend the NTC Testing Camp for the 2024-25 season)

Discretionary Invitation: After considering the recommendations of the relevant National Head Coach, and subject to meeting the minimum eligibility requirements set out in Note B, the Performance Director may, in their sole and absolute discretion, issue further invitations to attend the NTC Testing Camp. In doing so, the Performance Director may take into account the following (amongst other things):

- (a) the contents of completed and returned Nominations;
- (b) performances in the September State based Time Trials;
- (c) performances in the 5000m ergometer conducted in State based testing;
- (d) previous international performance, including performance at Under 23 and Non-Olympic World Championships.

NOTE G: NTC Commencement Date for Intake 1 Athletes (athletes to be relocated and training full time)

Intake 1 Athletes will be required to commence at the NTC by no later than the NTC Commencement Date for Intake 1 Athletes *(for the 2024-25 NTC season this is 7 October 2024/2 January 2025)*, unless there are individual extenuating circumstances as agreed with the Performance Director in accordance with these Guidelines.

NOTE H: NTC Testing Camp

The NTC Testing Camp will be located at the respective NTC (i.e. separate camps for men and women). It is a mandatory event for athletes invited to attend, including Intake 1 Athletes.

During the NTC Testing Camp, athletes invited to attend the NTC Testing Camp may be required to:

- (a) prepare, train with and race against Intake 1 Athletes;
- (b) be interviewed by the Performance Director and NTC Coaches in order to assess factors such as attitude, coachability and compatibility.

Athletes may also be required to undertake additional assessments including physiological, strength and conditioning, ergometer testing, and psychological testing as determined by the relevant Head Coach and Performance Director.

NOTE I: Invitations to train at the NTC – Intake 2 Athletes

Additional invitations to train at the NTC will be made from the athlete group at the NTC Testing Camp and on the following criteria:

- (a) previous international performance;
- (b) performances, interview and testing results during the NTC Testing Camp;
- (c) potential to contribute to medal performances in crews at the Los Angeles Olympic Games.



NOTE J: NTC Commencement Date for Intake 2 Athletes (athletes relocated and training full time)

Athletes who were members of the NTC for the previous season and have been invited back to the NTC as part of Intake 2, will be required to commence at the NTC by no later than the NTC Commencement Date for such athletes (*for the 2024-25 NTC season this is 2 January 2025*), unless there are individual extenuating circumstances as agreed with the Performance Director in accordance with these Guidelines.

Athletes who were not members of the NTC for the previous season and have been invited to the NTC as part of Intake 2, will be required to commence at the NTC by no later than the NTC Commencement Date for such athletes (*for the 2024-25 NTC season this is 2 January 2025*), unless there are individual extenuating circumstances as agreed with the Performance Director in accordance with these Guidelines.

NOTE K: Attendance at Mandatory Events

For each Mandatory Event, each invited athlete must attend the NTC on the date required. The Mandatory Events are:

- the NTC Commencement Date for Intake 1 Athletes (see Note G);
- the NTC Testing Camp (see Note H);
- the NTC Commencement Date for Intake 2 Athletes (see Note J); and
- the NTC Commencement Date specified in any Discretionary NTC Invitation given to an athlete (see Note L),

It is expected that athletes selected to train at the NTC will relocate to the NTC on the required date, or that which is determined by the Performance Director. Any issues preventing this should be discussed with the Performance Director as soon as possible. Failure to meet the requirement to attend a Mandatory Event on the required date (without an exemption being granted by the Performance Director) will result in the athlete being ineligible for selection to the Senior Australian Rowing Team for that season, and will result in a review of Athlete Categorisation.

Exceptional Circumstances: The Performance Director shall have the power to grant exemptions from the requirement to attend:

- (a) one or more of the Mandatory Events;
- (b) the NTC for the 2024-25 season,

based on Exceptional Circumstances. In these circumstances, the athlete will maintain their Athlete Categorisation.

Where any athlete seeks consideration of Exceptional Circumstances, a decision on a case by case basis will be made by the Performance Director at their sole and absolute discretion. In the circumstance where Exceptional Circumstances from the requirement to attend one more of the Mandatory Events are granted, the athlete if selected to the Senior National Team, will (notwithstanding the exemption) be required to move to the respective NTC immediately post National Trials and commit to all Senior National Team activity in preparation for the upcoming Benchmark Event.

Applications for exemption from the requirement to attend the NTC based on Exceptional Circumstances must be included in an athlete's Nomination and submitted by the Nomination Due Date.

NOTE L: Discretionary NTC Invitations

If an athlete does not receive an invitation to the NTC as an Intake 1 Athlete or an Intake 2 Athlete, the Performance Director may, after consideration with the relevant National Head Coach, and in his sole and absolute discretion, issue an athlete an invitation (if any) to train at the NTC. In doing so, the Performance Director may take into account the following (amongst other things):

- (a) the contents of completed and returned Nominations;
- (b) satisfaction of the minimum eligibility requirements (see Note B);
- (c) previous international performance, including performance at Under 23 and Non-Olympic World Championships.

For the avoidance of doubt, an Athlete may receive a Discretionary NTC Invitation if they are granted an exemption from the requirement to attend the NTC Testing Camp due to Exceptional Circumstances.

Any athlete invited to train at the NTC under this Note L will be required to commence at the NTC by no later than the NTC Commencement Date specified in their invitation.

NOTE M: Right of Appeal

An athlete has no right of appeal against any of the following:

- (a) A decision not to invite an athlete to attend the NTC as an Intake 1 Athlete (see Note E), an Intake 2 Athlete (see Note I), or via Discretionary Invitation (Note L);
- (b) A decision not to invite an athlete to attend the NTC Testing Camp (see Note F);
- (c) The determination of the Benchmark Performance Standard (see Note A);
- (d) The determination of the minimum eligibility requirements (see Note B);
- (e) The determination of the maximum number of places available at each NTC (see Note D).

Athletes with questions regarding any of these decisions are encouraged to seek clarification and feedback from the Performance Director.

Individual feedback for all athletes that attend the NTC Testing Camp will be available from the respective NTC Head Coaches.

An athlete that has nominated for Senior A selection but does not receive an invitation to train at the NTC or to attend the NTC Testing Camp is still eligible to be invited to the selection trials for the Australian Rowing Team for that season via performance in the activities stated in the Event Requirements.