

Clarence Coast Dragon Boat Club Inc.

REGATTA SELECTION CRITERIA

- 1. The object of this selection criteria process is for our members, when attending regattas, to attend as a club and enjoy themselves as a club in our own right. However, if insufficient paddlers register and we decide to join with another club, CCDBC coaches will be proactive in selecting paddlers for heats and finals.
- 2. Our priority will remain the safety and health of our members and each member being able to participate at regattas.
- 3. The club coaches and/or safety officer will monitor the health of paddlers and have the final say on when or if paddlers need to be rested.
- 4. Irrespective of how many members nominate for any given regatta, each member who nominates will be entitled to at least one heat in each category they have nominated. The priority in heats will be every member participating, not winning. Final selection will be made by the coach.
- **5.** A 'cut-off date' of two weeks prior to each regatta will be applicable for team selection.
- 6. Nominations after the 'cut-off date' can and should be accepted, however paddler's selection in races will be at the sole discretion of the relevant coach(s).
- 7. Coaches, sweeps and team managers will *plan in advance* the composition of the team for each race, with the understanding that if a final is reached, the best performing paddlers will be selected (adopted unanimously at General meeting 7th Dec 2019)
- 8. Regatta specific training is planned to prepare the team for the upcoming regatta and should be more strenuous than a normal session. Training sessions will be more intense for the four weeks prior to a regatta and it is expected that those who have registered to attend the regatta will be prepared to participate in those sessions, aiming to be 'regatta-fit'.