



BRITISH ROWING

# Reducing Numbers

Women's Development Programme

TEAMWORK | OPEN TO ALL | COMMITMENT



## Introduction

The Women's' Development Programme receives a high volume of sign-ups each year. To ensure each attendee receives the best possible experience we plan to put in appropriate measures to limit the numbers of attendees that attend the programme for the 2021-22 season.

## All Attendees

1. Attendees may only attend the region in which their primary club is based.
2. Numbers will be limited to 12 coaches and 12 rowers per region.

## Rowers:

- Rower applications close September 20<sup>th</sup> at 09:00.
- If more than the allocated number of rowers have applied, we will follow the steps outlined below, in order, until the number is reduced to the allocated amount.
  - The maximum age will be reduced to U21.
  - The minimum age will be increased to J16.
  - Ergo results submitted will be used to assess potential applicants.
  - A request for video footage of the participant performing a squat and a press up may be asked for if we cannot accurately separate further sign-ups.
- Please note at each practical day height, arm span and some ergo data will be taken. If this data varies greatly from what was submitted on application, or does not meet the standards expected, you may not be able to continue the programme.

## Coaches

- Coach Applications close September 27<sup>th</sup> at 09:00.
- If more than the allocated number of coaches have applied to attend the programme, we will follow the procedure below to reduce the number to the allocated amount.
  - Clubs will be limited to 1 coach per club with priority given to clubs with an athlete attending.
  - Additional coaches will be selected based on a first come first served basis.