



**World Rowing
Oceania Youth Athlete Development Training Camp
&
Oceania Youth Athlete Development Indoor & Beach Sprints Competition**

Sydney, Australia, 28 September – 06 October 2024

Bulletin No. 1

INTRODUCTION – Programme Objectives and Scope

As part of its goals, World Rowing provides development opportunities on a regular basis for targeted Member Federations (MFs), with the aim of supporting and enabling such MFs to participate in World Rowing key events, as well as provide training, coaching education and capacity building opportunities to help the development of Rowing on various levels.

World Rowing (WR) in collaboration with Olympic Solidarity are planning to organise a Youth Athlete Development (YAD) Training Camp in Sydney, Australia from 28 September to 06 October 2024.

The Training Camp is aimed at youth athletes from Oceania Rowing Federations identified through a process targeting youth ideally born 2008/2009/2010 and who have joined an ergometer and talent identification process in their respective country taking part in the following ergometer trials:

- June 2024: 150M-completed by JUNE 30, 2024.
- July 2024: 500M- completed by JULY 30, 2024.
- August 2024: 500M- completed by AUGUST 30, 2024.

Following these trials, each Oceania Rowing Federation will be able to identify at least 2 youth female athletes and 2 youth male athletes who can join the Youth Athlete Development Training Camp organised by World Rowing with the support of Olympic Solidarity and hosted by the Australian NOC, Rowing Australia, and Rowing New South Wales from 28 September till 06 October 2024 in Sydney, Australia. The YAD Training Camp will be complemented with an Oceania Youth Athlete Development Indoor & Beach Sprints Competition as per the below programme:

Provisional Training Camp Programme

Saturday September 28	Arrival ALL PM- after dinner- Intro meeting with the teams to discuss camp outline/ code of conduct.
Sunday September 29- Lake	AM #1- Safety Introduction AM#2- Basic Technical- ERG 150M race AM#3- SWIM SAFETY TEST 10:30-11:30 (at the Pool) <i>LUNCH & BREAK</i> PM#1- meeting-importance of warm-up-demonstration & practice for all. Fun learning to row games involved. PM#2- In groups: technique on water / technique on erg.
Monday September 30 – Lake	AM#1-warm- up & on water & erg Technique-with <i>Olympic Value Education GAMES on the erg</i> (in groups) AM#2-RUN session- with a coach looking at technique and then relay races-country races.



	LUNCH & BREAK PM#3-warm- up & on water & erg Technique-with Olympic Value Education GAMES on the erg (in groups) “ OVEP Row Values ”
Tuesday October 1- Lake	AM#1--warm- up & on water & erg Technique- Turn/slalom practice- (in groups) AM#2- video work with all on erg- end with relay race on erg LUNCH & BREAK PM#3- warm- up & on water & erg Technique- (in groups)
Wednesday October 2- Lake	AM REGATTA DAY – Oceania Youth Athlete Development Indoor Competition LUNCH & BREAK PM - warm- up & on water & erg Technique- (in groups)
Thursday October 3- Beach Day- travel 30’	AM#1- row- slalom and time trial course AM#2- as above LUNCH & BREAK- (bagged lunch) PM#3- side by side racing practice
Friday October 4- Beach Day- travel 30’	AM#1- entry and exit practice AM#2- side by side racing practice LUNCH & BREAK- (bagged lunch) PM#3- all row over TT course
Saturday October 5- Beach Day- travel 30’	AM- travel to Beach- 30min REGATTA DAY – Oceania Youth Athlete Development Beach Sprints Competition LUNCH & BREAK- (bagged lunch) REGATTA DAY – Oceania Youth Athlete Development Beach Sprints Competition Dinner and Wrap meeting- ‘fun awards (TBC)’
Sunday October 6	Departures

A detailed programme will be circulated closer to the event start date.

PARTICIPANTS CONFIRMATION PROCESS

- NFs must SEND by **July 30th, 2024**, a ‘long list’ of possible athletes’ names, and confirmed coaches- this will be finalized after August’s final ergometer test and in close collaboration with World Rowing Development Coach Expert Laryssa Biesenthal, OLY (laryssa.biesenthal@gmail.com)
- By **September 1st, 2024**, and following August’s 500M ergometer test, NFs should confirm:
 - 1) the names of their top 2 ranked female and top 2 ranked male Athletes who will join the camp in Sydney.
 - 2) the travel details of the team traveling to Sydney to arrange airport transfer upon arrival.

These should be sent to World Rowing Development Manager Inas Hussein, inas.hussein@worldrowing.com.



WORLD ROWING DEVELOPMENT SUPPORT

The successful applicants will be supported with the following costs:

- Roundtrip economy-class flight tickets (4 athletes and 1 coach+ 1 female coach, if justified and at World Rowing's discretion). This is applicable for the World Rowing Member Federations endorsed by their NOCs only.
- Accommodation and meals (4 athletes and 1 coach, + 1 female coach, if justified and at World Rowing's discretion).
- Access to facilities, equipment and fees for the training camp and Oceania competitions.
- Access to Rowing Coaching Experts and Educational programme.

All other expenses not mentioned above as covered by World Rowing Development Support, including visa fees, adequate travel and medical insurance...etc. are the full responsibility of each participating team/Member Federation.

ACCOMMODATION & HOTEL

Course Participants and World Rowing Experts will be accommodated at **Sydney Academy of Sport and Recreation Centre**, which is located 30 mins drive from the training facilities and venue.

Accommodation for course participants will be either in single or twin rooms (per gender (athletes with athletes and coaches with coaches) and based on availability).

For extra nights beyond the nights covered through the programme and for any extra participants at own cost not supported by World Rowing, prices are:

- 940 AUS\$ per youth for 8 nights full board accommodation, 117.50 AUS\$ per person/per night/full board.
- 1128 AUS\$ per adult for 8 nights full board accommodation, 141 AUS\$ per person/per night/full board.

Please note that **after 10 August 2024**, in the case of cancellation of participation or no show, your esteemed federation will be invoiced with the full expenses of your team.

INFORMATION ON VISAS

If you need an official invitation letter for visa support, please contact Ms. Georgia Nemes (GNemes@rowingaustralia.com.au), with a copy to World Rowing Development Manager Inas Hussein, inas.hussein@worldrowing.com by **15 August 2024 at the latest**.

Please note that visas take at least 28 days to be processed, so we urge you to apply for your visa as soon as possible to avoid missing participation in the camp due to a delayed visa.



AIRPORT OF ARRIVAL & INTERNATIONAL FLIGHT TICKET BOOKING

The airport of arrival/departure is **Sydney International Airport (SYD)**.

Participants who are not endorsed by their NOCs are responsible for booking their flight tickets and sending the flight details by **01 September 2024** at the latest to World Rowing Development Manager Inas Hussein, inas.hussein@worldrowing.com.

Member Federations participating in this YAD camp and competition supported by their NOCs and travelling from outside of Australia will have their flights tickets covered through the programme. We will reach out individually to each of these MFs in due course with further information.

LOCAL TRANSPORTATION AND AIRPORT TRANSFER

Most of the commuting will be on foot.

When local transport is needed and for airport transfers, New South Wales Rowing will support the programme arranging local transport.

SWIMMING ABILITY

The ability to swim and stay afloat is essential for participants in water sports, such as rowing. The risk of tipping over or falling into the water in a rowboat can be dangerous if athletes/coaches are unable to stay afloat, and coaches need to be prepared.

Each coach/rower taking part in any development programme offered by World Rowing must have a basic swimming ability, including being able to swim 50 m and keep their head above water unassisted for three minutes.

It is recommended that members of the federation carefully read the guidelines of the British federation on swimming competitions found in section 3.6 of RowSafe, available at the link below:

<https://www.britishrowing.org/wp-content/uploads/2023/11/2023-RowSafe.pdf>

A swim test will be organised for the camp participants on 29 September 2024.

INSURANCE & LIABILITY

Rowing Australia and World Rowing decline all liabilities for all kinds of damage training area and during the training camp and competition. Participants are solely responsible for themselves, and the material used.

Rowing Australia and World Rowing are not responsible for damages that may occur in Sydney.

Each Member Federation shall ensure that it has adequate and appropriate insurance cover in place, including medical insurance, for its participating team.

We also urge you to take note that any damages in the accommodation hotel will be invoiced to your respective Member Federation.



SAFEGUARDING & WELLBEING

World Rowing believes that it is a fundamental right of all individuals involved with World Rowing to be able to participate in a non-violent, safe and respectful environment.

World Rowing acknowledges its duty of care in this regard and is committed to creating and supporting an environment and a culture free from harassment and abuse. The welfare of all individuals involved with World Rowing is paramount. Behaviour and actions that constitute harassment and abuse will not be tolerated.

All forms of harassment and abuse constitute a violation of the World Rowing Code of Ethics, World Rowing Safeguarding Policy and the International Olympic Committee (IOC) Code of Ethics.

All MFs participating at World Rowing sanctioned events and the World Rowing development programme must ensure that their delegations (including officials, coaches and athletes) respect and follow the World Rowing Safeguarding Policy.

[Safeguarding - World Rowing](#)

PERSONAL EQUIPMENT - PARTICIPANTS

Participants are encouraged to bring equipment to be wet and that is suitable to be used on the beach:

- Clothing suitable for hot and cold conditions, rainwear.
- Swimming clothing for pool, swim goggles.
- Pocket size notebook and pen- for coaches.
- Laptop, or tablet, or smartphone that is able to access resources and undertake quizzes online – for coaches.
- Windproof jacket, gloves, and hat to wear on the beach during sessions.
- Two sets of clothing that can row/boat handle in.
- Footwear for the beach (neoprene booties) to avoid cutting your feet on anything sharp.
- Big towel for changing in car park/on the beach.
- Phone in a waterproof case.
- Sun cream, personal medication and hygiene products.
- Dry clothing for going home.
- Drybag to keep clothes dry on the venue.
- Large water bottle to keep hydrated.

World Rowing Development Team