



CREW SELECTION CRITERIA

Crew selection will be based on the following criteria: 'GAASEECC'.

G	-	GELLING
A	-	ATTITUDE
A	-	ATTENDANCE
S	-	STRENGTH
E	-	EXPERIENCE
E	-	ENDURANCE
CC	-	COACHING COMMITTEE – Final Say

GELLING

This is the most important component of selecting a crew. If a crew does not gel, or a paddler cannot keep with the rhythm of the canoe then it will not work. It doesn't matter how strong a paddler is, the rhythm of the canoe is the most important aspect of paddling. Combinations will be trialled and it may involve changing people between crews to see which combination gives the best rhythm, efficiency and speed. To ensure all paddlers competing for a certain seat have an equal opportunity to show what they can do, steersman will be asked what the gelling is like and what they feel worked best between combinations. For specific distances, times will be recorded for the different runs and compared.

ATTITUDE

This involves attitude towards the canoe, the crew, the steerer, the squad and the coaches. The following is what we look for:

1. Who helps to prepare for training sessions?
2. The attitude a paddler brings to a canoe (how they interact with others on & off the water)
3. How well paddlers give & receive feedback within the canoe
4. How paddlers take correction from the coach/coaches
5. Who is pushing themselves that extra bit for other paddlers in their canoe?

ATTENDANCE

This is self-explanatory. For members to develop their technique, condition and be considered for crew selection, they must attend training. We need to be able to ascertain whether the individual gels within a crew or not and to do this, members must be in attendance. It also shows a commitment to others in the club.

STRENGTH

This is a very important component of paddling, but without the rhythm in the canoe and a positive attitude, strength is irrelevant. Canoe racing is all about finding the strongest group of paddlers who can paddle in a rhythm together and are efficient and understand gearing for different conditions.

In the canoe strength – this involves who can move the most amount of water in time with the other paddlers (power phase). It is often easy for an experienced steerer or coach to determine this. However, if this is not possible, a series of pull-outs will be used (seat changes).

ENDURANCE

Members will only be considered for distance races if they have demonstrated that they can do the distance and are conditioned to perform at race pace. A paddler is no good to a team if they cannot last the distance under racing conditions. It is not fair to anyone in a crew to have a paddler who is being carried by the rest if they are not conditioned. Think of your other paddlers before expressing an interest to race in an event you know you have not conditioned for.

EXPERIENCE

Experience is more important in some seats than others. Steerer, Seat 1 & Seat 2 to some extent, need to be paddlers who have paddled at an elite level or have a lot of experience. There is no substitute for experience for these specialist seats. Seat 3, the motivator seat and core to the engine room along with seats 4 & 5. Crews are strengthened when they have that positive influencer in the boat. Someone who can get the crew to lift to another level whenever needed.

COACHING COMMITTEE

The CC has the final say in crew selection. This is not negotiable. When necessary we will point out to paddlers who they are up against for each particular seat. We will also let you know what areas of the criteria you did not meet and the reason(s) why you may not have been selected for a crew.

We encourage all our members to regularly discuss their progress with the CC.

GENERAL

Please do not wait to get your EOI in for races. Coaches will select crews several weeks out from an event for that crew to maximise their training time, allowing crews to develop and strengthen to give them the best opportunity to compete at a high level.

Please remember your coaches not only volunteer their time to get members on the water and conditioning, they too are paddlers. Respect their time and commitment given to you our members.