

**AO High Performance Pathway
to
IVF World Distance Samoa 2023**

Released: 19 October 2022

Background - IVF Information

When:

- IVF World Distance event is 10 -18th August 2023

Age categories for racing are:

- Junior 19 (minimum age 14)
- Open (minimum age 16) - for this campaign AOCRA recognise OPENS category up to 40 years old. Appropriate parental and coach permissions apply for 16 years of age
- Master 40
- Master 50
- Master 60
- Master 70 (reduced distance)
- Para (Mixed Vb, reduced distance)

You are required to race in your true age category, ie if you are a senior master you must race senior master age category to qualify for squad



Teams per age category:

- Countries may enter one Vb team per gender
- Countries may enter one V1 paddler per gender
- Para Va' a V1 will include VL2, VL3 and IVF' s VL4 categories with one entry per gender
- Para Va' a Vb will include VL1, VL2, VL3 and IVF' s VL4 categories with one entry being mixed. Further information on para va' a events will follow in separate correspondence.



Qualifying for Australia Representative Team



All AOCRA members are invited to qualify for the Squad Selection for IVF Worlds Samoa 2023 and have an opportunity to represent AOCRA and Australia.

AOCRA RULES for Competitor Eligibility:

- b.3.2. For competitors to be eligible for AOCRA national Championships, national selection, or International Va'a Federation (IVF) or International Canoe Federation (ICF) sanctioned events a paddler must be an AOCRA member and a Australian Citizen or a continuous resident of Australia for a minimum of 6 months (documented evidence, such as a stamped passport or Australian driver's license will be required as evidence).
- Note: To be selected as an Australian representative a paddler must not have represented another IVF country at an IVF Event for a period of at least 2 years before their selection.
- You must have been a continuous member of AOCRA for past 12 months minimum

Code of Conduct:

- To be part of team, all paddlers have and will demonstrate their contribution to a positive, healthy sport environment and our BY Laws and policies outline acceptable behaviours, and expectations of all participants in our sport.



Qualifying for V1:

- 2023 V1 National Championships will be held on 4 February 2023 at Suttons Beach, Brisbane QLD.
- All members are invited to compete for National Titles: U12 - Platinum age categories. More details will be provided in the to be released event program.
- There will be some AOCRA V1 available to hire to compete.
- First across the line in each age category and gender for IVF Worlds eligibility will qualify and represent Australia.
- The second and third across the line will be a reserve and backup to the reserve and join the squad team to undertake the same training program in preparation.
- The qualifying course is 12km in protected waters.



Qualifying for Australian Representative Team



Qualifying for Vb:

Two options to qualify for High Performance squad camp:

- First 3 x teams across the line for each age category and gender at the 2023 Sydney Harbour Challenge held 25th February 2023 at Rose Bay, Sydney
- **All participants must race in their actual age category and opens is 40 or under**
- Nominated teams must have six paddlers in the same age category
- These first 3 teams across the line in each age group and gender will be eligible to attend the High Performance squad camp for final selection
- First 6 x individuals across the line for each age category and gender at the OC1 12 kms race to be held on Friday the 24th February at Rose Bay, Sydney
- Individuals must nominate in the actual age category
- These first 6 individuals across the line in each age division and gender will be eligible to attend the High Performance squad camp for final selection



Frequently asked Questions:

- You must race in your actual age category to be eligible, Open is 40 years old and under
- Paddlers will not drop down a division, even if they are faster than the individuals in the division below them
- If an individual qualifies in both the OC1 race and in a Vb team their qualification in OC1 will be voided and handed to the next competitor
- All individuals must be willing to attend the squad and selection camps as outlined
- All individuals must have the time and commitment to complete the training that will be mapped out by the High Performance Coaching Team with evidence
- All individuals must have the financial resource to travel to camps and compete in Samoa 2023
- Reserves will be selected for all teams and they must also be prepared to carry out all the requirements above



Squad and Selection Camps Program 2023



1. The initial Squad Camps will be managed and attended by the Head Coach in conjunction with a minimum of 3 other coaches and AOCRA Board presence
2. Vb Selection will be announced after the first Squad Camp
3. The High Performance Coaching Team will make a recommendation of the top 6 individuals and reserves to the AO Board for approval
4. The Selection Criteria Scorecard will be discussed in detail with the squad and include a combination of and not limited to:
 - Technique and ability to blend with the crew,
 - Strength, fitness, speed,
 - Seat flexibility
 - Athlete conduct, attitude and alignment with AOCRA Code of Conduct
 - Athlete contribution to the sport over time on and off the water

In the unlikely case of any of the available representative places not being contested/ filled based on the qualifying criteria and or performance level of the athletes, AOCRA reserves the right to invite expressions of interest from duly experienced paddlers and move eligible paddlers down to a younger age category to ensure there is an Australian team representation at the event.



Squad and Selection Camps

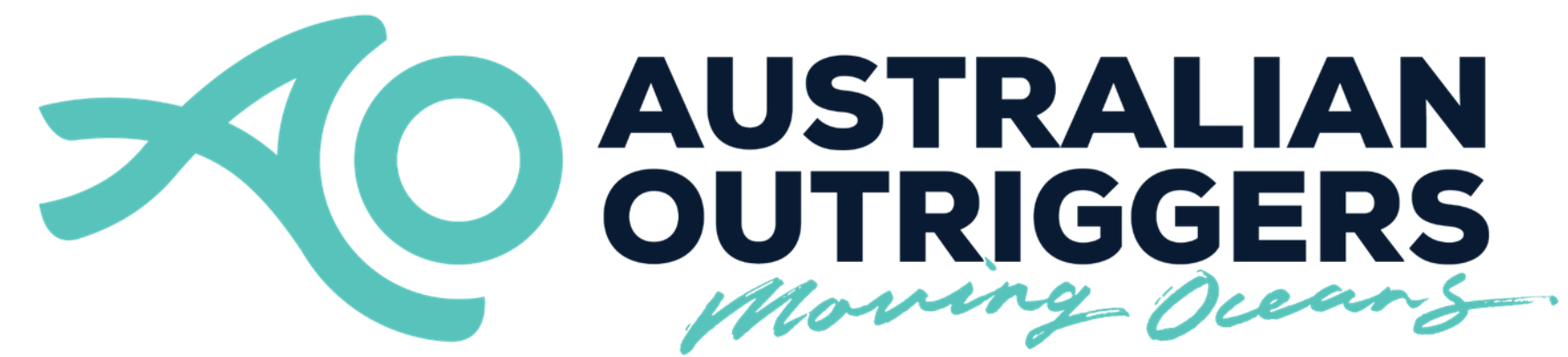
2023 Dates for squad and selection camps:



- 11 & 12 March 2023
- 22 & 23 April 2023
- 17 & 18 June 2023
- 8 & 9 July 2023
- Camp location is dependant on the location of majority of the squad
- All individuals must attend every weekend camp, no exceptions
- All individuals must participate in an upfront financial fund for a Travel Pool to attend camps to assist remote team members
- It is at the individuals expense to attend these camps, no exceptions
- All team members must be willing to undertake the campaign training program, no exceptions, this will be **minimum** of 12 hours of on water and on land training per weekly and provide weekly evidence to the coach. Be available for virtual meetings as required.
- Selected individuals will represent Australia wearing the official uniform at all times required
- AOCRA will advise of group booking options for travel and accommodation



AOCRA High Performance Campaign for 2023 Team



AOCRA Board Sponsors:

- Michael Seay
- Janine Nikora

IVF Country Co-ordinator:

- Trish Johnston

National High Performance Coaching Team and Team Managers 2023:

- To be announced



THANK YOU

