



# 中國香港賽艇協會

## HONG KONG, CHINA ROWING ASSOCIATION

### HONG KONG JUNIOR ROWING SQUAD

#### OPEN SELECTION – PRELIMINARY TESTING SESSION FOR JUNIORS

09:00 – 11:00 am, Saturday 29<sup>th</sup> July 2017, at HKSI Rowing Centre, Shatin

Hong Kong Team coaches will run a preliminary open testing session for **junior** rowers who may be interested in joining the Hong Kong Junior Squad preparing for the Asian Rowing Junior Championships and Asian Continental Youth Olympic Games Qualification, to be held in Singapore from 11<sup>th</sup> – 14<sup>th</sup> October 2017.

Athletes wishing to take part in the testing should meet the following requirements: -

- Shall be under 18 years of age as at 31<sup>st</sup> December 2017.
- Shall be (or shall become) a paid-up Centre User of the Association and;
- Shall be physically fit and in good health (*note 1*) and;
- Shall hold a HKID Card and have been ordinarily resident in Hong Kong for a minimum period of 3 years (as at 1<sup>st</sup> July 2017) and;
- Shall be willing to comply with the training, testing and anti-doping requirements as set out from time to time for junior squad members and;
- Shall can meet the minimum swimming requirements stated in the Association's water safety policy.

The testing session is open to all junior male and female rowers holding a HKID Card and ordinarily resident in Hong Kong for 3 years, and will involve land-based testing only in the first phase. Tests will involve: -

- Physical measurements – height, weight, arm-span etc.
- A 2000m, all-out, maximum ergometer test on the Concept 2 rowing ergometer.

Ergometer scores of 7:00 (or better) for boys, and 8:08 for girls, are currently the minimum required to be considered for regular training within the junior development squad. As a general guide however, athletes have not achieved selection for the Hong Kong Junior Team with ergometer scores slower than 6:45 for boys and 7:45 for girls.

For those rowers passing the preliminary phase of testing, water trials will be arranged in early August by invitation. These will involve a 2000m sculling trial, followed by crew trials if required.

Those wishing to take part in the preliminary ergometer test, should register by sending their full-name, club, and date of birth to Coach Keith Lam at [keithL@hksi.org.hk](mailto:keithL@hksi.org.hk), **on or before Thursday 27<sup>th</sup> July.**

**Note 1:** Those registering for testing will be asked to provide signed consent from a parent or guardian stating that they are fit to take part in the trial and able to meet the requirements stated.

Should you require any further information, please feel free to contact Coach Lam or Technical Director, Chris Perry.

Hong Kong, China Rowing Association  
17<sup>th</sup> July 2017