

High Performance Framework

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1 Introduction

The KBR / FRBA aims to select the best crews for international rowing and recognizes that good selection process impacts positively on its team culture, wellbeing, and performance of the rowers.

This framework must be seen in conjunction with the annual [High Performance Rowing Selection Process](#).

2 Selection Commissions

The selection decisions for the national team of KBR / FRBA will be made by the [Federal Sport Technical Commission \(FSTC\)](#). For the Olympic Games the decisions will be made by the [National Olympic Rowing Selection Commission \(NORSC\)](#).

Despite the aim to establish an objective, measurable and transparent selection process, the KBR / FRBA does not consider it desirable to select crews based on hard-edged criteria only. Such an approach would not consider factors such as injury or illness, which may have prevented performance at one or more sets of trials, crew dynamics or potential performance and act against its own interests.

3 Selection criteria

The KBR / FRBA recognises that selection decisions should be made on an objective basis, considering a variety of factors. A comprehensive list of factors which may be taken into account in selection decisions is set out below:

- Results obtained during the World Championships, European Championships and World Cups in the current or previous season.
- individual competitions and mandatory test results (individual ergometer score and “P-index”)
- Test results from seat racing
- Crew technique adaptation (in case it concerns a crew boat)
- Other relevant quantifiable performance indicators defined by the FSTC
- Ability to maintain training loads
- amount of non-training days
- Making and maintenance of established weight targets (lightweights and coxswains)
- Any past, current, or recurring injury or condition (physical or otherwise), which has or may have the potential to inhibit the performance of a rower (or group of rowers)
- Ability and commitment to train and compete within the programme at times and places required or designated by the Head Coach
- Findings from medical examinations or physiological test analysis
- Potential for future development as an individual or combination
- Any extenuating circumstances that may have impaired a rower’s performance or excluded a rower from an event or trial

4 Selection priority

The FSTC and National Olympic Rowing Selection Commission will set and follow the following priorities in composing the boat(s):

- 1. Medal candidate(s)
- 2. Top 8 candidate(s)
- 3. Participant(s)

5 Who this framework applies to:

This framework applies to all Belgian scullers, sweep rowers and coxes, who have signed the on-line commitment form in the relevant season and aspire to be part of the national team and represent Belgium at the major events, such as European and World Rowing Championships and Olympic or Paralympic Games.

6 Events this framework applies to:

1. Olympic Games
2. Paralympic Games

3. World Rowing Championships
4. European Rowing Championships
5. World Cup Regattas
6. World & European Rowing Under 23 (U23) Championships
7. World & European Rowing Junior / Under 19 (U19) Championships
8. Coupe de la Jeunesse
9. World & European Coastal Championships
10. all other international events where participation is under the name of the national team without club designation and in representation of the KBR/FRBA

7 The Federal Sport Technical Commission (FSTC) consists of:

- President: Head Coach
- 3 VRL Topsport commission members
- 3 LFA Topsport commission members
- TD VRL
- TD LFA

8 The National Olympic Rowing Selection Commission consists of:

- President KBR
- TD VRL
- TD LFA
- Head Coach
- Topsport VRL member
- Topsport LFA member
- Advisory roles by: BOIC, Sport Vlaanderen & ADEPS

9 Selection – Minimum criteria

In order to be considered for selection for the events listed in [Events this framework applies to](#), Rowers must fulfil minimum eligibility criteria. He or she must:

- Hold a Belgian passport
- Have a current VRL or LFA A-license
- At all times hold a valid Passport and be able to travel to international events and training camps
- Be eligible to compete under the IPC / IOC / World Rowing Nationality & Gender Regulations.
- Not be subject to any current disciplinary proceedings or ban
- Not be subject to any period of ineligibility or provisional suspension due to an anti-doping rule violation or of any other nature
- Attend at the National Training Centre or other venue, notified on time by head coach or Technical Directors, when required for training or tests.

- Compete at the mandatory events and tests as set out in the Selection Process document
- Be available for any crew formation process or ad hoc trial, notified on time by the Head Coach or Technical Directors.
- Fulfil any other eligibility rule or requirement from the IOC, IPC, WADA, World Rowing or any other relevant international or national governing body or organisation
- Be a fit and proper person to represent KBR / FRBA

10 Selection Times

The Selection Times for WC, EC and Coupe de la Jeunesse, and for each category Elite, U23 and U19 will be published every year. Crews who do not perform at, or very close to, the Selection Times may not be selected for events. Where there is no boat in a particular event capable of achieving the Selection Time, a boat comprised of rowers with future prospects may be selected.

11 Factors affecting performance

A Rower is expected to produce his or her best performance at all Selection Trials, tests, and other races.

If there is a medical or other reason why a rower or crew cannot take part or perform at their best, the Head Coach or one of the Technical Director(s) must be notified in writing in advance, together with a medical certificate.

All National Team Rowers, who are invited to monitor their training through the established digital platform (e.g. Ludum) are requested to use it on a regular basis and upload all relevant data for an optimal training load adjustment. This data never will be used for selection or exclusion, but to understand better the individual training process and achieve the highest individual performance level.

12 Selection process

Selection for one event (for example a World Cup Regatta) does not guarantee selection for a subsequent event and may be due to individual performance level of each athlete during the season.

World Cup Regattas and other national and international events during each season may be used to test different crew combinations before the major Championships.

13 Exclusion

Following selection, a rower may be excluded from the National Team in the event of:

- Any anti-doping rule violation or provisional suspension
- Any serious misconduct or suspension due to misconduct
- A loss of performance or physical fitness during a certain period, due to lack of training.
- by own decision or for refusing to be part of a crew selection proposed by the Head Coach.
- refuse to do the training when training with the National Team or not following the instructions.
- Where the National Olympic rowing selection commission considers another Rower or selection decision is likely to lead to better results at an upcoming event or events.



For further information contact: VRL or LFA technical directors