

State Development Program Time Trials

OVERVIEW

The Paddle South Australia State Development Program Time Trials will be held on Saturday, the 23rd of June at the West Lakes Regatta Course, Oarsmen Reserve. These trials will be timed over 300m and 2000m.

The trials will be used as an opportunity for *any eligible South Australian Canoe Sprint athlete* to qualify for the State Talent Squad and provide a ranking of our current program athletes.

To be eligible for the State Development Program time trials athletes must; have been born between 2001 – 2004 (2018/19 season U18 or U16) and be a financial member of one of Paddle SA's four Canoe Sprint clubs.

TRIALS PROGRAM

Athletes will be required to register prior to the event via the following email address; sa.coaching@canoe.org.au and provide the following information; Name, age, club, and previous personal best times.

On the day participants will be briefed on how the time-trials will operate. For each distance athletes will be paired based on their previous best times or coach's feedback. Pairings will be started 1 minute apart, starting with the fastest pair.

Below is a guide for the running program for the trials:

07:15am – Arrive and Begin warm up routines

07:30am – Briefing and Start List

08:00 am – First 2000m start

09:00 am – First 300m start

09:30 am - Finish

SELECTION AND RANKING CRITERIA

For athletes to be eligible for selection into the State Talent Squad they must meet the required percentage for the year the athlete was born.

The table below provides the percentages required for an athlete to be eligible for selection into the State Talent Squad, as well as a guide for possible times required (male example used). The base time will be set on the day by the best U18 male and female paddlers at the time trials. Athletes age will be taken into account for rankings using the percentage variation as shown in the table below.

Age Group	2000m %	Example 2000m		300m %	Example 300m	
	% Needed behind best time	Best U18	Required Time	% Needed behind best time	Best U18	Required Time
	%	Time	Time	%	Time	Time
2004	14	08:32	09:43.68	16	00:59	01:08.44
2003	12	08:32	09:33.33	14	00:59	01:07.26
2002	10	08:32	09:23.30	12	00:59	01:06.08
2001	8	08:32	09:12.96	10	00:59	01:04.90

SELECTION PROCESS

After the time-trials are completed the State Development Program panel will assess the results and make selections based on the criteria set. The panel will consist of:

Jim Murphy (CSA, Sprint Committee Chair), Nick Bulmer (State Development Program Coordinator), Luke Haniford (NEDP Coach – Paddle to Podium), Laurence Fletcher (NEDP Coach – NTS/STS) and Christi Florian (SASI Assistant Coach).

Athletes will be informed via email regarding the outcome of their application. All results will be sent to club representatives.

STATE TALENT SQUAD

The State Talent Squad (STS) is comprised with some of South Australia's best Junior paddlers. They train with National Talent Squad (NTS) members and U18 SASI scholarship athletes. This group of athletes is currently coached by Laurence Fletcher out of the Paddle SA sheds, located at Aquatic Reserve, West Lakes.

As a program, we strive for State, National and International success and representation. Ultimately we wish to see individuals improve year to year and reach their best potential.

Acceptance into the squad, is attached with training agreements relating to session attendance, competition attendance and behavioural expectations. All of which will be outlined in the athlete agreement upon meeting a required time.

FURTHER INFORMATION

Further opportunities to gain a position in the State Talent Squad include:

- Time Trial 2 (September/ October)
- GP1
- GP2
- National Championships

For further information regarding the Paddle South Australia Canoe Sprint SDP and/or selection guidelines, please contact:

- Nick Bulmer, State Development Program Coordinator via email at sa.coaching@canoe.org.au
- Luke Haniford, NEDP – Paddle to podium Coach via email at luke.haniford@gmail.com
- Laurence Fletcher, NEDP – NTS/STS coach via email at flelm002@gmail.com