

Junior National / SASRU Development Time Line 2014/5

Action	Due Date	Venue	Due Date	Venue	Due Date	Venue	Due Date	Venue	Comments
Registration of athletes.	19 October 2014	Website							Registration to be done on the SASRU Website for SASRU Squad. Registration to be done on the National Website for Junior national Squad.
Coaching applications.	13 October 2014	Website							Registration to be done on the SASRU Website for SASRU Squad. Registration to be done on the National Website for Junior national Squad.
2km Ergometer Test.	5 th – 19 th October 2014.	To be done at clubs / schools. Data to be submitted by 20 th October to tdedlow@kes.co.za	8 th December 2014.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	19 th January 2015. The Western Cape to confirm date.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	10 th March 2015.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	SASRU Squad to complete 2k 15-19 October, 19 th January and 10 th March. Junior National squad to complete all.
5km Ergometer Test.	9 th November 2014. SASRU and National.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	8 th December 2014.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	19 th January 2015. The Western Cape to confirm date.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	11 th March 2015.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	SASRU Squad to complete 5k 9 th November, 19 th January and 11 th March. Junior National squad to complete all.
17km Ergometer Test. Girls to do 10km Test.	9 th December 2014.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC	20 th January 2015. The Western Cape to confirm date.	Gauteng: TBC Western Cape: TBC Eastern Cape: TBC Natal: TBC					SASRU Squad do not need to complete the 17k tests. Junior National squad to complete both.
Submission of Wild Cards for National and Provincial Trials.	02 March 2015.	Mailed to Chair of Junior IC.							
SASRU Provincial	14 th – 16 th	Regional							

Trials Weekend.	March 2015.								
Junior National Trials Weekend.	21 st – 23 rd March 2015.	Roodeplaat							
Crew Formation.	April 5 – 12 th 2015.	Roodeplaat							
Selection Regatta.	3 rd May 2015.	Roodeplaat							

Notes:

1. We are aware that the December tests are set during the holiday period. If athletes are away during this period they will be permitted to do the test independently and submit a verified result.
2. Regions will establish venues for testing. In order to avoid costly travel there may be more than one venue in the region. **Regional Representatives will confirm venues and times two weeks prior to the tests being conducted.**
3. Should an athlete not be able to complete a test due to injury or other reason, the Chair of the Junior IC is to be notified in writing prior to the test being conducted. A medical report or doctor's note may be required.
4. The Western Cape will provide two consecutive dates for the January testing. These dates are to be forwarded by end of October 2014 for inclusion on the calendar.
5. Regional Representatives should begin to communicate with and confirm potential venues for testing now.
6. All coaches are to please pay attention to the preparation of their athletes for the 17km and 10km test. Pacing will be extremely important. If there are any doubts at all, coaches are encouraged to contact their regional representatives or the senior coaching team for advice.