

Ontario NextGen Development Program

Targeted Support Program



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Information Package



Row Ontario is pleased to introduce the targeted Athlete Support Program.

Purpose

The Targeted Ontario-based U21 Athlete Support Program is designed to help high-potential athletes overcome financial barriers that may limit their training, competition, and long-term athletic development. The program provides targeted financial assistance to athletes who demonstrate exceptional performance potential and commitment to their sport. The performance outcome goal is to have successful applicants converting to Sport Canada funding (AAP) and participating in, as part of crew, or as a sculler, in boats capable of making finals at future U23 World Rowing Championships.

Objectives

- Support athlete development and performance excellence.
- Increase access to coaching, equipment, and sport science services.
- Improve athlete retention and progression to elite levels.

Characteristics of a Targeted Athlete

- Targeting performance at U23 events, not selection
- Training consistently and effectively for 48 weeks/year with ability to increase volume year over year
- Balancing academic pursuits with with performance goals
- Developing proficiency in a small boat to guide individual growth and technical understanding

Eligibility

Applicants must:

- Meet age requirements outlined in the funding structure section.
- Be enrolled full-time in an Ontario University.
- Demonstrate performance potential through recent results and rankings.
- Commit to a training location while University classes are not in session.
- Meet citizenship, residency, or organizational membership requirements (as applicable).
- Commit to a training and competition plan approved by ONGDP Staff and their University coach.
- Be available to race for Ontario where opportunities exist.

Funding Structure

Successful applicants will receive money in two (2) installments, October 1st and February 1st providing athlete obligations are met.

Ontario NextGen Development Program

Information Package



The funding amount for successful candidates will be up to \$8,000. The amount will be determined by ONGDP Staff.

AGE – Applicants applying in Fall of 2026 must be entering their first first OR second year of U23 eligibility in 2027.		2k Erg
Male	18 (will turn 19 in 2027)	6:21.0
	19 (will turn 20 in 2027)	6:16.5
Female	18 (will turn 19 in 2027)	7:22.0
	19 (will turn 20 in 2027)	7:15.0

Funding amounts may vary based on available program resources.

Selection Criteria

Applications will be evaluated based on:

1. Athletic performance and results (On-water performances and 2k ergometer).
2. Future performance potential.
3. Quality of training and competition plan.
4. Willingness to commit to small boat development/proficiency.
5. Interview with ONGDP Staff and University Coach

Athlete Application Process

1. Submit online application.
2. Provide competition results and athlete résumé.
3. Submit a yearly training plan and competition plan on a template provided.
4. Participate in an interview if shortlisted.

Coach Application Process

1. Submit online application on behalf of the athlete
2. Verify and support competition results and erg performance
3. Verify and support training and competition plan
4. Participate in an athlete interview with ONGDP staff if shortlisted

Monitoring and Accountability

Supported athletes will:

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Information Package



- Engage in ONGDP programming and camps following the Canadian University Championships in November as per the agreed upon Individual Athlete Performance Plan.
- Relocate to the ONGPC for the summer season.*Mandatory – waived if on RCA team

Expected Outcomes

- Improved athlete performance metrics.
- Greater progression to national teams.
- Enhanced long-term athlete development and career sustainability.

2026/27 Camp Dates

Camp #1	September 26 th
	September 27 th
Camp #2	October 24 th
	October 25 th
Camp #3	November 21 st
	November 22 nd
Camp #4	December 19 th
	December 20 th
Camp #5	January 16 th
	January 17 th
Camp #6	February 13 th
	Febraruy 14 th
Camp #7	March 27 th
	March 28 th
Camp #8	April 24 th
	April 25 th
Camp #9	May 8 th
	May 9 th

Program Motto: *Empowering the next generation of athletes to reach their full potential*