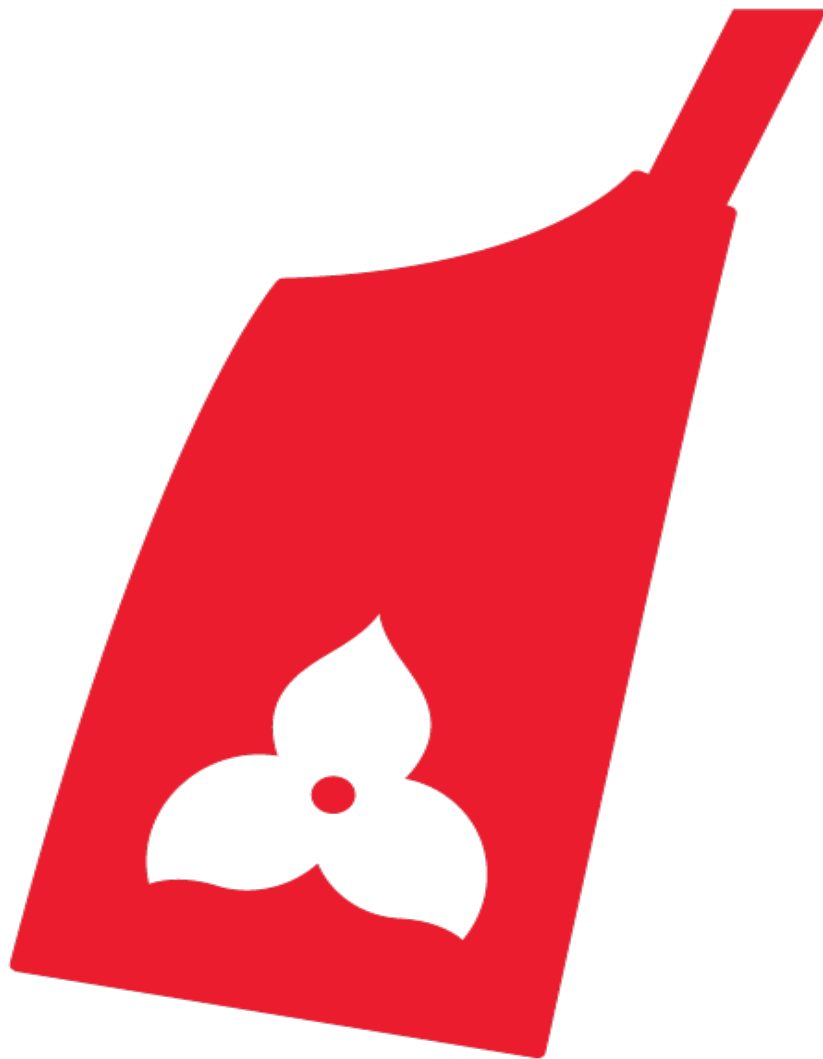


Ontario NextGen Performance Centre

Athlete Development Pathway: NextGen



NextGen

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INTRODUCTION

The Athlete Development Pathway for rowing is diverse, and can be approached using several metrics, including, but not restricted to, previous sport experience, sport-specific entry age, rowing club or school programming experience, high quality competition exposure, education and career goals, and meeting performance criteria.

The Athlete Development Pathway for rowing can be generalized as:

Entry	Age	Education	Career	Program Pathway		High Quality Competition		2KM Erg Criteria	
						Domestic	International		
	NTC	Paused/ Completed	Full Time Athlete	National Training Centre		NRC	Olympic or Paralympic Games	<i>MEN</i>	<i>WOMEN</i>
Late	SR			University	Student Athlete	ONGPC	ONGPC	Canadian Henley	SR WC
	U23	University	University			CSG			U23 WC
Mid	U21							High School	Club
	U19	Club	CSSRA Row Ontario Champs	U19 WC	6:13	7:08			
Early	U17			High School	Club	CSSRA Row Ontario Champs		CanAmMex	6:21

Rowing Canada Aviron (RCA) and Row Ontario have partnered to deliver the NextGen portion of the Athlete Development Pathway for rowing in Ontario through 2028. Provincial Development (PD1, PD2, PD3) and National Development (ND) Athletes are considered **NextGen Athletes** in Ontario. This document includes information that aspiring athletes who are typically 5 – 8 years away from an Olympic or Paralympic Podium need to be able to engage with the Athlete Development Pathway.

The Ontario NextGen Performance Centre operates on the understanding that an extended exposure to an enhanced training environment increases an athlete’s likelihood of Olympic and Paralympic success.

CENTRE GOALS AND OBJECTIVES

The aim of the Ontario NextGen Performance Centre (ONGPC or Centre) is to create the optimal development pathway for Ontario-based athletes with Olympic and Paralympic podium aspirations. The Centre's goals are to increase the number of Ontario-based athletes on Olympic and Paralympic podiums. The ONGPC aligns with the Long-Term Athlete Development (LTAD) model and uses leading sport science, sport medicine and certified full-time coaches to achieve sport specific skill development at each stage of the Athlete Development Pathway.

The creation of the ONGPC aligns RCA and Row Ontario in the delivery of the NextGen portion of the Athlete Development Pathway, increasing the quantity and quality of athletes in the system. The goal of a healthy, positive, and engaging training environment will maximize the time an athlete stays in the sport and will streamline them towards positive key developmental experiences, including provincial, national, and international competitions, and ultimately onto Olympic and Paralympic podiums.

The ONGPC creates a highly competitive daily training environment (DTE) that emulates RCA's National Training Centre's (NTC) DTE and prepares athletes to transition to the NTC. The ONGPC will provide appropriate opportunities for athletes to gain physical, technical, and mental competencies ahead of selection events and competitions. NextGen Athletes who prioritize accelerating their development within the Athlete Development Pathway can centralize to the ONGPC in Welland, to benefit from a high-performance targeted environment. NextGen Athletes who train in a club or school program (Regional Athletes), will establish an entry point into the ONGPC through the creation of an annual Individual Athlete Performance Plan (IAPP).

Centralized Athletes will have the opportunity to experience high quality competition at regattas throughout the year that are part of their IAPP. These regattas will include appropriate regional, national, and international regattas.

For both Centralized Athletes and Regional Athletes, a primary function of the ONGPC is to prepare and acclimatize athletes for outstanding performances during selection activities.

PROGRAMMING AND CENTRE ATHLETE MODELS

Through the intake process, Ontario NextGen Performance Coaches will work with each athlete to create an annual IAPP. The IAPP will include the athletes' goals and gap analysis to determine the level of Sport Science and Sport Medicine support required to achieve those goals. These activities will also consider the athlete's current level of performance and stage of development. From the IAPP, a robust yearly training plan (YTP) will be established to help guide the athlete towards their goals. Athletes who meet Provincial or National NextGen Athlete criteria have the option to be a Centralized or Regional ONGPC Athlete.

Centralized Model

A **CENTRALIZED ATHLETE** is an athlete that utilizes the Ontario NextGen Performance Centre (Welland) as their DTE (Daily Training Environment). While a centralized athlete is expected to be in the Centre for 10 or more months of the year, they remain eligible to train and compete with their club or school program as defined in their annual IAPP. Centralized athletes will be provided external, pre-selection, high quality competition opportunities through appropriate regional, national, and international regattas. Although athletes can enter the ONGPC at points throughout the year, and as outlined in their IAPP, the Centre will begin offering full-time training for athletes on the Tuesday following Labor Day each year.

Regional Model

A **REGIONAL ATHLETE** is an athlete that utilizes a club or school program for their DTE, with established expectations on when they will train with the ONGPC. Post acceptance, select Regional Athletes are required to participate in the creation of a well-defined annual IAPP in partnership with NextGen Performance Coaches and their club/school coaches. Regional Athletes are expected to maintain targeted training loads and attend monitoring practices and identified camps set out in their IAPP. Through a separate application process, Regional Athletes may have the opportunity to train at the ONGPC for the summer season as a Centralized Athlete. Most typically this would be in April for university students, and June for high school students and university students attending American schools.

Seasonal Model

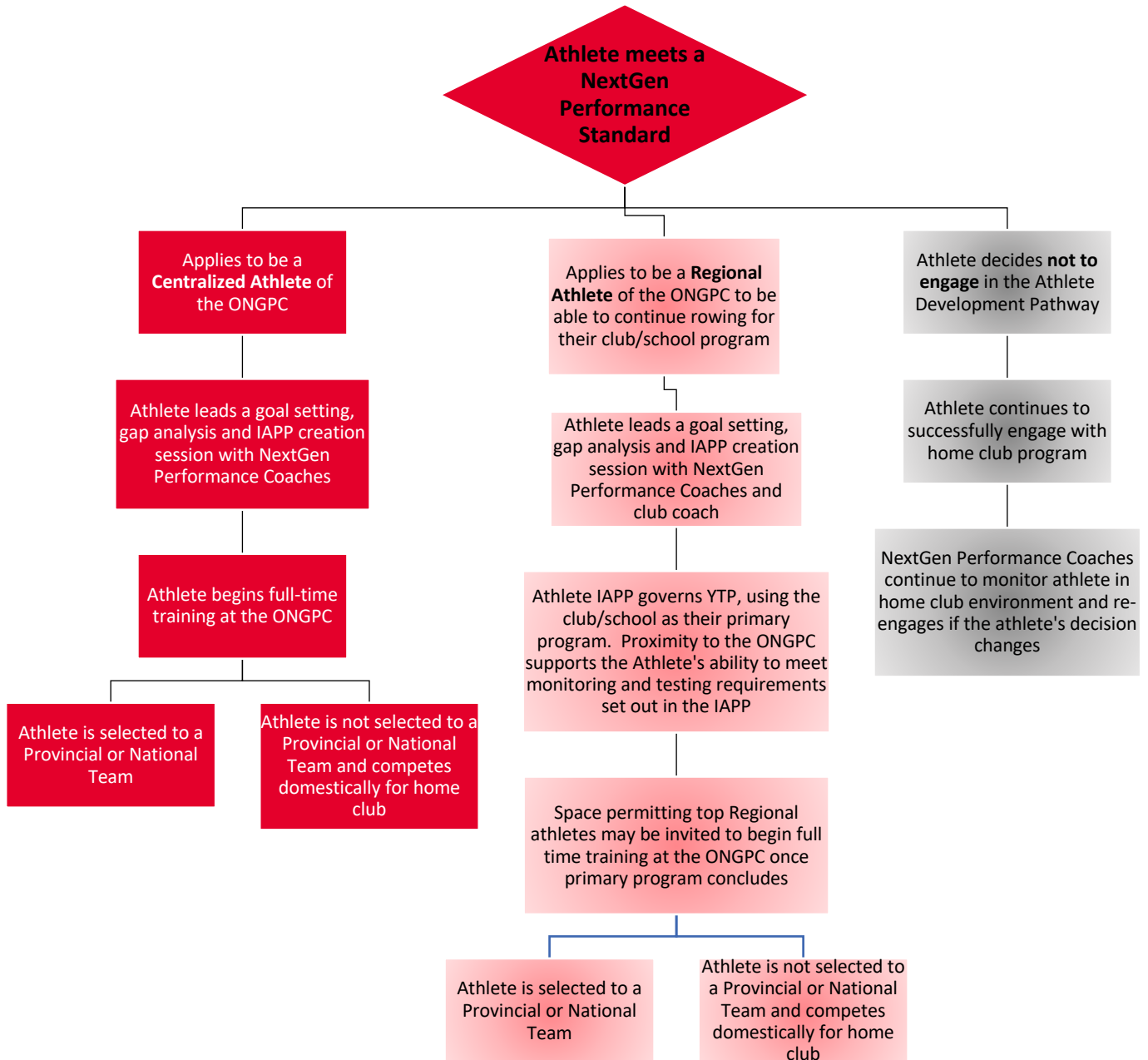
A **SEASONAL ATHLETE** is an athlete who does not participate in the ONGPC but is centralized at the Centre once they have been selected to a Provincial or National team. Once selected, a Seasonal athlete will be directed to the Ontario NextGen Performance Centre. Seasonal athletes can return to their club or school DTE once the team term is finished.

NEXTGEN ATHLETE MONITORING AND TESTING

The ONGPC will run regular athlete monitoring and testing activities, set out in the Centre’s YTP, including on-water assessments, lactate-based monitoring and set distance erg testing. Centralized Athletes will participate in all Centre monitoring and testing activities, with Regional Athletes participating throughout the year based on their IAPP.

All ONGPC Athletes are required to submit four erg scores throughout the year. A 6km and 2km erg score must be completed and submitted between September 1 and December 31 each year. A 6km and 2km erg score must be completed and submitted between January 1 and April 30 each year. ONGPC Athletes who do not meet this requirement may lose their NextGen status.

NAVIGATING THE SYSTEM



ATHLETE REQUIREMENTS AND BENEFITS

To be a Centralized Athlete at the ONGPC, an athlete must:

1. Be in Good Standing with RCA;
2. Be in Good Standing with Row Ontario;
3. Be registered in a ON-based rowing club through RCA’s web registration system;
4. Meet at least one PD2, PD1 or ND performance standard;
5. Collaboratively create an IAPP and agree to adhere to it;

To be a Regional or Seasonal Athlete at the ONGPC an athlete must:

1. Meet all of the requirements for a Centralized Athlete listed above;
2. Provide the name and contact information of the program or school primary coach;
3. Submit an (individual or program) yearly training plan (YTP);
4. Participate in and report on all athlete IAPP monitoring and testing activities.

The following is a list of benefits that ONGPC Athletes Receive:

Services	Centralized	Regional
Annual coaching	✓	✓
Individualized Athlete Performance Plan (IAPP)	✓	✓
Yearly Training Plan (YTP)	✓	✓
Yearly Monitoring Plan	✓	✓
Sport Science Support	✓	✓*
Strength and Conditioning Support including coaching	✓	✓*
Biomechanical Assessments	✓	✓*
Video Analysis	✓	✓*
Equipment and Insurance – if equipment is required	✓	
Speed Coach – as part of boat lease	✓	
NK Empower Oarlocks – assigned by coaches	✓	
Canadian Athlete Insurance Program (CAIP)	✓	
KINDUCT Athlete Support Program	✓	✓
ON Small Boat Trials Entry Fee	✓	
Full time access to ONGPC training facilities – On/Off water	✓	✓*
Priority access to physio/rehab – SCAP Centre	✓	
Administrative Support	✓	✓

✓ Athlete receives this benefit

✓* Athlete receives this benefit while in the Ontario NextGen Performance Centre

NATIONAL NEXTGEN CRITERIA

National NextGen Athletes do not have to be from Ontario but must take the required steps to ensure they are eligible. A National NextGen Athlete is an athlete living in Ontario who has met at least one of National Development (ND) status eligibility criteria:

Team Selection Standards – most recent team selection

ND Criteria: World Cup Team, World Championship Team, Olympic or Paralympic Team

International Regatta Performance Standards

U19 World Championships – most recent championships

ND Criteria: Top-7 Finish

U23 World Championships – most recent championships

ND Criteria: Top-7 Finish

Domestic Regatta Performance Standards

National Rowing Championships (% off winner¹) – most recent NRC Regatta

ND Criteria:

U16	U17	U18	U19	U20	U21	U22	U23	Sr
9.5%	9%	8.5%	8%	7.5%	7%	6.5%	6%	5%

2KM Erg Test Standards

	U17	U18	U19	U20	U21	U22	U23
Women	7:22	7:15	7:08	7:02.5	6:59	6:57	6:54
LWT W	N/A	N/A	7:28	7:22.5	7:19	7:16.5	7:14
Men	6:21	6:16.5	6:13	6:09.5	6:06	6:03.5	6:01
LWT M	N/A	N/A	6:33	6:27	6:22	6:19.5	6:17

Para² On-Water and Erg Standards

	PR1 W1X	PR1 M1X	PR2 M1X	PR2 W1X
On-Water	12:55	11:35	10:20	11:40
On-Erg	12:10	10:34	8:56	9:54

Notes:

Athletes who are unable to meet eligibility criteria in the previous 12 months due to health reasons have the option to petition ONGPC Operations Committee for an in-take exemption if they have met criteria standards in the past 24 months.

¹ Time trial results can be used if scheduling prevents a fair comparison to the winner.

² Para athletes must be classified by an RCA approved National Classification Panel.

PROVINCIAL NEXTGEN CRITERIA

A **Provincial NextGen Athlete**³ is an Ontario-based U17, U19, U21, U23 or non-National Training Centre (NTC) Senior athlete who has met at least one of the Provincial Development (PD1, PD2) standards:

Team Selection Standards – most recent team selection

PD1 Criteria: U19 World Championship Team or U23 World Championship Team

PD2 Criteria: CanAmMex Team, U21 Trans-Tasman/Provincial Team or FISU Team

Domestic Regatta Performance Standards

ON Small Boat Trials – most recent Ontario Small Boat Trials

PD1 Criteria: U19, U21 or U23 1st Place Finish

PD2 Criteria: U19, U21 or U23 2nd or 3rd Place Finish

National Rowing Championships (% off winner⁴) – most recent NRC Regatta

PD1 Criteria	U16	U17	U18	U19	U20	U21	U22	U23	Sr
	10.5%	10%	9.5%	9%	8.5%	8%	7.5%	7%	6%

PD2 Criteria	U16	U17	U18	U19	U20	U21	U22	U23	Sr
	11.5%	11%	10.5%	10%	9.5%	9%	8.5%	8%	7%

2KM Erg Test Standards		U16	U17	U18	U19	U20	U21	U22	U23
Women	PD1	7:39	7:33	7:25	7:19	7:14	7:10	7:06	6:59
	PD2	7:45	7:37	7:29	7:23	7:19	7:14	7:10	7:03
Lightweight Women	PD1	N/A	N/A	N/A	7:35	7:30	7:26	7:22	7:18
	PD2	N/A	N/A	N/A	7:42	7:35	7:30	7:26	7:22
Men	PD1	6:33	6:29	6:25.5	6:22	6:18	6:15	6:12	6:05
	PD2	6:40	6:35	6:30	6:26	6:22	6:19	6:15	6:09
Lightweight Men	PD1	N/A	N/A	N/A	6:39	6:33	6:29	6:25	6:21
	PD2	N/A	N/A	N/A	6:45	6:39	6:33	6:29	6:25

Para ⁵ On-Water and Erg Standards		PR1 W1X	PR2 W1X	PR1 M1X	PR2 M1X
Water Performance	PD1	12:55	11:40	11:35	10:20
	PD2	13:20	10:50	12:00	10:50
Erg Test	PD1	12:10	9:54	10:34	8:56
	PD2	12:40	10:30	11:00	9:18

³ Provincial Athletes are eligible for provincial support for a maximum of 5 years and must demonstrate annual progress.

⁴ Time trial results can be used if scheduling prevents a fair comparison to the winner.

⁵ Para athletes must be classified by an RCA approved National Classification Panel.

Ontario NextGen Performance Centre
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Notes:

Athletes who are unable to meet eligibility criteria in the previous 12 months due to health reasons have the option to petition the ONGPC Operations Committee for an in-take exemption if they have met criteria standards in the past 24 months.

Athletes identified and selected by the ONGPC Operating Committee outside of the listed criteria can be provided PD3 (Other) status for up to 12 months. In that time the athlete must meet at least one performance criteria.

PD3 (Other) Selection Criteria:

Athletes who do not achieve any of the above team, on water or erg-based standards may apply to be either a Centralized or Regional Athlete. Athletes looking to enter the Centre as a PD3 (Other) Athlete will be reviewed and considered on a case-by-case basis. Row Ontario and RCA reserve the right to limit the total number of PD3 (Other) Athletes in the Centre at any given time.

NEXTGEN ATHLETE PROFILE

National Development Athlete Profile:

The athlete is in the Train-to-Compete stage of the LTAD and must commit to evidence-based training built on specialized coaching in a specialized training environment. While focusing on specialized skill refinement, this stage will test tactics under competitive conditions. The evidence-based training should be built off monitoring and performance results and aim to identify strengths and weaknesses. ND Athletes should engage in advanced mental preparation and strengthen their ethical approach to sport.

Training and Competition Guidelines:

- 14 – 22 hours per week;

60% of training should be in a competitive environment while 40% of training should be in a non-competitive environment. 85% of training should be rowing while 15% of training should be activities other than rowing.

- 8 - 18 competition events within the competition stage of the YTP;
- 2 – 3 training peaks within the YTP; and
- 2-4 NextGen Performance camps or equivalent activities.

Provincial Development Athlete Profile:

The athlete enters the Train-to-Compete stage of the LTAD and must commit to high performance sport and the Athlete Development Pathway, developing an ethical approach to sport that respects their opponents. The athlete will focus on specialized skill refinement while gaining significant aerobic and strength improvements, with the introduction of highly technical strength and conditioning. Attention to mental preparation is important at this stage.

Training and Competition Guidelines:

- 12 – 20 hours of training each week.

40% of training should be in a competitive environment while 60% of training should be in a non-competitive environment. 60 - 65% of training should be rowing while 35 - 40% of training should be activities other than rowing.

- 10 – 20 competition events within the competition stage of the YTP;
- 2 – 3 training peaks within the YTP; and
- 2 – 4 NextGen Performance Camps or equivalent activities.