

Ontario NextGen Development Program

Information Package for in-takes
September 2025 to July 2026



NextGen

PROGRAM OBJECTIVES

The objective of the Ontario NextGen Development Program is to identify, engage with, and provide enhanced development opportunities to athletes that demonstrate performance capabilities for international performance. To do this, we will;

- 1) Provide an environment and a network for mentorship, individualized training and development of the whole individual.
- 2) Refine and implement a system that relies on standardized evaluation processes, coaching practices and appropriate skill acquisition and training approaches that are applied with continuity.
- 3) Foster a collaborative learning environment, where club coach, athletes and program coaches learn together to foster ongoing development and growth.
- 4) Share what we learn through consistent communication with athletes, coaches, clubs and our performance and funding partners.
- 5) Operate a Training Centre (ONGPC) to be the provincial base for athletes in the performance program that will host centralized rowers, host camps and assessments, deliver directed and targeted sport science (physiological testing, biomechanical assessment, nutrition and mental performance support) for athletes engaged in the program.

HOW ATHLETES CAN ENGAGE WITH THE DEVELOPMENT PROGRAM

The Ontario NextGen Development Program [ONGDP] 12-month calendar starts September 1st each year. The 12 month period is divided into two sessions.

Session 1

Six to nine months long, depending on the timing of the athletes intake (see in-take notes below). An athlete has the option to enroll in the ONGDP in one of three ways:

1. **As a Centralized Athlete:** The athlete trains full-time at the Ontario NextGen Performance Centre (Welland/Thorold), which is their Daily Training Environment [DTE]. They remain eligible to compete with their club or school program at regattas defined in their Individual Athlete Performance Plan [IAPP], which are developmentally appropriate based on their performance goals.
2. **As a De-Centralized Athlete:** The athlete trains full-time at their “home” club or school, which is their DTE. A De-Centralized Athlete will be required to spend between 30 and 40 training days per year in the ONGPC environment. Following acceptance, the Athlete is required to participate in the creation of a well-defined annual IAPP in partnership with ONGDP staff and their DTE coach(es). Through this process, clearly established expectations on when the athlete will train at the ONGPC.

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De-Centralized athletes are expected to maintain targeted training loads, and attend monitoring events and identified camps set out in their IAPP. They will have access to the ONGPC training plan. Monitoring and assessments will be mandatory pieces the program.

3. **As a Camp Athlete:** The athlete trains full-time at their “home” club or school, which is their DTE. This athlete will commit to attending the ONGDP camps which will focus on physiological testing and presentations/discussions on factors that influence performance (Technical/Tactical Development/Mental Performance/Training/Life Skills). Athletes will be responsible for their own equipment for the on-water camps (September and April).

Intake timelines for this phase: Although athletes may apply for the program at any time throughout the year, optimal intake times for the three above options are either September or November. The fee system is built on those two intake periods. This is so a calendar of sport science/medicine can be determined in advance.

There will be two assessment windows available for prospective recipients to submit data for evaluation.

Window 1	Row Ontario Championships 2k Erg Submission	July 19 th & 20 th , 2025 March 1 st – June 30 th , 2025
Window 2	OUA Championships 2k Erg Submission	October 24 th & 25 th , 2025 September 1 st – November 30 th , 2025

No matter when an athlete enters the program, the first session of the ONGDP concludes May 31st.

Session #2

The second phases begins June 1st and will run through to the mid/end of August.

Athletes during this period can engage in the ONGDP as a Seasonal Athlete. A seasonal athlete that will use the ONGPC as their DTE for the summer, and can be an;

- athlete that has been selected to a Provincial or National team or squad listed,
- a centralized athlete that wishes to continue to train full-time during the summer,
- a de-centralized athletes that wishes to centralize for the summer, or
- an athlete that lives in the area but attends school elsewhere and returns to the area for the summer.

For Centralized, De-Centralized and Camp Athletes that wish to continue in the program over the summer as a Seasonal Athlete will be required to apply and go through the in-take process. The ONGDP staff will also evaluate athlete progress and performance and make recommendations on summer programming which will include becoming a seasonal athlete or transitioning into club programming for the summer months.

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Note: Seasonal athletes can return to their club or school DTE once the team term is finished or they return to school.

The other way to engage in the ONGDP, is through the **Talent Identification Model**. Athletes that go through TID, will be assessed on RBC Training Ground/Rowing Specific TID Testing standards will be evaluated on an individual basis.

Para Athletes - Para athletes will gain acceptance via consultation with ONGPC staff and the Rowing Canada Avirons Para Lead.

HOW ATHLETES CAN TRIGGER ENTRY INTO THE PROGRAM

One of the key elements of our development system is to align the appropriate levels of training/racing/sport science and medicine to each athlete. Because of this, there are four tiers of assessment standards to gauge and identify where the athlete is on the development pathway.

1. Must be a Member in Good Standing with Row Ontario and Rowing Canada Aviron and registered with a Member Club in Ontario (or another province under special circumstances).
2. Must hit one or multiple criteria. The ONGDP staff will consider several criterion; past racing performance, ergometer performance and on-water performance.
 - a. **International Team selection (RCA NextGen Teams):** An athlete that represents Canada at one of the following events in 2025;

U23 World Championships
Jr. PanAmerican Games

U19 World Championships
Continental Cup

b. Ergometer Performance

		AGE OF ATHLETE							
Tier		17	18	19	20	21	22	23	24+
T1	F2k	7:15.0	7:08.0	7:02.5	6:59.0	6:57.0	6:54.0	6:51.5	6:49.0
	M2k	6:16.5	6:13.0	6:09.5	6:06.0	6:03.5	6:01.0	5:58.5	5:56.0
T2	F2k	7:29.0	7:22.0	7:15.0	7:08.0	7:02.5	6:59.0	6:56.5	6:54.0
	M2k	6:25.5	6:21.0	6:16.5	6:13.0	6:09.5	6:06.0	6:03.5	6:01.0
T3	F2k	7:36.0	7:29.0	7:22.0	7:15.0	7:08.0	7:02.5	6:59.0	6:56.5
	M2k	6:30.0	6:25.5	6:21.0	6:16.5	6:13.0	6:09.5	6:06.0	6:03.5
T4	F2k	7:50.0	7:43.0	7:36.0	7:29.0	7:22.0	7:15.0	7:08.0	7:02.5
	M2k	6:39.0	6:34.5	6:30.0	6:25.5	6:21.0	6:16.5	6:13.0	6:09.5

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	AGE OF ATHLETE	
	15	16
F1k@24	4:02.0	3:58.5
M1k@24	3:24.0	3:22.0

c. **On-water Performance:** Assessment of on-water performances at one or more of the following racing opportunities in the **W2-/W1x/M2-/M1x:**

- i. 2025 RowOn Championships
- ii. 2025 Ontario University Championships

Performances will be evaluated against RCA's Gold Medal Standards (2024-2028) with consideration for the athletes age category.

	W2-	M2-	W1x	M1x
GMS	6:48.0	6:12.0	7:08.0	6:31.0

PROGRAM FEES

The ONGDP is delivered by Row Ontario with financial support from the Canadian Sport Institute Ontario and the Ontario Ministry of Sport. The fee structure set out below allows Row Ontario to fund the program to the necessary level that is required to reach the program aim.

Fees to be part of the Ontario NextGen Development program have been set based on the four different performance standards tiers. When an athlete obtains tier 1, 2 or 3 standards they trigger carding money¹, (provided by the Ministry of Ontario through the Quest for Gold program) which will be applied to their ONGDP fees. The amount of money listed below is what an athlete will be required to pay (after the carding subsidy) is:

	Performance standard tier			
	T1	T2	T3	T4
Centralized – Sep	\$0.00	\$900	\$1,800	\$4,100
Centralized – Nov	\$0.00	\$700	\$1,400	\$3,200
De-Centralized – Sep	\$0.00	\$450	\$900	\$2,050
De-Centralized – Nov	\$0.00	\$350	\$700	\$1,600
Seasonal/month	\$0.00	\$125	\$225	\$450

¹Quest for Gold support is subject Ministry funding, as such Row Ontario reserves the right to adjust these amounts.

Regardless of the fees owed, every athlete will be required to pay a deposit Information regarding payment options will be made available to athletes upon their acceptance.

NEXTGEN ATHLETE MONITORING AND TESTING

The ONGDP 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.

All athletes are required to submit erg scores throughout the year. ONGDP Athletes who do not meet this requirement may lose their NextGen status. All athletes are required to comply with daily monitoring and RPE submissions.

PERFORMANCE SERVICES

The following is a list of services that ONGDP athletes MAY receive. Services will be allocated/aligned with athlete need/performance level

Services	
• Access to Training Facilities	• Access to professional full-time NextGen Coaching
• Individualized Athlete Performance Plan	• Individualized Weekly Training Plans
• Yearly Monitoring Plan	• Athlete Daily monitoring
• Sport Science Support	• Strength and Conditioning Support including coaching
• Biomechanical Assessments	• Video Analysis
• Equipment and Insurance – if equipment is required	• Coach and Equipment Support at targeted events

2025/26 Camp Dates

Athletes that qualify for and accept carding must attend ONGDP camps. Failure to do so, without a previously discussed exemption, will result in disqualification from OAP funding.

2025 Dates

Camp #1	September 27 th	Training and Seminar
	September 28 th	Training and On-water Speed Assessments
Camp #2	November 22 nd	Athlete Monitoring (Lactate Step-Test)
	November 23 rd	Training and Seminar

2026 Dates

Camp #3	February 21 st	Athlete Monitoring (Lactate Step-Test)
	February 22 nd	Training and Seminar
Camp #4	April 25 th	On-water training and Seminar
	April 26 th	On-water training and Speed Assessments

**Topics are subject to change*