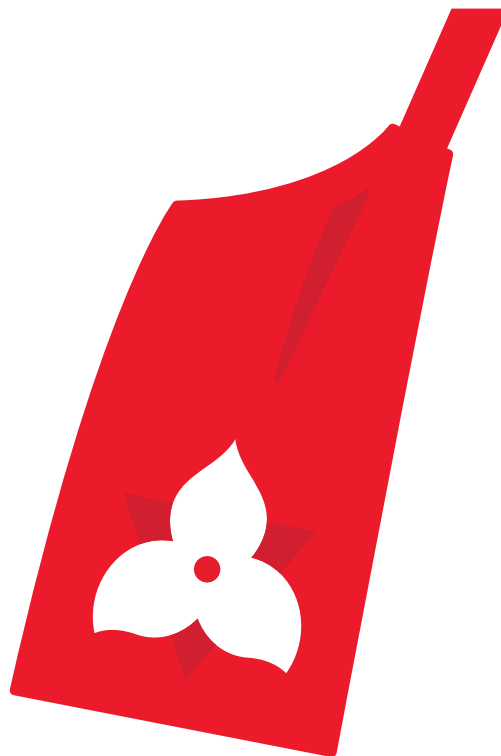


Ontario NextGen Development Program

Information Package for the Application Stream
September 2026 to July 2027





PROGRAM OBJECTIVES

The objective of the Ontario NextGen Development Program is to identify, engage with, and provide enhanced development opportunities to athletes who 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 will be determined.

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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 in the program.

3. **NEW: As a Camp Athlete:** The ONGPC will host camps every month from September to May targeting athletes who are age-eligible for the 2029 Canada Summer Games (Dates listed below). Because the age of competitor has not yet been established, we will use the oldest age proposed by the Rowing Canada Aviron, which are athletes born in 2007 and after. Please note that it is possible that age is set younger in the coming months. Camps will include, but not be limited to, rowing (on-water and erg), info sessions on Strength and Conditioning, movement skills, technique, tactics, mental performance and training. This is an important first step in bringing potential CSG athletes together.

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 allows for a calendar of sport science/medicine to be determined in advance.

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

Session #2

The second phase 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 will use the ONGPC as their DTE for the summer, and can be an;

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

Centralized, De-Centralized and Camp Athletes who 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.

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

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

Para Athletes - Para athletes will gain acceptance via consultation with ONGPC staff and Rowing Canada Aviron's Para Lead.

Beach Athletes – Beach athletes will gain acceptance via consultation with Row Ontario's Emerging Disciplines Manager, and ONGPC staff.

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 and racing to each athlete. To gain entry into the ONGDP program, athletes:

- 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).
- Must apply on-line. ONGPC staff will arrange a conversation following the application process.

The ONGDP staff will consider past racing performance, on-water performance, ergometer performance, as well as an interview to discuss goals and behaviours.

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.

Centralized – Sept - \$4225

Centralized – Nov - \$3300

De-Centralized – Sep - \$2110

De-Centralized – Nov - \$1650

Camp - \$125/camp OR \$1000 for all 9 camps.

All fees do NOT include HST.



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, and set distance erg testing. All athletes are required to submit erg scores throughout the year. 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 readiness and 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*(fee for service)	• Strength and Conditioning Support including coaching
• Biomechanical Assessments	• Video Analysis
• Equipment and Insurance – if equipment is required	• Coach and Equipment Support at targeted events

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
	February 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

A full list of camp activities will be released in the coming weeks.