

## Row Ontario

2022 Canada Summer Games Team  
Team Ontario Selection Guidelines



## 1) PREFACE

The 2022 Canada Summer Games will be held in Niagara from August 5 to 21, 2022. After a postponement due to COVID-19 a year ago over 6,000 athletes, coaches and support staff will descend upon the Niagara region to compete in Canada’s largest multi-sport event.

The rowing competition for the games is to be held in St. Catharines, on the Royal Canadian Henley Regatta course, Martindale Pond. Rowing is scheduled to be a week two sport and competition dates are August 17-18 and 20-21, 2022. Historically, the Canada Summer Games has been an important stop along the athlete development pathway and many current National Team rowers have participated in and excelled at the Games.

Team Ontario will be comprised of 26 athletes and 5 support staff/coaches. 13 female athletes and 13 male athletes (includes 2 coxswains) will represent Ontario. The events include an even gender split in 2022 as the ML4- has been replaced with the ML2X. Team Ontario will require at least 2 female and 2 male lightweight rowers to race the lightweight 2X. The 14 events raced at the Canada Summer Games are as follows:

Men/Women - Open	1X
Men/Women - Open	2X
Men/Women - Lightweight	2X
Men/Women - Open	4X
Men/Women - Open	2-
Men/Women - Open	4-
Men/Women - Open	8+

As the governing body for our sport in Ontario, Row Ontario is charged with the task of selecting the athletes, coaches and staff that will give us the greatest opportunity of success at the Games. This year presents several challenges for us in terms of selecting and training Team Ontario. As such our model will differ from previous CSG iterations. Our athlete group will not be finalized until early July and may not be completely centralized until at least August 1, at which time final boat selection will commence and/or be finalized. The following document lays out the plan and steps required for selection to and participation on Team Ontario.

## SELECTION OVERVIEW

### 2) Canada Summer Games Team Objective

*The objective of the Canada Summer Games (CSG) Selection Guidelines is to select athletes and crews (which shall include coxswains and single scullers) that have the potential to support and facilitate the success of Team Ontario, Canada Summer Games Rowing Team – Niagara 2022.*

### 3) PURPOSE

This document establishes the process and criteria to be used to select and nominate the Ontario Canada Summer Games Rowing Team.

### 4) OVERVIEW

This Selection Guidelines document was drafted and prepared by Row Ontario (RowOn) and will come into effect immediately upon publication on the RowOn website on March 1, 2022. RowOn may also communicate and distribute this Selection Guidelines to relevant athletes through other channels available to the athletes. RowOn reserves the right to amend this document for changes imposed by parties external to RowOn or for changes that become necessary due to typographical error or a lack of clarity in a definition or wording.

Any changes made by RowOn are deemed to come into effect immediately upon publication on the RowOn website. Additional publication of the amended Selection Guidelines will be made by whatever means and wherever the original Selection Guidelines was published. RowOn will communicate changes directly to targeted athletes who have completed the 2022 Expression of Interest form.

### 5) SCOPE

This Selection Guidelines document will be used to select Athletes to Team Ontario for the 2022 Canada Summer Games Rowing Regatta, August 17-21, in St. Catharines, ON.

### 6) SELECTION ELIGIBILITY REQUIREMENTS

All athletes wishing to be considered for selection must satisfy all the following requirements:

#### GENERAL ELIGIBILITY REQUIREMENTS

All athletes selected to the CSG Rowing Team must be registered and be in good standing with the Canadian Association of Amateur Oarsmen (CARA), which operates under the name Rowing Canada Aviron (RCA), Ontario Rowing Association (ORA) which operates under the name of Row Ontario and a Row Ontario Member Club.

#### AGE AND OTHER ADDITIONAL ELIGIBILITY REQUIREMENTS

Under 22: **Born in 2001 or later.** A rower or coxswain is classified as Under 22 until December 31st of the year in which they reach the age of 21.

### ATHLETE EXPRESSION OF INTEREST

Athletes are required to complete the “Athlete Expression of Interest” form at the below link. Please note that athletes will be asked to clearly state their intentions with regards to selection. Specifically, athletes will be required to indicate if they desire and are committed to competing as part of Team Ontario at the Canada Summer Games should they attain RCA selection (U23 or U19).

<https://forms.office.com/Pages/ResponsePage.aspx?id=-bUHQyDEz0KTHosN0n1s6zmsDh5df6VIW1l15locBUOEYwTFdKSDIPOUpCR0gzNTIXTFE0RUJMVi4u&wdLOR=c3B159D5A-0DD4-DF42-BDC9-2E36C47D3D0A>

**The submission deadline for the Athlete Expression of Interest form is April 22, 2022.**

### **7) 2022 ATHLETE AGREEMENTS**

All athletes who are named to Team Ontario will be required to complete a Row Ontario Athlete Agreement.

### **8) ATHLETE FEES**

Athletes wishing to be considered for selection to the events listed within this document should be aware of and prepared for potential fees contingent on being named to a team. A schedule of all deposits and assessment fees for the Canada Summer Games 2022 events will be published by April 30, 2022. **Appendix 4.**

### **9) SELECTION CRITERIA**

The objective of the RowOn CSG Selection Guidelines is to select athletes (which shall include coxswains) that have the potential to support the success of the Ontario Canada Games Rowing teams at the 2022 Canada Summer Games.

Athletes will be invited to Selection Events using the process outlined in **Appendix 2.**

At each selection event athletes may be selected to a team in accordance with the athlete’s performance and achievement with respect to the following criteria (“Selection Criteria”):

1. Performance results in 2022 including, but not limited to:
  - a. Time trials of various distances, including but not limited to 2000M;
  - b. Small and/or large boat seat racing matrices; and
  - c. Designated ergometer assessments.

In addition, RowOn may consider the following other factors during the team selection process (“Other Criteria”):

1. Ongoing ergometer testing as per 2022 RCA NextGen Testing and Monitoring Document;
2. Performance at open camp events and other events athletes have been invited or encouraged to attend;

3. Commitment to the program; and
4. Assessment of competitive readiness (ie: fitness relative to previous assessments and to peers).

If an athlete has any questions with respect to the above Selection Criteria and/or Other Criteria, they may contact the RowOn High Performance Manager (High Performance Manager) or the identified designate to obtain clarification.

From time to time as required, supplemental program specific information may be posted on the Row Ontario website.

For Coxswains to be considered for selection, the following will also be considered, in addition to the above Selection Criteria and Other Factors: See **Appendix 5** for Coxswain application process

1. Athlete and coach assessment of the coxswain’s ability;
2. Compatibility with other athletes in the selected crew and coaches;
3. Declared ability to meet weight guidelines; and
4. Racing experience and results.

For Lightweight athletes to be considered for selection, they must be able to demonstrate they are able to meet crew average weight requirements (as per 2022 CSG Rowing Technical Package Rule 3.3) and are expected to be able to follow a weight management protocol throughout the year. For the 2022 Small Boat Trials and Selection Events, unless otherwise indicated, the maximum weight for each athlete shall be:

- Lightweight Women: 59kg
- Lightweight Men: 72.5kg

**10) SELECTION AUTHORITY**

The final authority for Team selection rests with the RowOn Director of Rowing (Director of Rowing). This authority is based upon the nominations made by individuals noted in the chart below and all other criteria within this document.

Athletes may be considered for late invitation to various selection activities (depending on schooling commitments, or other special circumstances, etc.). The Director of Rowing may also choose to invite athletes based on ‘Special Circumstances’ outlined below.

The Director of Rowing will consult the High Performance Manager, and the relevant Canada Summer Games Coaching staff and may delegate their authority for selection to another individual(s) as indicated below.

Delegated responsibility for selecting Boats and Athletes to represent RowOn is noted in the chart below.

Team	Selection Responsibility
Canada Summer Games – Niagara 2022	High Performance Manager or coaching staff designate

**11) FINAL ATHLETE SELECTION Appendix 3**

The final selection date for athletes is as shown in the following table. Athletes will be named to Team Ontario on these dates. After these dates, there will be no further Athletes selected, except as allowed by certain ‘Special Circumstances’ as noted below. Placement of athletes in specific boats will follow athlete selection.

Athlete	Selection / Nomination Completion Date
<p><b>Athletes selected to the RCA U23 Team</b></p> <p>Athletes have previously indicated interest and are committed to competing for Team Ontario at the Canada Summer Games following the WRU23 Championships.</p>	<p><b>June 12, 2022</b></p> <p>RowOn reserves the right to strategically name RCA U23 Athletes to Team Ontario. The number of athletes will take into consideration gender, discipline, and category. Rank order of RowOn Athletes to be determined through the RCA selection process.</p>
<p><b>Athletes selected to the RCA U19 Team</b></p> <p>Athletes have previously indicated interest and are committed to competing for Team Ontario at the Canada Summer Games following the WRU19 Championships.</p>	<p><b>June 28, 2022</b></p> <p>RowOn reserves the right to strategically name RCA U19 Athletes to Team Ontario. The number of athletes will take into consideration gender, discipline, and category. Rank order of RowOn Athletes to be determined through the RCA selection process.</p>
<p><b>All other athletes</b></p> <p>Final selection to be by Invitation <b>ONLY</b></p>	<p><b>July 11, 2022</b></p> <p>(Camp dates July 4-7, 2022)</p>

**12) AUTHORITY TO MAKE CHANGES TO THE COMPOSITION OF CREWS - ONCE THE TEAM IS SELECTED**

For athletes selected, the composition of Crews shall remain the discretion of the Director of Rowing, the High Performance Manager and the Coaching Staff. The configuration of crews may be changed based on a crew’s competitiveness.

**13) ON-SITE DECISION-MAKING AUTHORITY**

During the training and competition period at the venue all final decision-making authority will reside with the team leader (RowOn High Performance Manager). The responsibilities of the team leader will first and foremost be creating and supporting an environment that supports performance excellence at the event, in addition to:

- Leading all matters related to crisis management, emergency preparedness and response;
- Managing team member human resources, roles and responsibilities, accreditations and conduct issues on behalf of RCA;

- Acting as spokesperson for the team and RowOn on-site pertaining to any issues on entries, RCA/CSG regulations and organizing committee communication; and
- Ensuring the team and members comply with CSG/RCA/RowOn regulations and agreements signed by team and members.

#### **14) SPECIAL CIRCUMSTANCES**

If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in this document, an athlete may still be considered for selection to Team Ontario. Athletes must advise the Director of Rowing in writing of any injury, illness, or personal extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the Athlete's doctor must be submitted to the Director of Rowing. In the event an Athlete who has been selected to Team Ontario becomes injured or ill, and in the opinion of the Director of Rowing, is not deemed fit to compete, then the Athlete may be replaced with another Athlete. The choice of replacement Athlete is at the sole discretion of the Director of Rowing, in consultation of the High Performance Manager and Coaching Staff. In all cases, permission to be exempted from any requirement contained within this document must be obtained in writing from the Director of Rowing.

Failure to properly report injury, illness, and/or other personal extenuating circumstances prior to the selection processes of each event may result in the athlete being de-selected and financially responsible for all the athlete's costs associated with the event.

#### **15) REMOVAL FROM A TEAM ONCE SELECTED**

The Director of Rowing may remove an athlete from consideration to Team Ontario based on the terms and conditions outlined in the Row Ontario Athlete Agreement. RowOn will advise the affected athlete, in writing, of the decision.

Any such removals are subject to the approval of the Director of Rowing and High Performance Leadership Team. Reasons for dismissal include, but are not limited to:

- Inability to maintain high training standards;
- Inability to meet performance expectations in competition;
- Inability to perform due to injury, illness or for other medical reasons as determined by the Athletes doctor;
- If the athlete has not fulfilled his/her responsibilities as identified in the RowOn Athlete Agreement; or
- Breach of policy conditions set out in the RowOn Athlete Agreement, including:
  - o Canadian Anti-Doping Program
  - o RowOn Code of Conduct

#### **16) APPEAL PROCESS**

Decisions made pursuant to this Selection Guidelines document may be appealed in accordance with the RowOn Appeals Policy located on the Row Ontario website.

## **17) RELOCATION**

Athletes selected onto a team may be required to relocate to a designated training location. See **Appendix 1** for specific program information.

## **18) EVENT REQUIREMENTS**

RowOn CSG Selection Guidelines outline the broad selection criteria for all rowers and coxswains and can also be viewed on the RowOn website. These Event Requirements operate as an appendix to the RowOn Selection Guidelines and outline the activities that rowers and coxswains must complete to be eligible for selection for Team Ontario.

All athletes must complete all activities stipulated in these Event Requirements (except for activities marked 'participation encouraged') unless there are Special Circumstances that prevent this, in which case RowOn is to be notified of the reason as soon as possible, and in accordance with the Guidelines noted in this document. The selection process for Team Ontario – Canada Summer Games, Niagara 2022 will include the following requirements as indicated and as outlined in the appendices below.

**Appendix 1: Targeted Boats and Boat Selection**

**Targeted Boats:** RowOn, through the process of athlete selection will review the eligible, available athlete pool. Based on the number, and level, of athletes RowOn will establish a hierarchical speed of potential Team Ontario boats. The focus will be on finding speed and skill in the small boats, building to the larger boats.

**Boat Selection:** Boat selection will follow athlete selection and potentially may not occur or be completed until the Final Preparation Camp August 1-14, 2022.

\*Boat selection will be independent of athlete selection. Boat selection will commence when we have athletes available to do so. This may occur, in part, as early as mid-July however, it is likely that it will not be completed and finalized until our Preparation Camp in August. It will be wholly dependent upon who our selected athletes are and when they will be available to us for boat selection.

**Appendix 2: Invitation to Final Selection Event**

**Athletes will be invited to FINAL SELECTION event based on their performance in the following:**

**\*REQUIREMENTS FOR ALL ATHLETES\***

	Date	Qualification Event	Location	Details
Ergometer Submission	<b>April 24-30, 2022.</b>	<b>2k Erg Submission</b>	Supervised in Regional NextGen Performance Centre or Local Training Environment	Required for all Candidates. <i><u>Must be witnessed and verified by a coach. (Submission must include a picture of the monitor)</u></i>  <i><u>Test must be completed between April 24<sup>th</sup> and 30<sup>th</sup>, 2022</u></i>

**\*REQUIREMENT FOR U23 ATHLETES PARTICIPATING IN RCA U23 SELECTION\***

	Date	Qualification Event	Location	Details
Water Performance	<b>May 6-8, 2022.</b>	<b>RCA Open Small Boat Trials</b>	Quamichan Lake, BC	On water racing opportunity to assess small boat speed.

**\*REQUIREMENT FOR ALL ATHLETES\* (Does not include U23 Athletes in RCA selection)**

	Date	Qualification Event	Location	Details
Water Performance	<b>May 14-15, 2022.</b>	<b>Ontario Small Boat Trials</b>	Welland, ON	On water racing opportunity to assess small boat speed.

**Invitation Process and Timelines:** Athletes can receive an invitation to Final Selection through one of the following processes:

- 1) Following the completion of the required events, RowOn will review all athlete’s performance results. These results will include the April 2k Erg Submission and performance at the Ontario Small Boat Trials. This information will be used to invite athletes to the Final Selection event.
- 2) Any athlete that achieves targeted criteria outlined in **“Appendix 2.b”** will automatically qualify for the Final Selection event aligned to that standard.

Additional information:

- Athlete’s may be considered for multiple teams.
- RowOn reserves the right to invite an athlete to Final Selection in the event they are unable to attend prior events because of being at a US school with an extended rowing season.
- RowOn reserves the right to use an athlete’s performance at one selection event to nominate that athlete for Team Ontario.

**Appendix 2b: Direct Invitation to Final Selection Event**

Automatic invitation standards. **FOR DIRECT INVITATION TO FINAL SELECTION.**

- 1) Ergometer Performance – Athletes who achieve one of the following ergometer standards during the April 24-30, 2000m ergometer submission will receive an automatic invitation to the Final Selection Event.

Women	2000m	07:02.5
Men	2000m	06:09.5
Lightweight Women	2000m	7:22.5
Lightweight Men	2000m	6:27.0

### **Appendix 3: Final Selection Events**

***Final Selection events are by invitation only.*** Athletes will be invited to selection events based on the process outlined in Appendix 2. There will be a total of three (3) events where athletes can gain selection to Team Ontario.

1. **RCA U23 Selection Camp – Quamichan,BC** (Invitations made by RCA NextGen staff)
2. **RCA U19 Selection Camp – Quamichan,BC** (Invitations made by RCA NextGen staff)
3. **Team Ontario CSG Final Selection Camp – Welland, ON** (Invitations made by RowOn CSG staff)

Selection Process:

RCA/RowOn will use a series of races to rank and select athletes. This **may** include, but is not limited to:

- Time trials
- Side by side racing
- Matrixing
- Seat Racing

Information will be communicated to invited athletes prior to each round of racing. Results will be published at the conclusion of each stage of selection.

The following is an overview of dates and locations for each selection event. Changes will be communicated directly to those invited.

**U23 Selection Camp\***: U23 Selection camp will start on May 9<sup>th</sup> and continue as needed until June 12<sup>th</sup>, 2022.

**U19 Selection Camp\***: Junior selection camp will start as early as June 6<sup>th</sup> pending the availability of invited athletes, and the ability to bring athletes together for selection activities. The Junior Selection Camp will close on June 28<sup>th</sup>, 2022. Specific dates will be confirmed with those invited.

**Team Ontario (CSG) Final Selection Camp**: CSG Selection camp will start on July 4<sup>th</sup> and continue as needed or until July 7<sup>th</sup>, 2022. Details with regards to the Final Selection Camp and the process used to select athletes at the camp will be communicated to the athlete group as they become available and clear.

\*For those athletes looking to attain selection to both RCA and CSG teams.

\*RowOn will use **ONLY** the results of RCA NextGen selection (U23/U19) and will have no other involvement in the selection process. CSG staff will be present during U23/U19 selection to observe.

**Appendix 4: Assessment Fees**

It is the goal of RowOn to minimize the assessment fees charged to athletes. Athletes selected to Team Ontario will pay an assessment fee once selected to the team. There will be no fees associated with the selection process. Although not yet finalized the RowOn Assessment fee for Team Ontario is anticipated to be \$600.00. Assessment fees are unchanged from 2017.

\* Fees are subject to change based on costs associated with events and logistics, all assessment fees will be confirmed in April 2022.

**Appendix 5: Coxswain Specific**

**Team Ontario - Coxswain process for invitation to selection events**

Overview: Coxswain selection is a subjective undertaking. Ultimately, the selected coxswain should be able to make the boat go faster over an extended period leading up to a competition. Assessment of coxswain readiness should be based upon evaluation of compiled submissions and reviewed by the coaching staff.

Eligible Team Ontario Coxswains interested in invitation to a 2022 selection event are required to submit an application.

Application requirements:

Assessment	Evaluation process	Submission Requirement
Athlete and Coach assessment of the Coxswains ability	Athlete / Coach feedback in oral and/or paper format regarding but not limited to: <ul style="list-style-type: none"> <li>• Boat feel</li> <li>• Ability to execute practice and race plans.</li> <li>• Ability to make right call during practice/race situation</li> <li>• Steering.</li> </ul>	1. Electronic copy of race plan and corresponding Audio file (3-5 minutes)  Or  2. Electronic copy of training sessions and corresponding audio file (3 minutes)
Compatibility with other athletes in selected crew, and coaches.	Ability to translate coach’s vision to boat. (ie. technical calls should reflect the coach’s focus).	3. Coach letter of support.
Past race experience and results	Past race & practice experience and results	4. Coxswain CV

Application deadline: 17:00 Eastern Time, April 22, 2022.

### **Appendix 6: Training Locations**

**DTE (Daily Training Environment):** The expectation is that athletes will train, at a minimum, in their own (club, school) environment up until Final Selection. Following Final Selection (early July) some members of Team Ontario may be invited to centralize at the ONGPC if, based upon the available selected athlete pool, we can train in potential crew combinations.

**CSG PREPARATION CAMP:** Effective August 1<sup>st</sup>, 2022 all members of Team Ontario will be required to centralize at the Ontario NextGen Performance Centre (ONGPC) in Welland, Ontario. The period of August 1-14 will be a critical time for our athletes as it will likely be the only period that we will have to formulate our crew combinations. As such, centralizing during this period will be mandatory.

### Appendix 7: 2022 Important Dates

RowOn Canada Summer Games Program		
<i>(Subject to programming updates)</i>		
CSG Coach Announcement	March 3	Announcement
CSG Off Water Camp	March 26-27	ONGPC - Welland
NextGen Athlete Expression of Interest (EOI) <i>*Last chance</i>	April 22	EOI closes
Coxswain Application for Selection Events	April 22	Application DUE
2000m Ergometer Submission - <b>CSG Final Selection Camp Invitation Requirement</b>	April 24-30	Club/school DTE
Confirmation of assessment fees	April 30	Targeted Communication
RCA Open Small Boat Trials - Selection Component for All U23 Athletes	May 6-8	Quamichan Lake, BC
CSG On Water Camp – Open Camp	May 7-8	ONGPC - Welland
U23 Selection Camp Opens	May 9	Quamichan Lake, BC
Ontario Small Boat Trials. Selection Component for U19's from Eastern Canada - <b>CSG Final Selection Camp Invitation Requirement</b>	May 14-15	Welland, Ontario
U23 Selection Complete	June 12	Quamichan Lake, BC
CSG On Water Camp – Open Camp	June 18-19	ONGPC - Welland
Junior Selection Complete	June 28	Quamichan Lake, BC
<b>Invitations to Final Selection Camp</b>	June 30	Targeted Communication
<b>Final CSG Selection Camp – Invitation ONLY</b>	July 4-7	ONGPC - Welland
Centralized Training Group (Small boats) opens following Final Selection for selected athletes not on RCA teams (If warranted)	July 11	ONGPC - Welland
CSG On Water Camp – Team Ontario Athletes	July 16-17	ONGPC - Welland
RowOn Championships – Possible Racing Opportunity	July 23-24	Welland, ON
U23 & U19 World Championships	July 26-31	Varese, Italy
RCA U19 and U23 Athletes for CSG return from ITA.	August 1-2	
Full Team Centralized Training Camp	August 1-14	ONGPC - Welland

Royal Canadian Henley Regatta – Possible Racing Opportunity in Championship Events	August 2-7	St. Catharines - RCHR Course
Training Camp ends – Athletes move to CSG Athlete Village	August 14	St. Catharines - RCHR Course
CSG Rowing Competition Dates	August 17-21	St. Catharines - RCHR Course
Closing Ceremonies Canada Summer Games	August 21	Niagara

**Appendix 8: Important Contacts**

Contact	Position	Email	Cell Phone
Chris Marshall	Director Rowing	<a href="mailto:chris@rowontario.ca">chris@rowontario.ca</a>	(647) 504-4024
Grant Boyd	High Performance Manager CSG Team Manager	<a href="mailto:grant@rowontario.ca">grant@rowontario.ca</a>	(905) 321-5025