

Ontario NextGen Development Program

Information Package



NextGen

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INTRODUCTION

The Ontario NextGen Development Program is designed to support the growth and development of aspiring high performance athletes in Ontario. To do this, we offer programming for athletes that wish to centralize and utilize the Ontario NextGen Performance Centre (ONGPC) in Welland as their daily training environment [DTE], as well as, athletes that wish to continue to use their home club/school/university as their daily training environment but wish to attend camps, monitoring sessions and training sessions. The primary aim of the program is to support athletes that have performance aspirations to reach their full potential by developing the individual. The development pathway for rowing includes considerations such as; 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 is:

Entry	Age	Education	Career	Program Pathway		High Quality Competition	
						Domestic	International
	NTC	Paused/ Completed	Full Time Athlete	National Training Centre		NRC	Olympic or Paralympic Games
Late	SR			University	Student Athlete	ONGPC	ONGPC
	U23	University	University			CSG	
Mid	U21	High School	Club			Club	
	U19			Club	Club		
Early	U17						

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. Athletes in the ONGPC program are considered **NextGen Athletes** in Ontario. This document includes information that aspiring athletes who are typically 5 – 8 years away from an Olympic Podium need to be able to engage with the Athlete Development Pathway.

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PROGRAM GOALS AND OBJECTIVES

The aim of the Ontario NextGen Development Program (ONGDP) is to create the optimal development pathway for Ontario-based athletes with Olympic/Paralympic podium aspirations by emphasizing skill development, physical and mental training, tactical development and the personal development of the athlete. The ONGDP 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 ONGDP aligns RCA and Row Ontario in the delivery of the NextGen portion of the Athlete Development Pathway, to increase the quality and quantity 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 prepares athletes to transition to the National Training Centre. 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 their development within the ONGDP 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 (De-centralized Athletes), will establish entry points 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.

PROGRAMMING AND CENTRE ATHLETE MODELS

Through the intake process, NextGen 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 criteria have the option to be a Centralized or De-centralized ONGDP 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 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 Labour Day each year.

De-centralized Model

A **DE-CENTRALIZED ATHLETE** is an athlete that utilizes a club or school program for their DTE, with clearly established expectations on when they will train at the ONGPC. Following acceptance, De-Centralized 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. Athletes are expected to maintain targeted training loads, and attend monitoring events and identified camps set out in their IAPP. De-centralized athletes will have access to the ONGPC training plan. Monitoring and assessments will be mandatory pieces of the ONGPC program. Athletes will be required to spend between 30 and 40 training days per year in the ONGPC environment in Welland. The schedule of training visits will be established and agreed upon at the time of intake, by the athlete, their club/school coach(es) and the ONGPC staff. This time will be a combination of mandatory assessment and testing dates and periods of time arranged at the discretion of the athlete.

Seasonal Model

A **SEASONAL ATHLETE** is an athlete who centralizes in the ONGPC for a portion of the year. This can include athletes that have been selected to a Provincial or National team, de-centralized athletes that centralize for the summer or athletes that live in the area but attend school elsewhere and return to the area. Seasonal athletes can return to their club or school DTE once the team term is finished.

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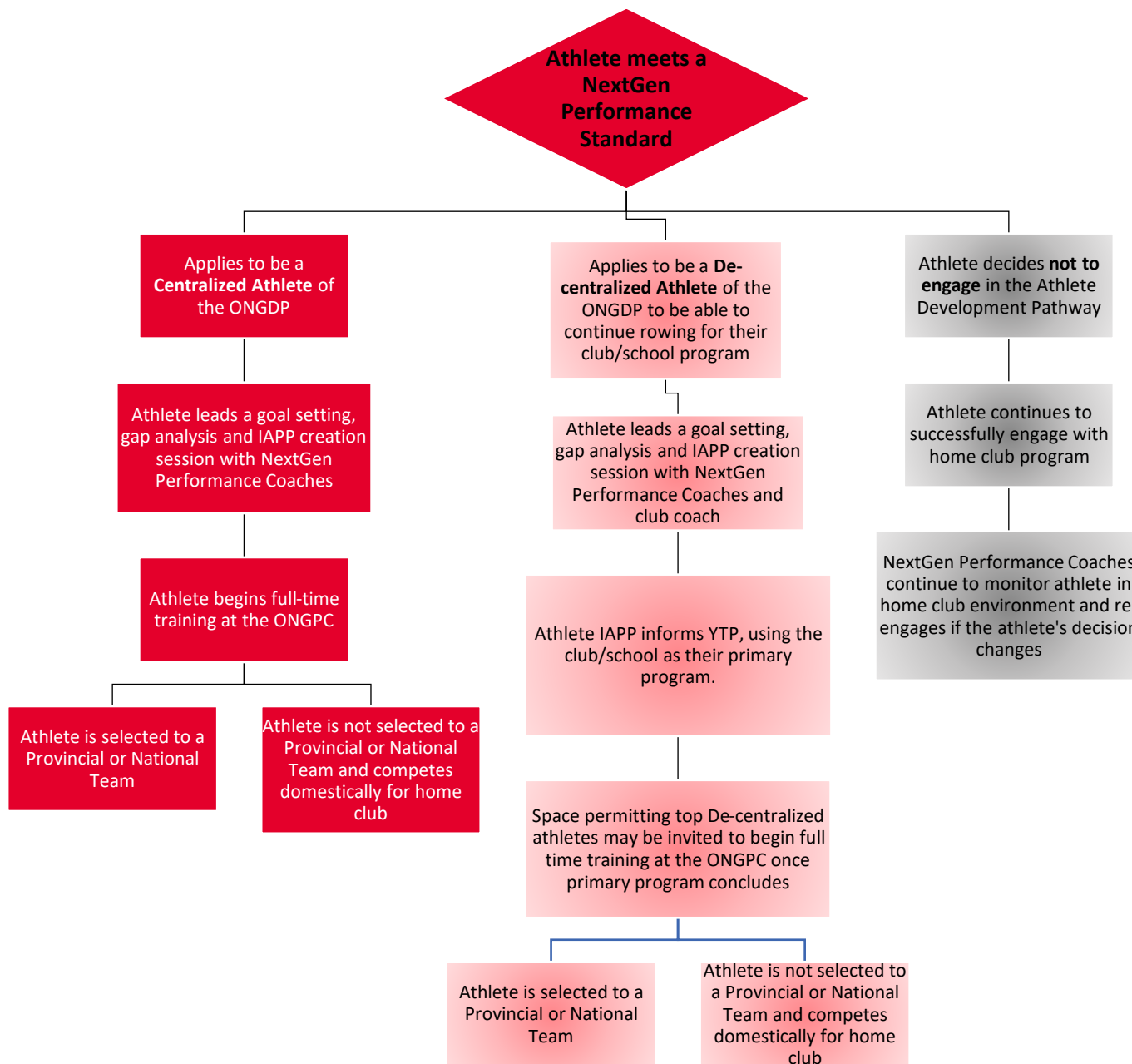
A **TID ATHLETE** is an athlete that is identified through RCA's TID Testing protocols that chooses to engage in informed programming in their home environment. Athletes receive a 12 week comprehensive program based on consultation with ONGDP Coaching staff and IST practitioners. After the 12 week program, the athlete may re-test and choose to engage as a centralized or de-centralized athlete should testing results

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. Centralized and De-centralized athletes will participate in all Centre monitoring and testing activities.

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

NAVIGATING THE SYSTEM



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ATHLETE BENEFITS

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

Services	Centralized	De-centralized
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	✓	✓**
NK Empower Oarlocks – assigned by coaches	✓	✓**
KINDUCT Athlete Support Program	✓	✓
ON Small Boat Trials Entry Fee	✓	
Full time access to ONGPC training facilities – On/Off water	✓	✓*
Administrative Support	✓	✓
Coach and Equipment Support at targeted events	✓	
Access to Doubles (2x) and Pairs (2-)	✓	✓**

- ✓ Athlete receives this benefit
- ✓* Athlete receives this benefit while in the Ontario NextGen Performance Centre
- ✓** Subject to availability

APPLICATION REQUIREMENTS

To be considered for the ONGDP an athlete must;

1. Be in Good Standing with RCA;
2. Be in Good Standing with Row Ontario;
3. Be registered in a rowing club through RCA's web registration system;

ACCEPTANCE CRITERIA

The ONGDP will consider several criteria; physical potential, past performance standard, ergometer performance and on-water performance. An athlete may trigger one or multiple criteria to be considered.

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TID Selection

TID athletes have completed RCA's talent identification protocols and/or been recommended for testing following an RBC Training Ground event. 15 and 16 year old athletes may also be accepted by completing TID testing.

International Team (RCA NextGen Teams)

An athlete that participates on an RCA NextGen team in the same calendar year they apply.

U19 World Championships – most recent championships

U23 World Championships – most recent championships

Ergometer Standards

2k/6k Ergometer Standards

Age	15	16	17	18	19	20	21	22	23	24
2k F	N/a	N/a	7:29.0	7:22.0	7:15.0	7:08.0	7:02.5	6:59.0	6:56.5	6:54.0
6k F	N/a	N/a	24:00.0	23:39.0	23:10.0	22:57.0	22:40.5	22:30.0	22:22.5	22:15.0
2k M	N/a	N/a	6:25.5	6:21.0	6:16.5	6:13.0	6:09.5	6:06.0	6:03.5	5:58.5
6k M	N/a	N/a	20:33.5	20:20.0	20:06.5	19:56.0	19:45.5	19:35.0	19:27.5	19:20.0

On-Water Performance

Assessment of on-water performances at one or more of the following racing opportunities in the 1x:

2022 National Rowing Championship (NRC)

2023 Row Ontario Small Boat Regatta (ROSB)

2023 Row Championships (ROC)

FEES

The ONGDP is delivered by Row Ontario with support from Rowing Canada Aviron, Canadian Sport Institute Ontario and Own the Podium. 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. **Information regarding payment options will be made available to athletes upon their acceptance.**

CENTRALIZED ATHLETE FEE: The annual fee for an accepted centralized athlete is \$3,600.

DE-CENTRALIZED ATHLETE FEE: The annual fee for an accepted de-centralized athlete is \$1,600.

SEASONAL CENTRALIZED ATHLETE FEE: The fee for a seasonal centralized athlete is \$300/month. This fee is prorated based upon the athlete's entry and exit from the ONGPC.

TID ATHLETE FEE: The fee for a TID athlete is \$500. Should a TID athlete transition to a centralized or de-centralized program, the fee will be applied to the cost of those programs.