

Ontario NextGen Development Program

Information Package 2024/2025



NextGen

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INTRODUCTION

The Ontario NextGen Development Program is designed to enhance and support the growth and development of aspiring high performance athletes and coaches in Ontario. 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, appropriate skill acquisition and training approaches that are applied with continuity.
- 3) Continue to learn together as coaches and athletes 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, and deliver directed and targeted sport science (physiological testing, biomechanical assessment, nutrition and mental performance support) for athletes engaged in the program.

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 ONGDP 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 become engaged with to follow the Athlete Development Pathway.

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	CSG Canada Cup			U23 WC	
Mid	U21	High School	Student Athlete			Club	
	U19			Club	RO Racing Events	CanAmMex	
Early	U17	High School	Student Athlete	Club	ONGPC	RO Racing Events	CanAmMex

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PROGRAM 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 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 Ontario rowing 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.

PROGRAMMING AND CENTRE ATHLETE MODELS

Through the intake process, NextGen Coaches will work with each athlete to create an annual Individual Athlete Performance Plan (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 yearly training plan (YTP) will be established to help guide the athlete towards their goals. Athletes who meet criteria have several options available to them regarding how to engage in the program.

Centralized Model

A CENTRALIZED ATHLETE is an athlete that utilizes the Ontario NextGen Performance Centre (Welland/Thorold) as their daily training environment (DTE). A centralized athlete trains full-time in the Centre. They remain eligible to compete with their club or school program as defined in their annual IAPP. Centralized athletes will be provided external, high quality competition opportunities through appropriate regional, national, and international regattas. Although athletes can enter the ONGPC at different 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.

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De-centralized Model

A DE-CENTRALIZED ATHLETE is an athlete who 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. 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.

Affiliated Model

An AFFILIATED ATHLETE is an athlete who utilizes a club or school for their DTE. They commit to attending camps that will focus on physiological testing and presentations/discussions on factors that influence performance (Technical/Tactical Development/Mental Performance/Training/Life Skills).

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 who centralize for the summer or athletes who 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 or they return to school.

A TID ATHLETE is an athlete who is identified through RCA's Talent Identification (TID) Testing protocols who 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 align with the required entry standards.

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.

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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 rate of perceived exertion (RPE) submissions.

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 \$4000.00

DE-CENTRALIZED ATHLETE FEE: The annual fee for an accepted de-centralized athlete is \$2000.00.

AFFILIATED ATHLETE FEE: The annual fee for an affiliated athlete is \$250.00

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 ONGDP.

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.

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PERFORMANCE SERVICES

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

Services	Centralized	De-centralized	Affiliated	Seasonal
Access to Training Facilities and Coaching	Full-time Annual	30-40 Training Days	Camp Based 4-6 days	Full-time fixed period
Access to Next-Gen Coaching	✓	✓	✓	✓*
Individualized Athlete Performance Plan (IAPP)	✓	✓	✓	
Individualized Weekly Training Plans	✓	✓		
Yearly Monitoring Plan	✓	✓	✓	
Sport Science Support	✓	✓*	✓*	✓
Strength and Conditioning Support including coaching	✓	✓*		✓*
Biomechanical Assessments	✓	✓*	✓*	✓*
Video Analysis	✓	✓	✓	✓
Equipment and Insurance – if equipment is required	✓	✓** ✓*	✓** ✓*	✓** ✓*
Smartabase Athlete Support Program	✓	✓	✓	✓
Coach and Equipment Support at targeted events	✓			

- ✓ 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;

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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.

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 who participates on an RCA NextGen team in the same calendar year they apply.

CanAmMex – most recent championship

U19 World Championships – most recent championships

U23 World Championships – most recent championships

Ergometer Performance

2k/6k Ergometer Standards

Age	16	17	18	19	20	21	22	23+
F2k	7:36.0	7:29.0	7:22.0	7:15.0	7:08.0	7:02.5	6:59.0	6:54.0
F6k	24:41.0	24:00.0	23:39.0	23:10.0	22:57.0	22:40.5	22:30.0	22:15.0
M2k	6:30.0	6:25.5	6:21.0	6:16.5	6:13.0	6:09.5	6:06.0	5:58.5
M6k	20:47.0	20:33.5	20:20.0	20:06.5	19:56.0	19:45.5	19:35.0	19:20.0

On-Water Performance

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

2024 RowOn Championships

2024 RowOn September Small Boat Regatta

2024 National Rowing Championship (NRC)

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ONTARIO ATHLETE ASSISTANCE PROGRAM (OAAP)

Row Ontario will distribute OAAP carding to qualified athletes to assist with the costs associated with training.

NOTE 1: Row Ontario will assess an athlete's application across the listed criteria. An athlete may not need to achieve all criteria to be considered.

NOTE 2: Athletes who have made a Rowing Canada Aviron Development Team in 2024 (CanAmMex, U19/U23 Worlds Team) AND who have met or exceeded an age-appropriate ergometer target below in the April 2024 RCA submissions, have automatically qualified for OAAP support.

Carding Levels

Affiliate Card	\$500.00
De-centralized Card	\$1000.00
Centralized Card	\$1000.00

Carding Criteria

Rowing Performance in the 1x at one of the following events:

- 2024 RowOn September Small Boat Regatta
- 2024 National Rowing Championships

Rowing Performance will be assessed against the following standards and considered in conjunction with the other criteria listed in this document. These times will act as standard upon improvement toward will be measured. They do not have to be met to be considered.

JW1x	7:54.62
JM1x	7:02.90
BW1x	7:38.56
BM1x	6:56.21
W1x	7:26.08
M1x	6:43.55

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Ergometer Performance:

Ergometer Performance
2k/6k Ergometer Standards

Age	16	17	18	19	20	21	22	23+
F2k	7:36.0	7:29.0	7:22.0	7:15.0	7:08.0	7:02.5	6:59.0	6:54.0
F6k	24:41.0	24:00.0	23:39.0	23:10.0	22:57.0	22:40.5	22:30.0	22:15.0
M2k	6:30.0	6:25.5	6:21.0	6:16.5	6:13.0	6:09.5	6:06.0	5:58.5
M6k	20:47.0	20:33.5	20:20.0	20:06.5	19:56.0	19:45.5	19:35.0	19:20.0

Performance History:

Demonstrated performance history is defined as nomination to a RCA Development Team in the same year as application.

2024 CanAmMex Team

2024 U19 Team

2024 U23 Team

Carded Athlete Requirements

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

Camp Dates

2024

September 14 Training and Seminar (Develop Pathway)*

September 15 RowOn September Small Boat Regatta

November 23 Athlete Monitoring (Lactate Step-Test)

November 24 Training and Seminar (Measuring Performance*)

2025

February 22 Athlete Monitoring (Lactate Step-Test)

February 23 Training and Seminar (Team Selection)*

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April 26 2k erg test
April 27 On-water training

*Topics are subject to change