



## Ontario NextGen Development Program (ONGDP) Updates 2024/2025

### Who Should Apply?

Any athlete with aspirations to represent Ontario and/or Canada in rowing on the national and international stage. (Domestic Events – Canada Cup/NRC/Canada Summer Games) (International Events – CanAmMex/U19 and U23 World Championships)

### Entry Standards

The entry standards are designed to assess an athlete's progress on the development pathway. ONGDP staff consider performance history, performance in the 1x, ergometer performance and non-sport specific testing. Specific entry standards will be published in the ONGDP Information Package no later than July 31, 2024.

### Application Process

To apply for consideration, athletes can visit <https://www.rowontario.ca/ontario-performance-centre-athlete-application-form/> to create their profile. Fill in the form to create your athlete profile and submit. Profiles will be evaluated against development pathway indicators outlined in this document.

### New Athlete Membership Model

Affiliated Member - The affiliate membership is designed to connect and engage with developing athletes and their coaches from across the province. The affiliate athlete will attend 4 camps throughout the training year designed to test/monitor performance, train and discuss factors influencing performance.

### Camp Schedule:

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)

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

**Ontario Athlete Assistance Program**

Row Ontario will offer financial support to athletes that meet the requirements. Specific eligibility criteria will be published no later than July 31, 2024 in the ONGDP Information Package.

Carding Levels:

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

**ONGDP Fees**

Affiliated	\$250.00
De-centralized	\$2000.00
Centralized	\$4000.00