



# BECOMING A HUB ATHLETE

RCA’s NextGen Hubs are an integral delivery agent of the NextGen Strategy for Rowing in Canada. Hubs provide enhanced support and programming to identified athletes and coaches developing towards international success.

		1	2	3
INTAKE	Criteria	Achieve RCA TID Targets	Achieve HUB Minimum 2k or 6k erg standards, based on RCA’s *Age Appropriate targets.	Achieve *Age Appropriate Water Speeds. % off winner targets set out in RCA carding document. +1% for Juniors.
	Intake Periods	Any point throughout the year. Athlete to contact Hub Coach to arrange testing.	Key dates set out in “RCA’s Monitoring Strategy” Document. <a href="http://www.rowingcanada.org/rca-monitoring-strategy">http://www.rowingcanada.org/rca-monitoring-strategy</a>	
EXPECTATION TO MAINTAIN SUPPORT	Ongoing	Continual improvement and ongoing engagement at Next-Gen Monitoring camps. Commitment to development plan established with Club and Hub Coach.		
	Yearly	Athletes can only intake based on TID Criteria once. It is expected that within 12-18 months individuals will achieve Intake Criteria #2 or Intake Criteria #3.	Continue to achieve Age Appropriate Erg Standards. <i>IMPROVED PERFORMANCE</i> against Water Speeds achieved in the past. (Close the gap)	Continue to achieve Age Appropriate Water Speeds. <i>IMPROVED PERFORMANCE</i> against erg standards achieved in the past. (Close the gap)

**ACHIEVE ONE OR MORE OF THE CRITERIA LISTED ABOVE TO BE CONSIDERED A HUB ATHLETE. SPECIFICS CAN BE FOUND ON THE FOLLOWING PAGES**

\* “Age” at time of test will be used, not competitive age for the year. (IE if an athlete is 18 on March 16<sup>th</sup>, their February 2k submission will be assessed against the 17 year old category)

**INTAKE:** If an athlete achieves 1 of the 3 criteria listed above they are eligible to be a Hub athlete. Athletes achieving criteria will be contacted by RCA regarding intake into program. Athletes, or Coaches of athletes, who believe they are eligible and would like their data reviewed against the intake criteria should contact the following:

Para athletes - Kayla Cornale, NextGen Para Lead Coach, at [kcornale@rowingcanada.org](mailto:kcornale@rowingcanada.org)

Able body athletes - Chuck McDiarmid, NextGen Program Lead Coach, at [cmcdiarmid@rowingcanada.org](mailto:cmcdiarmid@rowingcanada.org)

**ENGAGEMENT IN PROGRAM:** Once an athlete is accepted as a “Hub athlete” the following steps would take place.

- 1) Regional Hub Coach will contact Athlete and their local Coach to set up a meeting to discuss the following:
  - a. Needs of the athlete to progress along the Performance Pathway.
  - b. Opportunities within the Hub environment as well as athletes club environment
  - c. Review of Monitoring Camps dates and expectations
- 2) Athlete, Club Coach, and Hub coach agree to a basic \*plan of support”
- 3) All parties engage the system

\*Each athletes plan will be different, based on the needs of the individual and what can be supported within their Daily Training Environment (DTE)

### Criteria 1 – RCA TID Standards

		OPEN MEN		LIGHTWEIGHT MEN		OPEN WOMEN		LIGHTWEIGHT WOMEN	
		16-19	20+	18-19	20+	16-19	20+	18-19	20+
<b>Primary Targets</b>	ENDURANCE - Schwinn	90	95	90	94	80	85	80	84
	or	or		or		or		or	
	ENDURANCE - Assault	73	77	73	76	64	69	64	68
	LEG PRESS (3)	800	875	750	800	525	575	500	550
	BENCH PRESS (3)	400	475	350	400	205	250	190	235
	ARM PULL (3)	500	540	450	490	290	310	280	300
	Sum of Leg Press(3) and Arm Pull(3)	1300	1415	1200	1290	815	885	780	850
<b>Secondary Target</b>	HEIGHT	186-193+		175-180+		175 - 183+		163 - 170+	
	ARMSPAN								

Athletes which do not achieve all primary targets for their appropriate age group will be reviewed on an individual basis.

**CRITERIA 2 - Details**

Achieve HUB Minimum 2k or 6k erg standards, based on RCA's \*Age Appropriate targets.

2000m HUB Minimum Erg Standard	AGE		15	16	17	18	19	20	21	22	23	24+
	Open Men	Time	6:38	6:30	6:23	6:17	6:11	6:06	6:02	5:58	5:55	5:52
		Split	1:39.5	1:37.6	1:35.7	1:34.2	1:32.7	1:31.5	1:30.6	1:29.5	1:28.7	1:27.9
		Watts	355	377	399	419	440	458	471	488	503	515
	LWT Men	Time				6:37	6:31	6:26	6:22	6:18	6:15	6:12
		Split				1:39.4	1:37.8	1:36.5	1:35.5	1:34.6	1:33.7	1:33.1
		Watts				357	375	390	401	413	426	434
	Open Women	Time	7:39	7:30	7:22	7:15	7:08	7:02	6:58	6:54	6:50	6:47
		Split	1:54.8	1:52.6	1:50.4	1:48.6	1:46.9	1:45.5	1:44.5	1:43.5	1:42.5	1:41.8
		Watts	231	245	260	273	287	298	307	316	325	332
	LWT Women	Time				7:38	7:31	7:25	7:21	7:17	7:13	7:10
		Split				1:54.5	1:52.7	1:51.2	1:50.2	1:49.2	1:48.2	1:47.6
		Watts				233	245	255	262	269	277	281

6000m HUB Minimum Erg Standard	AGE		15	16	17	18	19	20	21	22	23	24+
	Open Men	Time	21:14	20:49	20:25	20:05	19:46	19:31	19:18	19:10	19:02	18:54
		Split	1:46.1	1:44.1	1:42.1	1:40.4	1:38.8	1:37.5	1:36.5	1:35.8	1:35.1	1:34.5
		Watts	293	310	329	346	363	377	390	398	407	415
	LWT Men	Time				21:19	20:58	20:42	20:29	20:16	20:06	19:58
		Split				1:46.6	1:44.9	1:43.5	1:42.4	1:41.3	1:40.5	1:39.8
		Watts				289	304	316	326	337	345	352
	Open Women	Time	24:32	24:03	23:36	23:13	22:50	22:33	22:18	22:06	21:56	21:45
		Split	2:02.6	2:00.3	1:58.0	1:56.1	1:54.2	1:52.7	1:51.5	1:50.5	1:49.6	1:48.8
		Watts	190	201	213	224	235	245	252	259	266	272
	LWT Women	Time				24:37	24:13	23:49	23:25	23:10	22:56	22:43
		Split				2:03.1	2:01.1	1:59.1	1:57.1	1:55.8	1:54.7	1:53.6
		Watts				188	197	207	218	225	232	239

**CRITERIA 3 - Achieve Age Appropriate Water Speeds.**

Speeds are established as a % behind winner at targeted RCA Small boat events. These events include:

1. RCA National Rowing Championships
2. RCA Speed Orders.

Category	Junior	U21	U23	Senior
% off Winner	8%	7%	6%	4%

Athletes category is determined based on the category they will race in the upcoming competitive season.

At NRC's athletes will be assessed based on their category for the upcoming year.

At Speed orders athlete will be assessed based on their category for the current year.

Percentages are calculated using the following formula.

$$\left(\frac{\text{Gold Medal Standard}}{\text{Winning time}}\right)\% - \left(\frac{\text{Gold Medal Standard}}{\text{FinishTime}}\right)\% \\ = \text{Percentage behind winning time}$$