



# 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.

INTAKE	Criteria	1	2	3
		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 individuals will achieve Intake Criteria #2 or Intake Criteria #3 within a set time frame. 6-8 months for existing rowers 12-18 months for new rowers	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, Current Rowers

		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 erg targets.

2000m HUB Minimum Erg Standard	AGE		15	16	17	18	19	20	21	22	23	24+
	Open Men	Time	06:25.5	06:21.0	06:16.5	06:13.0	06:09.5	06:06.0	06:03.5	06:01.0	05:58.5	05:56.0
		Split	01:36.4	01:35.3	01:34.1	01:33.3	01:32.4	01:31.5	01:30.9	01:30.3	01:29.6	01:29.0
		Wats	391	405	420	432	444	457	466	476	486	496
	LWT Men	Time				06:33.0	06:27.0	06:22.0	06:19.5	06:17.0	06:14.5	06:12.0
		Split				01:38.3	01:36.8	01:35.5	01:34.9	01:34.3	01:33.6	01:33.0
		Wats				369	386	402	410	418	426	435
	Open Women	Time	07:29.0	07:22.0	07:15.0	07:08.0	07:02.5	06:59.0	06:56.5	06:54.0	06:51.5	06:49.0
		Split	01:52.3	01:50.5	01:48.8	01:47.0	01:45.6	01:44.8	01:44.1	01:43.5	01:42.9	01:42.3
		Wats	247	259	272	286	297	305	310	316	321	327
	LWT Women	Time				07:28.0	07:22.5	07:19.0	07:16.5	07:14.0	07:11.5	07:09.0
		Split				01:52.0	01:50.6	01:49.8	01:49.1	01:48.5	01:47.9	01:47.3
Wats					249	259	265	269	274	279	284	

6000m HUB Minimum Erg Standard	AGE		15	16	17	18	19	20	21	22	23	24+
	Open Men	Time	20:33.5	20:20.0	20:06.5	19:56.0	19:45.5	19:35.0	19:27.5	19:20.0	19:12.5	19:05.0
		Split	01:42.8	01:41.7	01:40.6	01:39.7	01:38.8	01:37.9	01:37.3	01:36.7	01:36.1	01:35.4
		Wats	322	333	344	354	363	373	380	387	395	403
	LWT Men	Time				21:03.0	20:45.0	20:30.0	20:22.5	20:15.0	20:07.5	20:00.0
		Split				01:45.3	01:43.8	01:42.5	01:41.9	01:41.3	01:40.6	01:40.0
		Wats				300	313	325	331	337	344	350
	Open Women	Time	24:00.0	23:39.0	23:18.0	22:57.0	22:40.5	22:30.0	22:22.5	22:15.0	22:07.5	22:00.0
		Split	02:00.0	01:58.3	01:56.5	01:54.8	01:53.4	01:52.5	01:51.9	01:51.3	01:50.6	01:50.0
		Wats	203	212	221	232	240	246	250	254	259	263
	LWT Women	Time				23:47.0	23:30.5	23:20.0	23:12.5	23:05.0	22:57.5	22:50.0
		Split				01:58.9	01:57.6	01:56.7	01:56.1	01:55.4	01:54.8	01:54.2
Wats					208	216	220	224	228	231	235	

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.

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

= Percentage behind winning time