

ROWING CANADA AVIRON

2021 NextGen National Team Selection

Guidelines




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SELECTION OVERVIEW

National Team Objective: Rowing Canada aims to select athletes and crews to represent Canada with the ability to achieve an ‘A’ Final (top 6) performance at their designated Championships with a primary focus on Olympic & Paralympic boat classes.

 *Rowing Canada Aviron is carefully following the evolution of the coronavirus (COVID-19) and how it may impact the 2021 NextGen Selection Guidelines. Rowing Canada Aviron (RCA) reserves the right to modify the published Guidelines on the best available information. Any modifications will be made promptly and will be communicated to all affected individuals as soon as possible.*

PURPOSE

This document establishes the process and criteria to be used to select and nominate the following 2021 RCA National Teams:

1. Under 23 World Rowing Championships.
2. Junior World Rowing Championships
3. Junior CanAmMex Team

OVERVIEW

This Selection Guidelines document was drafted and prepared by RCA and came into effect immediately upon publication on the RCA website on December 17, 2020. RCA may also communicate and distribute this Selection Guidelines to relevant athletes through other channels available to the athletes. RCA reserves the right to amend this document for changes imposed by parties external to RCA or for changes that become necessary due to typographical error or a lack of clarity in a definition or wording.

Any changes made by RCA are deemed to come into effect immediately upon publication on the RCA website. Additional publication of the amended Selection Guidelines will be made by whatever means and wherever the original Selection Guidelines was published.

SCOPE

This Selection Guidelines document will be used to select Athletes to National Teams competing at the following events for 2021:

2021 CanAmMex	July 11-18, 2021 – London Ontario
2021 World Rowing U23 Championships	July 7-11, 2021 – Racice, Czech Republic
2021 World Rowing JR Championships	August 11-15, 2021 – Plovdiv, Bulgaria

SELECTION ELIGIBILITY REQUIREMENTS

All athletes wishing to be considered for selection must satisfy all of the following requirements:

1. GENERAL ELIGIBILITY REQUIREMENTS

All athletes and coaches selected to RCA National Teams must be registered and be in good standing with the Canadian Association of Amateur Oarsmen (CARA), which operates under the name Rowing Canada Aviron (RCA). Athletes must hold a valid Canadian passport or be eligible to row for Canada. Athletes must follow all relevant World Rowing, International Paralympic Committee (IPC) and International Olympic Committee (IOC) (&/or the Pan American Sport Organization) rules regarding eligibility.

For clarity, to be in good standing with the CARA, an athlete must be a registered participant with a member of the CARA and:

- their membership dues and any debts to RCA are not overdue;
- they are not subject to a disciplinary sanction of either suspension from specified or from all RCA teams, activities, events, or competitions or expulsion from CARA membership, following a process under the RCA Discipline Policy (or equivalent); and
- in any case where disciplinary sanction by CARA under the RCA Discipline Policy (or equivalent), they have fulfilled all terms and conditions of the disciplinary sanction to the satisfaction of the Board of Directors or its designate.

2. AGE AND OTHER ADDITIONAL ELIGIBILITY REQUIREMENTS

Under 23:	Born in 1999 or later. A rower or coxswain is classified as Under 23 until December 31st of the year in which they reach the age of 22. After that date, they shall be classified as Senior.
Junior:	Born in 2003 or later. A rower or coxswain is classified as Junior until December 31st of the year in which they reach the age of 18. After that date they shall be classified as Under 21 or Under 23.

All listed above must have a Canadian passport valid until March 2022

3. ATHLETE TESTING AND MONITORING

Athletes must comply with the minimum testing and monitoring outlined in RCA's NextGen Testing and Monitoring Document. This Document can be found at the [following link](#).

4. ATHLETE EXPRESSION OF INTEREST

Athletes are required to complete the "Athlete Expression of Interest" form at the following [link](#).

The submission deadline for all programs is FEBRUARY 28th, 2021

5. 2021 ATHLETE AGREEMENTS

All athletes that are invited to a [Final Selection Event](#) will be emailed details on completing the 2021 Athlete Agreement. Agreements must be completed prior to an athlete attending a selection event or a camp proceeding a selection event.

** Late receipt may jeopardize selection – circumstances will be reviewed by RCA's High-Performance Director on a case by case basis*

6. ATHLETE FEES

All athletes wishing to be considered for selection to the events listed within this document should be aware of and prepared for potential fees contingent on being named to a team. A schedule of all deposits and assessment fees for the 2021 events will be published by March 15th, 2021.

SELECTION CRITERIA

The objective of the NextGen Selection Guidelines is to select athletes and crews (which shall include coxswains and single scullers) that have the potential to support the success of RCA teams at Future Olympic and Paralympic events. This includes but not limited to achieving an 'A' Final position (top 6) at designated international competitions.

Athletes will be invited to Selection Events using the process outlined in [Appendix 1](#).

At each selection event athletes may be selected to a team in accordance with the athlete's performance and achievement with respect to the following criteria ("Selection Criteria"):

1. Performance results in 2021 including but not limited to:
 - a. Time trials of various distances, including but not limited to 2000M,

- b. Small and/or large boat seat racing matrices (ie: seat racing all athletes on a given side against each other) and/or targeted seat racing (ie: select head to head races with direct swaps of relevant athletes),
- c. Designated ergometer assessments, or
- d. Racing results, including but not limited to, results achieved at international rowing regattas.

In addition, RCA may consider the following other factors during the team selection processes (“Other Criteria”):

1. Ongoing ergometer testing as per 2021 RCA NextGen Testing and Monitoring Document.
2. Performance at Regional Qualification events and other Selection Events athletes have been invited to attend.
3. Factors relevant to crew combination, namely crew compatibility (ie: how individuals perform as a team), coachability, and technical compatibility;
4. Commitment to the program;
5. Assessment of competitive readiness (ie: fitness relative to previous assessments and to peers); and
6. Additional factors relevant to achieving RCA team objectives including but not limited to potential development of the athlete or coach for subsequent National Teams and ultimately Senior Team selection.

If an athlete has any questions with respect to the above Selection Criteria and/or Other Criteria, they may contact the High Performance Director, NextGen Program Lead or the identified designate to obtain clarification.

From time to time as required, supplemental program specific information may be posted on the Rowing Canada Aviron website at: <https://rowingcanada.org/resources/> and circulated through other communication channels utilized by RCA.

For **Coxswains** to be considered for selection, the following will also be considered, in addition to the above Selection Criteria and Other Factors:

1. Athlete and coach assessment of the coxswain’s ability;
2. Compatibility with other athletes in the selected crew and coaches;
3. Demonstrated ability to meet weight guidelines (as per FISA Rule 27); and
4. Racing experience and results.

See [Appendix 2](#) for Coxswain application process

For **Lightweight athletes** to be considered for selection, they must be able to demonstrate they are able to meet crew average weight requirements (as per FISA Rule 31) and are expected to be able to follow a weight management protocol throughout the year. For the 2021 Small boat trials and Selection Events, unless otherwise indicated, the maximum weight for each athlete shall be:

- Lightweight Women: 57kg
- Lightweight Men: 70kg

For **Coaches** to be considered for selection, RCA reserves the right to nominate the coach believed to be able to produce the best performance of the athlete or crew at the designated event. Coaching appointments may be made to achieve strategic objectives or meet certain principled standards. The details of coach selection are outlined in Appendix 4

SELECTION AUTHORITY

The final authority for Team selection rests with the RCA High Performance Director (“HPD”). This authority is based upon the nominations made by individuals noted in the chart below and all other criteria within this document.

Athletes may be considered for late invitation to various selection activities (depending on schooling commitments, or other special circumstances, etc.). The High Performance Director and NextGen Program Lead may also choose to invite athletes based on ‘Special Circumstances’ outlined below.

The High Performance Director will consult the relevant National Head Coach, NextGen Program Lead and may delegate their authority for selection to another individual(s) as indicated below.

Delegated responsibility for selecting Boats and Athletes to represent RCA is noted in the chart below.

Team	Selection Responsibility
World Rowing Under 23 Championships	RCA High Performance Director and/or NextGen Program Lead
World Rowing Junior Championships	RCA High Performance Director and/or NextGen Program Lead
CanAmMex	RCA High Performance Director and/or NextGen Program Lead

FINAL SELECTION DATES

The final selection date for crews is as shown in the following table. Athletes and potential alternates for those crews, will be named on these dates. After these dates, there will be no further Crews selected, except as allowed by certain ‘Special Circumstances’ as noted below. However, placement of these athletes in specific crews may be changed up to the date of competition, based upon the appropriate assessment of the Crew’s competitiveness and subsequent approval by the High Performance Director or NextGen Program Lead.

Team	Selection / Nomination Completion Date	Announcement Date
World Rowing Under 23 Championships	June 21 st , 2021	June 25 th , 2021
World Rowing Junior Championships	June 30 th , 2021	July 2 nd , 2021
CanAmMex	June 30 th , 2021	July 2 nd , 2021

**The HPD has the discretion to change any of the above selection or nomination dates. The team is not official until posted on the RCA website.*

AUTHORITY TO MAKE CHANGES TO THE COMPOSITION OF CREWS - ONCE THE TEAM IS SELECTED

Selection to a National Team as part of a crew (or an alternate) does not guarantee an athlete a place in a specific crew for the regatta. For crews selected to the above events, the composition of Crews shall remain the discretion of the RCA High Performance Director, NextGen Program Lead, Program Coach, and Team Leader. The configuration of crews may be changed based on a crew’s competitiveness and such changes will follow the appropriate competition regulations.

ON-SITE DECISION-MAKING AUTHORITY

During the training and competition period at an ‘away’ venue all final decision-making authority will reside with the team leader.

The responsibilities of the team leader will first and foremost be creating and supporting an environment that supports performance excellence at their event, in addition to:

- Leading all matters related to crisis management, emergency preparedness and response,

- Manages team member human resources, roles and responsibilities, accreditations and conduct issues on behalf of RCA,
- Acts as spokesperson for the team and RCA on-site pertaining to any issues on entries, FISA/PASO regulations and organizing committee communication, and
- Responsible for ensuring the team and members comply with RCA/FISA/PASO regulations and agreements signed by team and members.

SPECIAL CIRCUMSTANCES

If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in this document, an athlete may still be considered for selection to a National Team. Athletes must advise the RCA High Performance Director in writing of any injury, illness, or personal extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the Athlete's doctor must be submitted to RCA's Chief Medical Officer. In the event an Athlete who has been selected in National Team becomes injured or ill, and in the opinion of the High Performance Director and/or NextGen Program Lead (with advice of the Chief Medical Officer where relevant), is not deemed fit to compete, then the Athlete may be replaced with another Athlete. The choice of replacement Athlete is at the sole discretion of the High Performance Director, in consultation of the relevant coach. In all cases, permission to be exempted from any requirement contained within this document must be obtained in writing from the High Performance Director.

Failure to properly report injury, illness, and/or other personal extenuating circumstances prior to the selection processes of each event may result in the athlete being de-selected and financially responsible for all the athlete's costs associated with the event.

REMOVAL FROM A TEAM ONCE SELECTED

The High Performance Director and/or NextGen Program Lead (or their designate team Lead) may, at any time, and at their discretion, disqualify an athlete from being considered for nomination to the Canadian Team based on terms and conditions outlined in the RCA Athlete Agreement. RCA will advise the affected athlete, in writing, of the decision.

Any such removals are subject to the approval of the High Performance Director. Reasons for dismissal include, but are not limited to:

- Inability to maintain high training standards,
- Inability to meet performance expectations in competition,
- Inability to perform due to injury, illness or for other medical reasons as determined by RCA's Chief Medical Officer, or
- Violation of terms and conditions as set out in the RCA Athlete Agreement.

The High Performance Director or NextGen Program Lead reserves the right to withdraw an athlete from nomination:

- If the athlete has not taken part in the mandatory training camps organised by RCA prior to the event or,
- If the athlete has not fulfilled his/her responsibilities as identified in the RCA Athlete Agreement.

The RCA Athlete Agreement can be found on the following page: <https://rowingcanada.org/resources/> and the relevant policies identified as components of the Athlete Agreement can be found at: <https://rowingcanada.org/governance/> Under the Policies Tab

APPEAL PROCESS

Decisions made pursuant to these Selection Guidelines document may be appealed in accordance with the [RCA Appeal Policy](#) located on the RCA website.

If both parties (RCA and the appellant) are in agreement, or if timing restrictions require it, the RCA Appeal Guidelines can be bypassed and the matter may be brought immediately before the Sport Dispute Resolution Centre of Canada (SDRCC), who will then manage the appeals process.

RELOCATION

Athletes selected onto a team may be required to relocate to a designated training location. See Appendix 1 for specific program information.

Relocation for carded athletes: Sport Canada's Athlete Assistance Program (AAP), provides financial assistance for carded athletes with relocation expenses to a National Training Centre.

For additional information, please visit Section 8.4 (Supplementary AAP Support) [within Sport Canada's AAP Policies and Procedures](#).


EVENT REQUIREMENTS

RCA National Selection Guidelines outline the broad selection criteria for all rowers and coxswains and can also be viewed on the RCA website. These Event Requirements operate as an appendix to the RCA Selection Guidelines and outline the activities that rowers and coxswains must complete to be eligible for selection for a Canadian Team.

All athletes must complete all activities stipulated in these Event Requirements (except for activities marked 'participation encouraged') unless there are Special Circumstances that prevent this, in which case RCA is to be notified of the reason as soon as possible, and in accordance with the Guidelines noted in this document. The selection process for all Rowing Canada 2020 NextGen National Teams will include the following requirements as indicated (and as outlined below):


APPENDIX

1. Qualification process for invitation to Selection Events – Appendix 1
2. Coxswain Specifics – Appendix 2
3. Coach & Team Leader & Team Support Staff selection – Appendix 3
4. Important Dates – Appendix 3
5. RCA High Performance Contact details – Appendix 4

 *Rowing Canada Aviron is carefully following the evolution of the coronavirus (COVID-19) and how it may impact the 2021 NextGen Selection Guidelines. Rowing Canada Aviron reserves the right to modify the published Guidelines on the best available information. Any modifications will be made promptly and will be communicated to all affected individuals as soon as possible.*

APPENDIX 1

Qualification process for invitation to selection events.


	Date	Qualification Event	Location	Details
Primary Ergometer Qualification	May 2-8, 2021.	2k Erg Submission	Supervised in Regional Performance Centre or Local Training Environment	Required for all Candidates. <i>Must be witnessed and verified by a coach</i> <i>Test must be completed between May 2nd and 8th, 2021</i>
Primary Water Qualification 	May 14 th – 31st Exact Dates to be confirmed	BC and Ontario Small Boat Trials.	Exact Location to be confirmed by March 15 th , 2021	On water racing opportunity to assess small boat speed. Open to all age groups (Junior to SR) Athletes are encouraged to attend one of these two events.

Selection events:

- Selection events are by invitation only.
- Each Team will have a selection event associated with it to determine boats and athletes to represent Canada.

The following is a draft overview of dates and location for each selection event. A final schedule will be circulated prior to March 31st, 2021 once coaches and training locations for all teams are finalized.

Selection event	Tentative Dates	Location
U23 Selection Camp	Completed Prior to June 21 st , exact dates TBD	TBD
Junior Worlds	June 27 th - 30 th , 2021	TBD
CanAmMex	June 27 th - 30 th , 2021	TBD

 *Due to the impact of COVID-19 on the Training and competition schedule, selection events may be held earlier or later than posted above. Changes will be communicated as soon as known.*

Invitation Process and Timelines: Athletes can receive invitation to selection events through one of the following processes:

- 1) Any athlete that achieves targeted criteria outlined in “Appendix 1.a” will automatically qualify for the selection event aligned to that standard. NOTE: *Athletes who do not achieve automatic qualification will still be considered using process 2 listed below.*
- 2) After the completion of each Water Qualification RCA will review all athlete’s performance results (Ergometer and/or Water) and invite additional athletes.

Athletes who achieve invitation criteria will be contacted within a week of achieving the required performance targets.

A final list will be circulated the week of May 24th 2021, overviewing athletes and the Selection Event(s) they are invited to attend.

Additional information:

- Rowing Canada Aviron will guide athletes toward appropriate National Teams and Selection Events.
- Athlete’s may be considered for multiple teams.
- RCA reserves the right to use an athlete’s performance at one selection event to nominate that athlete for subsequent National teams.

Appendix 1.b

Automatic invitation standards – Achieve one or both of the following criteria.

NOTE: Athletes who do not achieve automatic qualification standards will still be considered for invitation to selection events. In this case all performance results will be reviewed to determine invitations.

- 1) Ergometer qualification – athletes that achieve one of the following ergometer standards during the May 2-8, 2000m ergometer submission will receive an automatic invitation to the appropriate Selection Event.

		CanAmMex	Junior Worlds	U23 Worlds
Women	2000m	07:15.0	07:08.0	06:54.0
	6000m	23:18.0	22:57.0	22:15.0
Men	2000m	06:16.5	06:13.0	06:01.0
	6000m	20:06.5	19:56.0	19:20.0
Lightweight Women	2000m	NA	NA	07:14.0
	6000m	NA	NA	23:05.0
Lightweight Men	2000m	NA	NA	06:17.0
	6000m	NA	NA	20:15.0

- 2) Water Qualification – Athletes who win or are highest ranked in the following boat classes at the Primary Water Qualifications. This applies to the following National teams and selection events

National team	Age requirement, Born in;	Men's Boats	Women's Boats
Junior Worlds	2003 or later	Open 1x / Open 2-	Open 1x / Open 2-
U23 Worlds	1999 or later	Open 1x & 2- , LWT 1x	Open 1x & 2- , LWT 1x

APPENDIX 2

Coxswain – Specific

NextGen Coxswain process for invitation to selection events

Overview: Coxswain selection is by definition a subjective undertaking. Ultimately, the selected coxswain should be able to make the boat go faster over an extended period of time leading up to a competition. Assessment of coxswain readiness should be based upon evaluation of compiled submissions and reviewed by the applicable Program Lead or Lead Coach.

Eligible NextGen Coxswains interested in invitation to a 2021 selection event are required to submit an application.

Application requirements:

Assessment	Evaluation process	Submission Requirement
Athlete and Coach assessment of the Coxswains ability	<p>Athlete / Coach feedback in oral and/or paper format regarding but not limited to:</p> <ul style="list-style-type: none"> • Boat feel • Ability to execute practice and race plans. • Ability to make right call in practice/race situation • Steering. 	<p>1. Electronic copy of race plan and corresponding Audio file (3-5 minutes)</p> <p>Or</p> <p>2. Electronic copy of training sessions and corresponding audio file (3 minutes)</p>
Compatibility with other athletes in selected crew, and coaches.	Ability to translate coach’s vision to boat. (ie. technical calls should reflect the coach’s focus).	3. Coach letter of support.
Past race experience and results	Past race & practice experience and results	4. Coxswain CV

Application deadline: 17:00 Pacific Time, April 30, 2021

Athletes to send all Submission Requirements to Laura Isherwood at lisherwood@rowingcanada.org .

Coxswain Invitations for selection events will be included with the final invitation list

APPENDIX 3

TEAM LEADER and SUPPORT STAFF SELECTION

An event’s team leader or support staff will be appointed by the High Performance Director and/or the NextGen Program Lead. Generally, appointments will be made from existing RCA employees, but should additional requirements exist, RCA will advertise the application process with an official notice. If appointment of sports medicine support staff are required to support a team, RCA’s Chief Medical Officer will play a role in the identification and selection/nomination of those practitioners.

COACH SELECTION

RCA reserves the right to nominate the coach believed to be able to produce the best performance of the athlete or crew at the designated event. Coaching appointments may be made to achieve strategic objectives or meet certain principled standards.

Selection of Crew Coaches for all teams will be at the sole discretion of the High Performance Director, with input from the respective National Head Coaches and NextGen Program Lead. Selection considerations include previous experience, performance of athletes coached, coaching qualifications and long-term development strategy.

Coach Selection Prerequisites - Coaches interested in selection for a national team role (at any level) must:

Complete an [Expression of Interest application form](#), before January 15th, 2021. The Expression of Interest outlines the coach’s coaching record, qualifications, program(s) of interest, and their availability to relocate to coach the identified crew (if required).

Minimum Qualifications:

Under 23 Worlds	Junior Worlds	CanAmMex
Performance Coach Certified		Performance Coach Trained
Registered as a Coach in good standing with Rowing Canada Aviron		

Other requirements (to be completed before May 1st, 2021) include:

- Making Ethical Decisions;
- Respect in Sport Online Module;
- CCES True Sport 101;
- Criminal Record Check; and,
- Being recognized as a Registered Coach or Chartered Professional Coach (ChPC) with the Coaching Association of Canada.

An announcement of the selected coaching staff will take place by February 15th, 2021.

Should RCA determine that additional coaching staff are required to support selected teams after the February 15th, 2021 announcement date, coaches will be selected from within RCA’s existing pool of National Team Coaching Staff or the pool of coaches who complete an Expression of Interest by January 15th, 2021.

Training location

The primary training location for 2021 NextGen teams will be at Quamichan Lake BC. RCA will also be considering opportunities to decentralize crews at one of our partner NextGen Performance Centres.

Final training locations for all programs will be announced prior to March 31st, 2021.

APPENDIX 4

2021 IMPORTANT DATES

RCA NextGen Program		
<i>(Subject to programing updates)</i>		
NextGen Coach Expression of Interest	January 15	Due
2000m or 6000m Ergometer submission (optional)	January 31 – Feb 7	National
NextGen Coach Announcement	February 15	Announcement
NextGen Winter Camp. U23	February Dates to be Confirmed	BC
Athlete Expression of Interest	February 28	Due
NextGen Winter Camp. Juniors	March Dates To Be Confirmed	BC
Confirmation of Primary Water Selection dates and location.	March 15	Announcement
Communication of assessment fees	March 15	Announcement
Confirmation of training locations for each program	March 31	Announcement
Coxswain Application for Selection Events	April 30	Application DUE
2000m Ergometer Submission	May 2-8	NextGen Selection Requirement
Coxswain Application for Selection Events	May 15	Application DUE
Primary water qualification #1	May 14-16	NextGen Selection Requirement
Primary water qualification #2	May 21-23	NextGen Selection Requirement
Final Invitation list to Selection Events	May 24-28	announcement
CSSRA	June 3-6	St. Catharines
Selection Event Camp U23 Worlds / Non-Olympic Worlds	Completed by June 21	Location TBD
Selection Event Junior Worlds / CanAmMex	June 27 - 30	Location TBD
U23 Worlds Team Departs	June 27	Racice, Czech Republic
U23 World Rowing Championships	June 7 - 11	Racice, Czech Republic
CanAmMex Team Departs	July 11	London Ontario
CanAmMex Regatta	July 17 - 18	London Ontario
JR Worlds Team Departs	August 2	Plovdiv, Bulgaria
Canadian Henley	August 3 – 8	St. Catharines, ON
Jr World Rowing Championships	August 11-15	Plovdiv, Bulgaria
National Rowing Championships (NRCs)	TBD	TBA
November 2k and 6k submission option 1	November 7-13	National
November 2k and 6k submission option 2	November 21-27	Submissions DUE

APPENDIX 5

CONTACT INFORMATION

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