



## NextGen Performance Centre Membership Categories

### *Centralized Member*

A **CENTRALIZED** athlete is an individual that utilizes the NextGen Performance Centre as their Daily Training Environment (DTE). There are times throughout the year that it may better suit the development of the athlete to engage their club programming. This would be set out in their Individual Athlete Performance Plan (IAPP\*) and agreed to by all parties prior to acceptance into the program. As a rule, a Centralized athlete will train out of the NextGen Performance Centre for 8 or More months of the year.

### *Regional Member*

A **REGIONAL** athlete is an individual that utilizes their home Club as their DTE, with set expectations on when they would engage the NextGen Performance Centre. These expectations would be set out in their IAPP\* and agreed to by all parties prior to acceptance into the program. In this situation athletes would be expected to maintain targeted training loads, monitoring practice's, and attendance at identified camps set out in the IAPP\*.

### *Seasonal Member*

A **SEASONAL** athlete is an individual who doesn't fit into the REGIONAL or CENTRALIZED category. This is likely an athlete who chooses not to engage with one of the NextGen Performance Pathways but is selected for a provincial or national team (See appropriate program selection criteria for minimum requirements). These athletes would relocate to the NextGen Performance Centre once selected but would return to their DTE once the NextGen Performance Centre program has finished.

*\*Individual Athlete Performance Plan – RCA and its provincial partners will work with each athlete to develop a yearly plan that reflects the goals of the individual athlete. Conversations will be in conjunction with Sports Science & Sports Medicine practitioners and Performance Centre partners, looking at the athlete's current level of performance, their gaps, and stage of development. This information will be used to create an IAPP that includes training loads, competition schedules, and training location schedule.*