



NextGen Selection Guidelines Update – March 4th 2021

Due to the ongoing impact of COVID-19, RCA is providing the following information updates regarding selection to 2021 NextGen Teams.

The selection process for 2021 will look significantly different than in previous years. Our goal is to be as open and flexible as possible in our decisions, ensuring athletes have a pathway that supports their current situation. This will include consideration of an athlete's current training location, an athlete's ability to travel and relocate, and the regional disbursement of athletes. RCA will strive to make performance-based decisions that ensures minimal risk to the health of athletes and coaches while ensuring RCA's objectives of success at future Olympic and Paralympic Games. The current landscape warrants consideration of objective and subjective elements more than previous years. This update will provide some guidance on the more immediate scenarios, with further details to selection mechanisms to come.

The following outlines changes to the NextGen Selection Guidelines document, that will be implemented immediately.

Qualification process for invitation to Selection Events (Page 10 of posted Selection Guidelines document. <https://rowingcanada.org/uploads/2020/12/2021-NextGen-Selection-Guidelines.pdf>)

- The *Primary Water Qualifications* scheduled for May of 2021 are **CANCELLED**. RCA is reviewing new options for athletes to demonstrate their water speeds and will communicate any updates in monthly communications.
- The *Primary Ergometer Qualification* as identified remain as posted.
- NEW: Additional athletes may be invited to selection events based on their engagement and performance through pre-selection training opportunities. *See info regarding these opportunities below.*

The following are initiatives that RCA will be implementing to support athletes over the upcoming months.

Pre-Selection Training:

To support athlete preparation for selection activities, RCA will be working to establish pre-selection training opportunities. These are training locations providing high performance programming, accessible to athletes.

A list of training locations can be found in Appendix 3. This list will be updated and communicated on a monthly basis.

The following considerations will be looked at when evaluating applications and determining invitations.

- Athletes ergometer performance against RCA targets (see Appendix 2),
- Athletes past performance, international and domestic, and/or
- Consultation with athletes' coach.

Athletes may apply for an invitation to a Pre-Selection Training location through the following link:

[\(CLICK HERE\)](#)

Invitation to pre-selection training does not guarantee an athlete will be invited to a Final Selection Event. Athletes may be removed from training environments if they are not able to maintain training loads or expected boat speeds. Once selection of teams are complete, non-selected athletes may be asked to relocate to another training environment.

Communications and updates:

Beginning March 12th 2021, RCA will circulate monthly updates to all athletes on the targeted athletes list, and those who completed the 2021 Expression of Interest form.

(a schedule of important dates and communications can be found below).

These updates will include:

- Notification of selection locations for targeted boats and/or programs.

- Notification of selection dates and time frames for targeted boats and/or programs.
- Any additional updates to the Selection Guideline process.

APPENDIX 1 - Calendar of dates and communications

Date	Details
February 28 th , 2021	Expression of Interest for 2021 NextGen teams due.
March 12 th , 2021	NextGen Communication
April 12 th , 2021	U23 World Rowing Championships - World Rowing confirmation date
April 16 th , 2021	NextGen Communication
May 2 nd – 8 th , 2021	Primary Ergometer Qualification - 2k submission (selection requirement)
May 7 th , 2021	Confirmation of 2021 CanAmMex Event
May 10 th , 2021	Junior World Rowing Championships - World Rowing confirmation date
May 14 th , 2021	NextGen Communication
May 1-23 rd , 2021	TBD – process for water assessment

APPENDIX 2 - Athlete Ergometer Targets

Athletes will be assessed based on their ergometer performance relative to these targets.

		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

Note: Athletes who do not achieve these targets will still be considered for programs. Individuals will be ranked against these targets and other athletes who have submitted scores.

Appendix 3 - Pre-Selection training locations

The following is a list of Training Locations currently available to athletes.

Location
NTC - Quamichan, Cowichan Valley
Ontario NextGen Performance Centre - Welland
BC NextGen Performance Centre(s)
TBD - Additional Training location

Additional training locations may be added as we gain a better understanding of athletes' current situation. These locations will be communicated in the monthly update.

Athletes can apply for invitation to a training location through the following application form:
[\(CLICK HERE\)](#)

To ensure the safety of all athletes and coaches arriving at a training location, local, provincial and national COVID-19 protocols will have to be met prior to an athlete starting their training.

Athletes who are invited to a training location will be contacted to set up an intake date and review any additional requirements prior to initiating training.

Any invites to the NTC - Quamichan require a minimum 5-day isolation followed by confirmation of a negative COVID test, or a 14 day self-isolation period before entering the environment.