



NextGen Selection Guidelines Update – April 16th, 2021

Athletes should ensure they have read the 2021 NextGen Selection Guidelines ([LINK](#)) and previous updates on the [RCA Website](#) to ensure they have all information related to 2021 Selection.

It should be noted that selection process for all NextGen programs may change pending World Rowing's confirmation of events, changes to any governmental policy or restrictions and local conditions which may impact travel or training. Rowing Canada Aviron is constantly monitoring the COVID implication and updating plans accordingly under the guidance of its Chief Medical Officer.

In this communication:

1. Updates to selection process
 - a. Invitation to Selection events – All Programs
 - b. Selection events and locations: World Rowing Under 23 Championships
 - i. LWT Erg Submission details
 - c. Selection events and locations: World Rowing Junior Championships and Can Am Mex
2. Updates to NextGen Coaching team and Program Assignments

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

Invitation to Selection Events – all programs update

- *Water Qualifications* scheduled for May of 2021 are **CANCELLED**. Due to the ongoing impact of COVID, and the ability to run competitions there will be no Water Qualification Events in the spring of 2021
 - The *Primary Ergometer Qualification* will become the primary form of invitation to *Selection Events*. The Primary Ergometer Qualification consists of a 2k erg submission completed between May 2nd and 8th. Any athlete unable to complete this submission must request an exemption prior to May 1st, 2021. Requests can be directed to Chuck McDiarmid cmcdiarmid@rowingcanada.org
 - Additional athletes may be invited to selection events based on their engagement and performance through pre-selection training opportunities. *Refer to March 4th update.*
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World Rowing U23 Championships Updates

The following updated process and timeline has been created to select athletes to 2021 teams.

May 2nd - 8th 2021 – 2k ergometer submission

- Ranking of athletes to establish invitation lists
- Results are to be submitted to the Kinduct data base or through the following online form ([LINK](#))

Note: a maximum weight allowance will be in place for LWT athletes submitting erg scores.

- World Rowing, Crew Average +1kg (71kg for Men, 58kg for Women) Section 4, Rule 22.
- Athletes should have their weight witnessed and provide it with their erg submission.

May 9-12th 2021 – Invitation list circulated

- Invite athletes to be considered for specific boats or programs.
- Direct athletes to boats based on performance and factors impacting performance. Invitations may be targeted to a boat, round of selection, or location.
- Establish arrival dates and locations
- NOTE: some athletes may be invited “pending” outcome of Selection round 1.

May 17-26th 2021 – Selection Round 1

- Early selection of athletes training full time at the NTC - Quamichan Lake, Duncan BC.
- Establish boats and crews to represent Canada.
- Establish boats available for “Selection Round 2”

June 1-12th 2021 – Selection Round 2

- Selection of additional boats and crews not confirmed in Round 1
- Training and selection locations may change based on athletes invited to final selection events.

Selection process for each round of selection will be circulated to athletes invited to the event.

Locations for Selection Events and training:

- 1) Athletes living and training in Canada, as of May 1st, 2021.
 - NTC – Quamichan Lake – Duncan BC: will be the primary selection and training location.
 - Additional Canadian locations may be added, information will be communicated in the May 14th, update
- 2) RCA has considered the travel and quarantine implications for athletes currently living and training in US based programs. To mitigate the loss of training due to government regulated quarantine, upon return to Canada, the following initiative has been put in place.
 - For the 2021 Season RCA has identified the Seattle Area Rowing Association and the Conibear Shellhouse, in Seattle, WA as the base for athletes currently training in the US.
 - Invitation to this selection/training opportunity will be limited.
 - Specifics will be sent directly to athletes that are invited to this selection and training group.

World Rowing Junior Championship updates

The following updated process and timeline has been created to select athletes to 2021 teams.

May 2-8th, 2021 - 2k ergometer submission

- Ranking of athletes to establish invitation lists
- Results are to be submitted to the Kinduct data base or through the following online form ([LINK](#))

May 9-12th, 2021 - Invitation list circulated

- Invite athletes to be considered for specific boats or programs.
- Direct athletes to boats based on performance and factors impacting performance. Invitations may be targeted to a boat, round of selection, or location.
- Establish arrival dates and locations

May 24-June 28th, 2021 - Selection events - Locations TBA

Due to the complexity of travel and possible isolation of those travelling, RCA will be building out a number of selection events to facilitate the current challenges. A more detailed plan will be circulated to those individuals invited to participate in final selection.

Locations for Selection Events and training:

- Junior Women's Sculling - Ontario NextGen Performance Centre - Welland, ON
- All other crews and boats are currently slated to be at the NTC - Quamichan Lake, BC.

Training and selection locations may change based on athletes invited to final selection events. Specifics on locations will be communicated and reviewed with athletes invited to participate in the selection events.

2021 NextGen Coaching Team: The following is a current list of coaches who have been selected to support 2021 NextGen programs and teams.

Name	Club affiliation	2021 NextGen Program
Laryssa Biesenthal	Brentwood College School	To Be Determined
Katie Bruggeling	Queens / Kingston Rowing Club	CanAmMex
Pat Cody	Row Nova Scotia	To Be Determined
Zachary Lewis	Ottawa Rowing Club	To Be Determined
Carol Love	Rowing Canada Aviron - NextGen Coach and Athlete Mentor	To Be Determined
Stacy Mitchell	Salt Spring Island Rowing Club	CanAmMex
Isolda Penney	Victoria City Rowing Club	To Be Determined
Mary Rao	Brock / South Niagara Rowing Club	To Be Determined
Janine Stephens	Manitoba Rowing Association	To Be Determined
Greg Szybka	Rowing Canada Aviron - NextGen Performance Centre Coach	Junior Worlds - Women's Sculling
TBD	TBD	Coach to Support US Training Location

NOTES:

- Additional Coaches may be added
- Updates will be provided in monthly communications.

2021 Selection and Training Locations: The following is a list of locations currently being considered for Selection events and training.

Program	Location
U23 Open Men and Women	NTC - Quamichan Lake - Duncan, BC
U23 LWT Men and Women	NTC - Quamichan Lake - Duncan, BC
U23 Athletes currently training in US	Conibear Shellhouse, Seattle Area Rowing Association.
Junior Worlds Men (Sweep and Sculling)	NTC - Quamichan Lake - Duncan, BC
Junior Worlds Women Sweep	NTC - Quamichan Lake - Duncan, BC
Junior Worlds Women Sculling	Ontario NextGen Performance Centre - Welland, ON
CanAmMex Men and Women	To Be Determined

NOTES:

- Locations may be added or adjusted based on athletes invited to Final Selection Events
- Updates will be provided in Monthly communications

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 Delayed until April 19th, 2021.
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 9 th - 12 th 2021	Invitations to Selection events
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