



2023 - Junior Selection Process
2023 World Rowing Under 19 Championships and 2023 CanAmMex Regatta

Based on review and feedback on the Rowing Canada Aviron (RCA) Junior Selection Process, RCA is making the following shifts for the 2023 season.

Shift	Purpose / Outcome
Establishment of a Junior Squad	Earlier identification and support of athletes throughout the year
	Ability to run squad activities. Track and monitor athlete development. Identify boat potential for the upcoming season
	Allow athletes more time to plan and prepare for potential opportunities, including with respect to funding, accommodation, other logistics
Earlier Team Selection	Reduce costs through earlier planning of travel logistics. Goal of maintaining or reducing assessment fees
	Create opportunities to train as a crew
	Allow athletes to plan summer and create other race opportunities

Junior Selection Process:

The objective of the NextGen Selection Process 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 is not limited to achieving an 'A' Final position (top 6) at designated international competitions.

The following steps have been established to support the development and selection of athletes to RCA's Junior National Teams:

- 1) Completion of Expression of Interest (EOI)
- 2) Nomination to RCA's Junior Squad
- 3) Squad activities
- 4) Selection Camp
- 5) Nomination of athletes and crews
- 6) Training Camp

NOTE: Athletes should refer to the **2023 NextGen Selection Policy** document for additional details that will support this process. As outlined therein, RCA reserves the right to amend this document as may be required from time to time.

The following outlines each step of the Junior Selection Process in greater detail:

Completion of Expression of Interest (EOI): All athletes are required to complete the EOI at the following [link](#).

- Athletes should complete this form as soon as they have intent to seek selection to a 2023 Team.
- Form closes February 28th, 2023

Nomination to RCA's Junior Squad: Athletes will be invited to the Junior Training Squad based on one or more of the following criteria:

- Performance* at the 2022 National Rowing Championships.
- Performance* within RCA's National Testing and Monitoring program.
 - RCA Testing and Monitoring document can be found at the following [link](#).
 - Note: All athletes must complete and submit a 2k ergometer test between April 22nd and 30th 2023. This includes athletes invited prior to this submission date.
- Racing results, including but not limited to, results achieved at the 2022 World Rowing Under 19 Championships
- Such other criteria as RCA may deem relevant in the circumstances, in accordance with the 2023 NextGen Selection Policy

*Performance Targets for Squad invitation see Appendix 1

Invitations will be compiled and communicated on an ongoing basis. Invited athletes will be contacted directly and a list will be posted and updated on the NextGen Microsoft Teams platform. To join this platform please contact Laurence Côté at lcote@rowingcanada.org.

Athletes may be removed from RCA's Junior Squad if their performance declines from the level of performance which warranted their initial invitation.

Squad Activities: A series of squad activities will be established through the year to monitor, support, and assess athlete performance. This may include regional and national camps, and other competitive training opportunities.

RCA will use the results of these camps to assess potential boat classes for seasonal teams.

Available squad activities will be communicated directly to those invited to participate in the squad.

Selection Camp: Athletes must be part of the RCA Junior Squad to attend the selection camp and to be eligible for selection to a specified Junior event. Athletes will be streamed toward targeted selection activities based on their performances up to the selection event. This includes selection to the 2023 World Rowing Under 19 Championships or the 2023 CanAmMex Team.

Date: the 2023 Junior Selection Camp will run for 3 days immediately following the CSSRA regatta (June 5th, 6th, and 7th 2023).

Location: Welland, Ontario

RCA will use a series of races to rank and select athletes to programs and boats. This may include, but is not limited to:

- Side by side racing
- Matrixing
- Seat Racing
- Time trials

A detailed schedule and specific information will be communicated to invited athletes prior to each round of racing.

Results will be published at the conclusion of each stage of selection.

Other criteria, as outlined in the 2023 NextGen Selection Policy document, may also be used to select athletes to a crew or team.

Nomination of athletes and crews: After the completion of each stage of selection activities, results and proposed nominations will be presented to a NextGen Selection Panel for approval or further review.

The outcome of the NextGen Selection Panel’s decision will be communicated directly to athletes involved in the selection process.

The terms of reference for the NextGen Selection Panel can be found on the RCA Website at the following link <https://rowingcanada.org/resources/>

Training Camp:

World Rowing Under 19 Championships: Upon approval of nominated athletes, RCA will meet with athletes and coaches nominated to the Under 19 Championships and establish dates that work for all involved. The camp will commence no later than June 30th, 2023.

Location of the training camp will be determined and communicated to the nominated athletes as soon as possible after nomination.

CanAmMex (CAM): CAM athletes will train independently until the beginning of the CAM Event. Where possible, RCA will look for opportunities to bring athletes together prior to the CAM event.

Details on pre-event opportunities, if any, will be determined and communicated to the nominated athletes as soon as possible after nomination.

APPENDIX 1 - PERFORMANCE TARGETS FOR JUNIOR SQUAD INVITATION

RCA reserves the right to adjust these targets to engage a larger group of athletes in the squad. Any adjustment will be done consistently across all categories using percentage behind winning time for Water performance and age-appropriate erg targets for ergometer performance.

National Rowing Championships:

Junior* athletes who achieve any of the following performances will receive automatic invitation to the squad.

- 1) Top 2 ranked Junior* athletes in the Open Men’s 1x and Open Women’s 1x’s
Or
Top ranked Junior* athletes (ie., the top ranked Junior* crew) in the Open Men’s 2- and Open Women’s 2-’s
- 2) All Junior athletes with a percentage behind winning time of 6% or less in the time trial
OR
All Junior* athletes in the A or B Finals with a percentage behind the A final winning time of 6% or less.

Athletes racing with individuals who are not eligible for Junior in the 2023 calendar year will be assessed on an individual basis.*

RCA’s National Testing and Monitoring program:

Junior* athletes who achieve one of the following ergometer targets will receive automatic invitation to the squad. These targets are set based off of RCA’s age-appropriate erg targets.

	Junior Women	Junior Men
2000m Target	7:15.0	6:16.5
6000m Target	23:18.0	20:06.5

*Junior: athletes eligible to compete in this category for the 2023 calendar year.

Percentage behind winning time calculation

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