



2024 – NextGen Selection Process Overview JUNIOR (UNDER 19) NATIONAL TEAM

1.0 SCOPE:

For the purpose of this document, an athlete is considered Junior if they do not turn 19 years of age during the 2024 calendar year.

The Junior National Team consists of two programs.

- 1) Can Am Mex - Camp and Regatta
- 2) World Rowing Junior (Under 19) Championships

Although athletes may have a preferred program that they are interested in, Rowing Canada Aviron (RCA) will stream athletes to the program that best supports the objective outlined in 2.0, below.

2.0 OBJECTIVE:

The objective of the Junior National Team is to provide international competitive opportunities to Under 19 (U19) athletes who have demonstrated, and / or show potential, characteristics from RCA's Athlete Development Pathway. ([LINK](#))

To perform at this level athletes should be striving to demonstrate / achieve the following technical, physical, and tactical characteristics.

Technical Principles: Athlete should be able to demonstrate the following technical principles at all stroke rates.

Technique = Distance between strokes

- Ability to move the boat a long way between strokes

Posture: Long, Strong, Tall, Safe position

Long Powerful Stroke:

- >90 Degrees for Sweep
- >110 Degrees for Sculling.
- Blade enters and releases at max angle.

Accelerate the boat:

- Not the handle
- From Catch to finish
- Fill the force curve.
- Blade stays buried the entire stroke.

Rhythm:

- Let the boat run on recovery.
- No stop of the handle or seat through the stroke cycle.

Boat Speed:

- Boat speed must increase as the stroke rate increases.

Ergometer performance: one of the most direct measures of an athletes' physicality for the sport of rowing is through the Concept 2 Ergometer. The numbers represented in the chart below reflect RCA's Athlete Development Pathway and should be used as a guide for athlete seeking selection to a Junior National Team.

Training Speeds. An athletes' *Technical* ability along with their *Physicality* can also be reflected in their ability to maintain targeted boats speeds during training. As a simple concept, boat speed must increase as the stroke rate increased. The numbers represented in the chart below provide guidelines of specific training speed targets for targeted categories of intensity. Measurements should be taken under still conditions with no current.

Training Volume: Ensuring the appropriate training volumes at this stage of development will support athletes in their goals of achieving other Physical and Technical performance markers. It will also ensure athletes have the base required when transitioning to U23 and Senior programs, both domestic and international.

PERFORMANCE MEASURES

RCA suggested that athletes strive for the outlined Characteristics if they are interested in selection to the 2024 Junior National Team.

Documents supporting these standards can be found in Appendix 2.

Physical Performance Characteristics of a Junior Athlete interested in representing Canada on the Junior National Team

JR MEN	Average Training Hours per Week	C2 Ergometer Performance		Training Speeds in 1x			Training Speeds in 2-		
		2000m	6000m	C4 SR 27-29	C5 SR 22-23	C6 SR 18-19	C4 SR 27-29	C5 SR 22-23	C6 SR 18-19
		Aspirational	20-23	06:03.5	19:27.5	1:55.7	2:04.8	2:11.6	1:48.9
International	18-20	06:13.0	19:56.0	1:57.7	2:06.8	2:13.6	1:50.9	1:59.4	2:05.8
Development	15-16	06:21.0	20:20.0	1:59.7	2:08.8	2:15.6	1:52.9	2:01.4	2:07.8

JR Women	Average Training Hours per Week	C2 Ergometer Performance		Training Speeds in 1x			Training Speeds in 2-		
		2000m	6000m	C4 SR 27-29	C5 SR 22-23	C6 SR 18-19	C4 SR 27-29	C5 SR 22-23	C6 SR 18-19
		Aspirational	20-23	06:56.5	22:22.5	2:07.7	2:17.6	2:25.2	2:00.2
International	18-20	07:08.0	22:57.0	2:09.7	2:19.6	2:27.2	2:02.2	2:11.6	2:18.7
Development	15-16	07:22.0	23:59.0	2:11.7	2:21.6	2:29.2	2:04.2	2:13.6	2:20.7

Water performance targets, by boat class, to represent Canada can be found in Appendix 3

Athletes demonstrating progress towards these characteristics will be contacted by RCA's NextGen Staff, and Performance Partners to ensure they have the appropriate support and opportunities to achieve their performance goals.

3.0 REQUIREMENTS:

Athletes should refer to the NextGen Selection Document for all requirements associated with being part of a NextGen Team.

The following is an outline of the primary requirements:

- Canadian Citizen - Valid Passport that expires after January 1st, 2025
- Registered and in good standing with an RCA recognized club.
- Submitted an RCA medical - Completed after January 1st, 2024.

- Must be submitted at least 10 Day prior to the National Trials to Lead Therapist, Jenn Massingham.
- Submitted an ECG – Due every 3 years, athletes can contact Lead Therapist, Jenn Massingham at jmassingham@gmail.com, to confirm if a recent submission is still valid.
 - Must be submitted at least 10 Days prior to the National Trials.
- OSIC Consent and UCCMS participant compliant.

A complete list of requirements can be found withing RCA’s NextGen Selection Policy. <https://rowingcanada.org/resources/>

4.0 SELECTION PROCESS:

RCA will implement a TRIAL based selection process for all Junior National Team Selection in 2024.

The TRIALS will be as follows.

- 1) National Trials – Early June
- 2) Regional Trials – Early July

Exact dates and locations for both will be communicated through the RCA website and the NextGen “Teams” portal in February of 2024

NATIONAL TRIAL: The National Trial will be held in one location in CANADA.

- Any athlete, club, or Provincial Rowing Association (PRA) may enter one of the following boats the National Trial
 - 1x, 2x, 2-, 4-, 4+, 8+
 - The 4x’s will be reserved for the REGIONAL TRIALS
- Boats must reflect boat classes* available at the World Rowing JR Championships.
- All athletes within the boat must meet the eligibility requirements set out in Section 3.0.
- All athletes must submit a 2000m ergometer test, completed between (April 20th – 28th, 2024)

The results of the National trial will be reviewed by RCA’s Junior Coaching Panel (see appendix 4) who will present their recommendations to RCA’s NextGen Selection Committee, with one of the following possible outcomes.

- 1) Boats – and Athletes nominated to the 2024 World Rowing Junior Team. See appendix 2 for Target Speeds.
- 2) Athletes are streamed towards project boats and REGIONAL TRIALS.
 - a. Based on performance at National Trials and performances against RCA’s performance characteristics outlined in section 2 above.
- 3) Athletes are nominated to the 2024 Can Am Mex Team.
- 4) Athletes released from the Jr National Team Program.

REGIONAL TRIALS: The Regional Trials are not an open trial event. Only athletes and boats identified by Rowing Canada will be allowed to participate in these trials.

Based on the outcome of the National Trials, RCA in consultation with RCA’s Junior Coaching Panel will identify opportunities to strengthen a boat or build a new boat. RCA and the Junior Coaching Panel will identify athletes, coaches, and training locations** for these project boats.

The following is a general outline.

- RCA’s Junior Coaching Panel will identify project boats, and athletes to be in these boats. This will include the Junior Men’s and Women’s quadruple sculls.

Determination of will be based on;

- Performance at the National Trials events (All athletes must attend the National Trials to be considered for selection)
 - Performance in the April ergometer submission. Additional ergometer submissions may also be used to support decisions. (April submission is mandatory)
 - Small boat Performance at the 2023 National Rowing Championships, and 2024 regional events.
 - Consultation with athlete's club / program coach
- Regional training locations** and coaches will be established.
 - Locations and dates will be established for Regional TRIALS.
 - Boats and athletes that achieve target boat speeds at the Regional Trials will be nominated to the World Rowing Junior Championships.

*Boat classes available at the World Rowing Jr Championships.

Men's 1x, 2x, 4x, 2-, 4-, 4+, 8+

Women's 1x, 2x, 4x, 2-, 4-, 4+, 8+

**Coaches and Clubs / Provincial programs that are interested in hosting a boat to be selected through the Regional Trials process should contact RCA's NextGen Program Lead, Chuck McDiarmid cmcdiarmid@rowingcanada.org to discuss options and requirements.

5.0 NOMINATION OF CREWS:

After the completion of each round of selection or Trial, the results and nominations will be presented to a NextGen Selection Panel for approval or further review.

For the purpose of RCA's appeal policy, official notification of the original decision will be considered the point in time athletes are informed, either verbally or in writing, of decisions impacting their progress towards selection. This can include their release from the program or the decision that will be forwarded to the NextGen Selection Panel. The RCA Appeal policy can be found at the following link. <https://rowingcanada.org/resources/>

RCA will not be providing equipment to athletes and programs attending the Trials process. This is the responsibility of those seeking selection.

Once a boat has been selected RCA will work with the crew to determine equipment options for the World Rowing Junior Championships.

5.1 PROCESS STEPS:

- 1) Intent to participate: Deadline of February 28th, 2024.
Athletes and/or coaches are asked to confirm their intent to participate in the National Trials. This is a preliminary survey to understand the intent and gather information on those that may be participating. Coaches will be asked to provide the following information.
 - Boats they intend to trial.
 - A list of potential athletes.

- Performance markers related to the Characteristics outlined in section 2, for athletes planning to trial.

RCA will publish and circulate an “Intent to Participate” form in February of 2024.

Additionally, this will act as a communication list to share forms and requirements specific to the event, see Section 3.0

2) Registration: April 15th to May 3rd, 2024.

Official registration process for National trials will be open. This includes.

- Boats
- Athlete lists
- Athlete data.
- Other information required to support selection.

3) Requirements Deadline: May 24th, 2024

All requirements listed in Section 3 must be submitted to RCA by this date.

- Athletes who have not submitted the required information will not be allowed to participate in the trials.
- A requirements package will be circulated to all athletes and coaches who complete the “Intent to Participate” form in February.

4) National Trials: Date and location to be confirmed in February of 2024

5) Nomination of Crews from National Trials.

6) Regional Athletes and Boats Identified

7) Regional Trials: Date and location to be confirmed in February of 2024

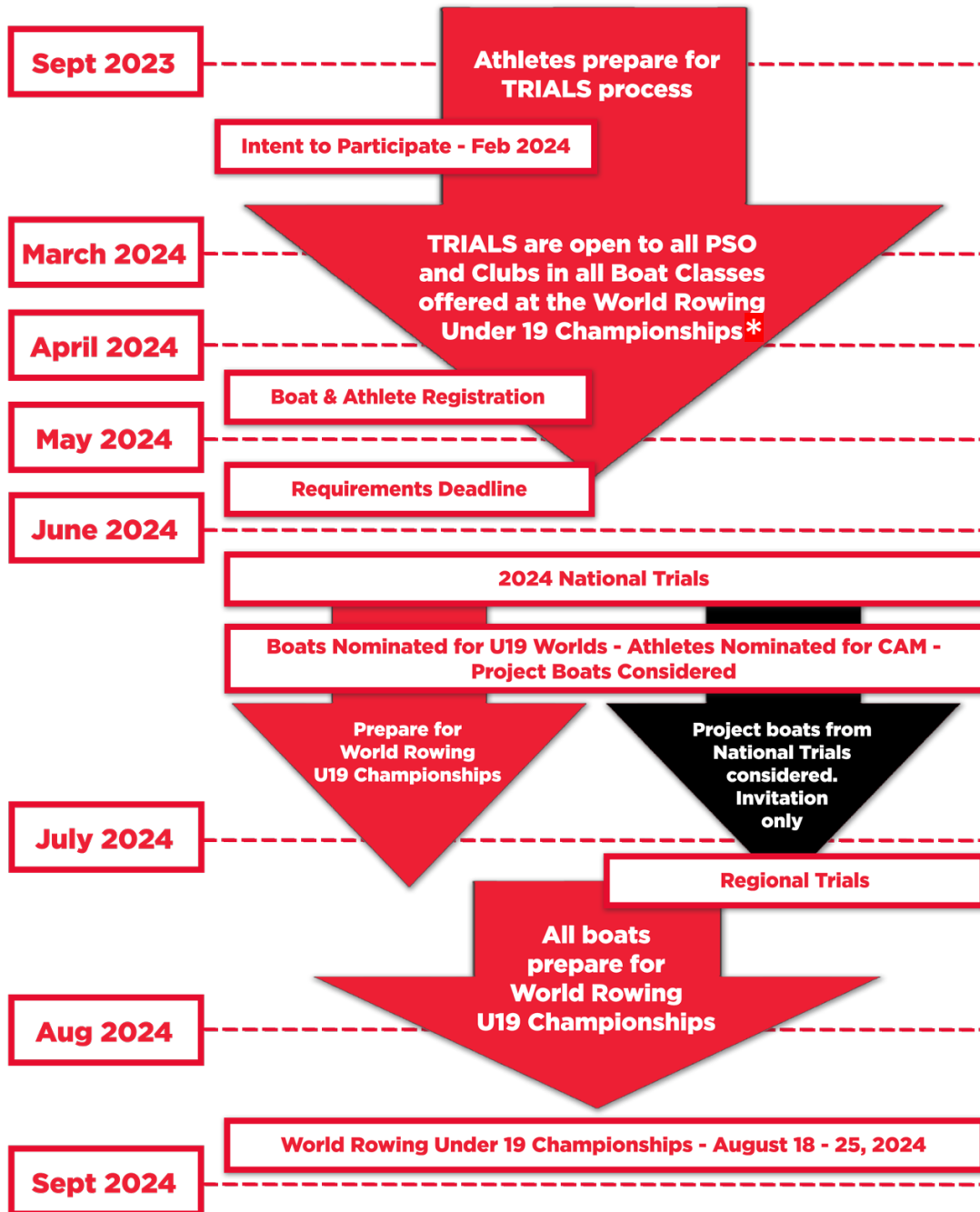
8) Nomination of Crews

A Process flow graphic of the Junior Selection Pathway can be found in *Appendix 1*

6.0 COACHING:

Coaches interested in attending events in support of boats selected to represent Canada should refer to the minimum coaching requirements outlined in the NextGen Selection Policy at the following Link <https://rowingcanada.org/resources/>

APPENDIX 1: JUNIOR NATIONAL TEAM SELECTION PATHWAY



*The Men's and Women's 4x will be reserved for Regional Trials.
 Dates may not be an exact representation within the graphic above.
 Official Dates and locations will be communicated in February of 2024.

APPENDIX 2: SUPPORTING DOCUMENTS - ATHLETES DEVELOPMENT PATHWAY

Appendixes supporting characteristics of Junior National Team Athletes

Strength and Erg Targets

			Open Weight Men				Lightweight Men			Open Weight Women				Lightweight Women			
			Junior	Under 21	Under 23	Senior	Under 21	Under 23	Senior	Junior	Under 21	Under 23	Senior	Under 21	Under 23	Senior	
Laboratory Targets	Sum of 8 Skinfold (mm)	Healthy Performance Range (min)	n/a														
		Healthy Performance Range (max)	n/a														
	2mmol/L Power (W)	Aspirational	220	255	290	330	220	250	300	165	185	205	235	150	180	215	
	4mmol/L Power (W)	Aspirational	270	315	360	390	250	300	370	195	215	245	275	190	220	255	
	VO2peak (L/min)	Aspirational	n/a	6.20	6.50	6.80	5.65	6.00	6.20	n/a	4.30	4.50	4.80	3.80	4.00	4.20	
		Lower Expectation	n/a	5.90	6.20	6.50	5.30	5.65	6.00	n/a	4.10	4.30	4.50	3.50	3.80	4.00	
Ergometer Targets (mm:ss.s)	Drag Factor	Mandatory	120			130			120			110			110		
		Aspirational	983	1025	1069	1125	899	932	963	654	678	703	735	588	607	624	
	Peak Power (W)	Carding Standard	910	963	1004	1047	847	881	917	602	642	665	690	558	578	598	
		Aspirational	672	700	730	769	614	637	658	446	463	480	502	401	414	426	
	60 second (W)	Carding Standard	622	658	686	715	579	602	627	411	438	455	471	381	395	409	
		Aspirational	06:03.5	05:58.5	05:53.5	05:47.5	06:14.5	06:10.0	06:06.0	06:56.5	06:51.5	06:46.5	06:40.5	07:11.5	07:07.0	07:03.0	
	2000m (mm:ss.s)	Carding Standard	06:13.0	06:06.0	06:01.0	05:56.0	06:22.0	06:17.0	06:12.0	07:08.0	06:59.0	06:54.0	06:49.0	07:19.0	07:14.0	07:09.0	
		Aspirational	466	486	507	534	426	442	457	310	321	333	349	279	288	296	
	2000m (W)	Carding Standard	432	457	476	496	402	418	435	286	305	316	327	265	274	283	
		Aspirational	19:27.5	19:12.5	18:57.5	18:42.5	20:07.5	19:55.0	19:45.0	22:22.5	22:07.5	21:52.5	21:37.5	22:57.5	22:42.5	22:27.5	
	6000m (mm:ss.s)	Carding Standard	19:56.0	19:35.0	19:20.0	19:05.0	20:30.0	20:15.0	20:00.0	22:57.0	22:30.0	22:15.0	22:00.0	23:20.0	23:05.0	22:50.0	
		Aspirational	380	395	411	428	344	354	363	250	259	267	277	231	239	247	
6000m (W)	Carding Standard	354	373	387	403	325	337	350	232	246	254	263	220	228	235		
Biomechanical Target	Stroke Length (deg)	Sweep				86°-90°				86°-88°				>90°			
		Scull				108°-110°				106°-108°				>110°			
	Catch Angle (deg)	Sweep				-59° 3 1"				-57° 3 1"				-57° 3 1"			
		Scull				-69° 3 1"				-67° 3 1"				-67° 3 1"			
	Finish Angle (deg)	Sweep				33° 3 1"				33° 3 1"				33° 3 1"			
		Scull				43° 3 1"				43° 3 1"				43° 3 1"			
Catch/Finish Slip (deg)	Sweep				4° / 6°				4° / 6°				4° / 6°				
	Scull				4° / 6°				4° / 6°				4° / 6°				
S&C Ia	30kg Trapbar Jump (Peak m/s)	Same load all groups	Technical Focus (Force Development)	2.80	2.97	3.22	2.79	2.91	3.07	Technical Focus (Force Development)	2.47	2.62	2.85	2.35	2.57	2.72	
	Heavy Trapbar Jump (Peak m/s)	(50kg LWW, 75kg OWW/LWM, 90kg OWM)		1.74	1.85	2.01	1.84	1.92	2.02		1.67	1.78	1.94	1.63	1.71	1.8	
	Clean (IRM)	National Team Standard		90	94	102	80	84	89		66	69	75	56	58	62.5	
	Deadlift (IRM)	National Team Standard		165	171	180	153	157	164		119	123	130	97	100	105	
	Front Squat (IRM)	National Team Standard		96	103	114	82	86	95		79	84	94	69	72	80	
	Bench Pull (IRM)	National Team Standard		83	89	98	72	75	82		63	68	75	54	56	62	
	Bench Press (IRM)	National Team Standard		92	97	104	84	86	92		53	55	60	45	46	50	

APPENDIX 3: TARGET SPEEDS

Target speeds for selection to the 2024 World Rowing Junior Championships.

Junior Women		8+	4-	4+	2-	4x	2x	1x
WBT		06:12.16	06:32.76	06:52.84	07:15.85	06:25.82	06:57.40	07:32.34
Aspirational	Gold (Average)	06:27.56	06:49.18	07:08.18	07:28.55	06:38.14	07:12.85	07:54.62
International	4th (Average)	06:32.86	06:55.13	07:18.82	07:39.74	06:43.66	07:19.96	08:04.99
Developing		06:45.00	07:09.23	07:33.37	07:55.46	06:59.83	07:31.52	08:17.52

Junior Men		8+	4-	4+	2-	4x	2x	1x
WBT		05:33.43	05:52.79	06:12.91	06:29.64	05:50.83	06:21.52	06:50.41
Aspirational	Gold (Average)	05:47.98	06:05.39	06:22.95	06:42.38	05:57.96	06:28.62	07:02.90
International	4th (Average)	05:54.32	06:13.07	06:28.43	06:49.46	06:04.18	06:38.52	07:12.00
Developing		06:04.76	06:23.46	06:39.49	07:03.67	06:14.67	06:48.46	07:30.25

Boats that achieve the “Developing” time standards, under calm conditions without wind or current, would be considered for nomination to the 2024 World Rowing Junior Championships.

If conditions have supporting wind or current, boats will be expected to achieve times closer to “International” or “Aspirational.”

All performances must be complete within an approved RCA CAMP or TRIALS event.

APPENDIX 4: RCA’s Junior Coaching Panel

In 2024 Rowing Canada Aviron will establish a Junior Coaching Panel to support conversations and decisions regarding Junior National Team Selection.

The Panel will consist of 5-7 members;

- Rowing Canada’s NextGen Program Lead - Chuck McDiarmid
- Four Provincial Coaches. - TBD
- Up to 2 club coaches - TBD

Coaches interested in being part of RCA’s Junior Coaching Panel should contact Chuck McDiarmid prior to January 15th, 2024 to state their interest. RCA will select panelists based on their past engagement in national team programming as well as the individuals demonstrated commitment to developing junior athletes towards High Performance programs.

RCA’s Junior Coaching Panel will be announced in February 2024.