



# **ROWING CANADA AVIRON**

## **2025 NextGen Selection Overview**

### **U23 National Team**

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The U23 National Team is RCA’s priority program within the NextGen Pathway.

This document provides a general overview of selection to U23 NextGen Teams. This document shall be read together with RCA’s [NextGen Selection Policy](#) and other supporting documents.

**1.0 SCOPE:** For the purpose of this document, an athlete is considered U23 from January 1<sup>st</sup> in the year they turn 19 until December 31<sup>st</sup> of the year they turn 22. Athletes cannot turn 23 during the calendar year in which they seek to compete at a U23 event.

**1.1 COMPETITIVE OPPORTUNITIES FOR 2025:**

- World Rowing Under 23 Championships
- Junior Pan Am Games – Pending qualification (see Appendix 8)

Athletes not invited to U23 Selection camp activities are encouraged to engage the FISU Selection Process.

**2.0 OBJECTIVE:** RCA’s performance objective pursuant to this NextGen Selection Policy is to select crews with the best chance of achieving the highest place finish at the events listed in Section 1.1 while aligning athletes with an appropriate level of competitive experience. NextGen athletes should be striving to demonstrated key characteristics from RCA’s [Athlete Development Pathway](#) and potential to support the success of RCA teams at future Olympic and Paralympic Games.

**3.0 ELIGIBILITY REQUIREMENTS:** Eligibility requirements are set out in the “Selection Eligibility Requirements” in RCA’s [NextGen Selection Policy](#).

**4.0 SELECTION PROCESS:**

In 2025, RCA will implement the following two (2) processes to select athletes to the U23 National Team:

- Camp selection for identified Olympic Boat Classes.
- Trials selection for 1x Scullers and LWT 2x’s

**4.1 CAMP SELECTION:** Athletes selected through an RCA led Selection camp Process.

4.1.1 PURPOSE: Provide a structured environment for athletes who have demonstrated the potential to support the success of RCA at future Olympic Games as outlined in Section 2.0 above.

4.1.2 CAMP INVITATION: Athletes must be invited to attend the Camp Selection as specified in Appendix 1.

4.1.3 COMPETITIVE OPPORTUNITIES: Athletes invited to CAMP Selection may be streamed to one of the following competitive opportunities:

- World Rowing Under 23 Championships
- Junior Pan Am Games – Pending qualification (see Appendix 8)

4.1.4 CAMP BOATS\*: In 2025, the following boats will be selected through the CAMP Process.

<i>Event</i>		<i>Athletes</i>	<i>Coxswains</i>	<i>Sweep Boats</i>	<i>Sculling Boats</i>
<i>World Rowing U23 Championships</i>	<i>Women’s Program</i>	<i>10-14</i>	<i>1</i>	<i>8+ and 2- φ</i>	<i>2x or 4x</i>
	<i>Men’s Program</i>	<i>10-14</i>	<i>1</i>	<i>8+ and 2- φ</i>	<i>2x or 4x</i>
<i>Junior Pan Am Games**</i>	<i>Women’s Program</i>	<i>Up to 8</i>	<i>Up to 1</i>	<i>4-,2-</i>	<i>4x,2x,1x</i>
	<i>Men’s Program</i>	<i>Up to 8</i>		<i>4-,2-</i>	<i>4x,2x,1x</i>
	<i>Mixed</i>	<i>From #'s above</i>		<i>8+</i>	<i>NA</i>

\*\* Pending Qualification. (see appendix 8)

φ RCA is considering doubling up in the 8+ and 2- events. Program coaches and the U23 Panel will assess the depth of talent within each group and make final decisions during the selection process.

\*RCA will provide updates to the Camp Boats list throughout the year based on depth of athlete pool.

4.1.5 PERFORMANCE STANDARDS: All Camp Boats are required to complete a time trial prior to final nomination to the team. Standards will be set for all Camp Boats to meet the strategic goals of RCA, ensuring athletes are streamed to competitions appropriate to their performance level.

4.1.6 LOCATIONS: RCA's U23 Selection camp will be based out of the following locations:

- Men's and Women's Sweep: RCA's National Training Centre in North Cowichan, BC
- Women's Sculling: Montreal, Quebec, in partnership with Montreal Rowing Club and Aviron Quebec (AQA)
- Men's Sculling: Welland, Ontario, in partnership with Row Ontario's NextGen Performance Centre.

4.1.7 CAMP DATES: The 2025 U23 training / selection camp will open in May of 2025, immediately following Regional Small Boat Speed Order Events.

4.1.8 BENEFITS:

- Supported by RCA and Partner NextGen Coaches, and Sport Science Sport Medicine team.
- Enhanced testing and monitoring strategies and support.
- Regionally located Camps for Sweep and Sculling.
- Eligibility consideration for Sport Canada Athlete Assistance (Carding; see AAP Criteria).

See Appendix 1 for additional U23 Camp Details.

#### **4.2 SINGLE (1x) TRIALS SELECTION**

4.2.1 PURPOSE: The purpose of the Single TRIALS is to create an opportunity for athletes wishing to represent Canada in the 1x at the World Rowing U23 Championships.

4.2.2 COMPETITIVE OPPORTUNITIES: Athletes participating in the TRIALS process are eligible for selection to the U23 World Rowing Championships in the 1x event.

4.2.3 TRIALS BOATS\*: In 2025 the following boats will have the opportunity to seek selection through the Single TRIALS Process.

<i>Women's Program</i>	<i>U23 Women's 1x</i>	<i>U23 LWT Women's 1x</i>
<i>Men's Program</i>	<i>U23 Men's 1x</i>	<i>U23 LWT Men's 1x</i>

*\*RCA Reserves the right to adjust the list of TRIALS Boats throughout the year.*

4.2.4 TRAINING LOCATION: Trials boats, in principle, are built by clubs, Provincial Rowing Associations or a combination of both. Training location for these boats are at the discretion of those building boats.

4.2.5 TRIALS LOCATION AND DATE: Trials will take place in conjunction with RCA's Regional Small Boat Speed Orders scheduled for May 2025. Exact Location(s) and date(s) will be communicated in the 2025 NextGen February Update.

See Appendix 3 for Target Boat Speeds

**4.3 LWT TRIALS SELECTION:** The LWT TRIALS will be used exclusively for the Lightweights seeking selection to the World Rowing U23 Championships.

4.3.1 PURPOSE: The purpose of the TRIALS Process is to create an opportunity for LWT athletes and selected coaches to represent Canada, gaining experience at international competition.

4.3.2 COMPETITIVE OPPORTUNITIES: Athletes participating in the TRIAL process are eligible for selection to the World Rowing Under 23 Championships.

4.3.3 TRIAL BOATS\*: In 2025, the following boats will have the opportunity to seek selection through the TRIALS Process.

- LWT Women's 2x
- LWT Men's 2x

\*RCA will provide updates to the Camp Boats list throughout the year based on depth of athlete pool.

4.3.4 TRAINING LOCATION: Brock University has been identified as a host location for individual athletes interested in forming crews, with the goal of participating in the Trials process. Athletes interested in engaging this process should contact Mary Rao ([mr Rao@brocku.ca](mailto:mr Rao@brocku.ca)) to discuss options to engage this program. Training with this group will start May 1<sup>st</sup>, 2025. Athletes intending to join are to contact Mary Rao prior to April 15<sup>th</sup>, 2025 to discuss performance requirements, arrival dates, and other logistics.

Crews may choose to attend trials independent of this program.

4.3.5 TRIALS LOCATION AND DATE: Location and date for Trials will be communicated in the 2025 NextGen February Update. This will also include weight requirements for Trials.

See appendix 2 and 3 for additional information regarding the 2025 LWT TRIALS Process and Target Boat Speeds

### **5.0 NOMINATION OF CREWS**

After the completion of the Camp and Trial selection process, the results and nominations will be presented to a NextGen Selection Committee for approval or further review.

For the purpose of triggering the appeal deadline in RCA's Appeal Policy specific to national team selection matters, 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 Committee. The RCA Appeal policy can be found at the following link. <https://rowingcanada.org/resources/>

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

### **6.0 ASSESSMENT FEES** - See appendix 9

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*Athletes should refer to the **2025 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. <https://rowingcanada.org/resources/>*

COACHES interested in supporting U23 NextGen Teams should refer to Appendix 6.

## APPENDIX 1: CAMP BOATS - ADDITIONAL DETAILS

### CAMP INVITATION

A U23 Panel will be established to review athlete performance throughout the year. The U23 Panel will look at performance history against the key performance characteristics including those listed in Section 2 and the supporting appendixes. The panel will create Squad lists and invite athletes to appropriate selection camp.

In addition to achieving ergometer standards, RCA wants to see on-water performances, individually or as part of an established crew, demonstrating progress toward reaching an A Final.

The U23 Panel will use the following events and programs to assess athletes' performance to create Squad lists and make invitations to selection camps.

- Sport Canada Carded athletes
- International Performance at World Rowing Championships (Jr, U23) and Pan Am Games
- Performance at the National Rowing Championships.
- Performance at the Canadian University Rowing Championships
- Performance within RCA's National Assessment and Monitoring program.
  - RCA Assessment and Monitoring document can be found at the [following link](#).
- Regional Small Boat Speed Orders
- Such other criteria as RCA may deem relevant in the circumstances, in accordance with the 2025 NextGen Selection Policy.

Squad Lists will be updated and communicated as follows.

- December 15<sup>th</sup>, 2024
- February 15<sup>th</sup>, 2025
- April 15<sup>th</sup>, 2025
- Immediately following Regional Small Boat Speed Order events.

Athletes on the lists as of April 15<sup>th</sup> will be invited to selection camp. Any additions would be invited after the Regional Small Boat Speed Orders.

### SQUAD LISTS

Squad lists are meant to provide clarity and transparency regarding athletes who are being considered for upcoming programs. The goal is to engage athletes and their coaches earlier though the year to support their development, allowing for greater communication between athletes and programs.

Athletes not listed on squad lists can request a performance review by contacting [hp@rowingcanada.org](mailto:hp@rowingcanada.org) and including "Squad list review" in the subject line. The goal of requesting a performance review is to engage in dialogue specific to an athletes' current performance and what is expected of them to be added to a squad list. Performance reviews will not trigger any appeal deadlines in the Appeal Policy until the April 15, 2025 squad list is published.

Being added to a Squad Lists is not an automatic invitation to Selection camp.

Athletes on squad lists are expected to engage NextGen programming throughout the year including but not limited to:

- RCA's National Assessment and Monitoring program\*
- Attendance at Regional Small boat Speed Orders.\*
- Attendance at Winter camps, if invited\*
- Maintain contact with RCA NextGen program staff throughout the year, updating them on their status and development. This includes sharing training programs and related training and performance results.

\*Athletes unable to complete or participate in these events must communicate this with RCA to be provided with an exemption.

The U23 Panel may also request additional assessment and monitoring to support athlete development.

Once an athlete has been named to a Squad List it is expected that they demonstrate continuous progress towards RCA performance targets outlined in section 2.1 and in RCA's Athlete Development Pathway. If the U23 Panel believes, based on the athlete's performances, that the athlete is not demonstrating progress toward achieving the stated performance targets, the Panel will work with the athlete to establish performance targets and timelines required to remain on the Squad list, failing which the athlete may be removed from the list.

**THE U23 PANEL:** Consists of voting members and observers. The voting members are responsible for making decisions impacting invitation to U23 selection camp. The observer's role is to observe and provide feedback to the process and is non-voting.

#### Voting Members

- RCA - NextGen Lead
- RCA's NextGen U23 Coach
- Coach(es) assigned to oversee NextGen Camp Programs
- RCA - NTC SR Coach Representative
- RCA - High Performance Director

#### Observers

- Retired NTC Athlete / Coach

Members of the U23 Panel shall be subject to RCA's Conflict of Interest Policy. In the event that a U23 Panel member has a real or perceived conflict of interest with any individual being considered for nomination to a U23 National Team, they shall declare the real or perceived conflict of interest to Adam Parfitt, RCA High Performance Director, and shall recuse themselves from any discussions and from making any decisions regarding selection.

#### **REGIONAL SMALL BOAT SPEED ORDERS**

Athletes not invited to selection camps on April 15<sup>th</sup>, 2025, will have the opportunity to compete at RCA's Regional Small Boat Speed Orders.

Additional athletes may be invited to selection camps based on their performance against athletes pre-invited to camps. Invitation decisions will be made by RCA's U23 Panel.

The following performances will result in automatic invitation to the associated selection camp:

- Top U23 Men's 1x at Eastern Speed Orders – Invited to Men's Sculling Camp Boat Selection
- Top U23 Men's 2- at Western Speed Orders – Invited to Men's Sweep Camp Boat Selection
- Top U23 Women's 1x at Eastern Speed Orders – Invited to Women's Sculling Camp Boat Selection
- Top U23 Women's 2- at Western Speed Orders – invited to Women's Sweep Camp Boat Selection

#### **TRAINING and SELECTION CAMP**

Training Camps will commence immediately following Regional Small Boat Speed Orders. Invited Canadian-based athletes are expected to commence training within camp environments at this time. Invited athletes in the US college system are expected to commence training upon completion of obligations to their program, no later than Friday June 6<sup>th</sup>, 2025

Selection will commence on Monday June 9<sup>th</sup> 2025. Selection will consist of a series of activities including, but not limited to:

- Side by side racing
- Matrixing
- Seat Racing
- Time Trials
- Ergometer testing

Information will be communicated to camp athletes prior to each round of racing.

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

Athletes whose performance demonstrates an ability to make an A Final, or achieve target boat speeds will be streamed into one or both of the following programs.

- World Rowing U23 Championships; and/or
- JR Pan Am Games

All others will be directed to a club or other performance program.

Other criteria, as outlined in the 2025 NextGen Selection Policy document, may also be used to select athletes to a crew or team.

Coxswains - see appendix 7 for additional information

Specifics to Junior Pan Am Games Selection can be found in Appendix 8.



## APPENDIX 2: LWT TRIALS PROCESS - Additional Details.

### REQUIREMENTS Deadline: May 31, 2025

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 package of requirements will be shared with all athletes who complete the EOI prior to February 15<sup>th</sup>, 2025

### REGISTRATION: May 1 - 30<sup>th</sup>, 2025

Official registration process for trials will be open, which includes:

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

**TRIALS:** Date and location to be confirmed in the 2025 NextGen February Update.

Specifics to Junior Pan Am Games Selection can be found in Appendix 8.

## APPENDIX 3: TRIALS - TARGET BOAT SPEEDS

RCA will use the following target boat speeds to assess performance at TRIALS and nominate athletes to teams.

	M1x	W1x	LWT M1x	LWT W1x	LWT M2x	LWT W2x
World's best time	6:42.08	7:13.69	6:46.34	7:24.59	6:13.62	6:41.48
Gold Target (Average*)	6:52.05	7:29.75	6:54.75	7:40.04	6:19.60	7:00.70
Bronze Target. (Average*)	6:54.42	7:35.23	7:00.47	7:46.06	6:22.73	7:07.08

\*Average is based off last 5 years results, removing the slowest time.

Boats that achieve the "Bronze Target" time standards, under calm conditions without wind or current, will be nominated to the 2025 World Rowing U23 Championships.

If conditions have supporting wind or current, boats will be expected to achieve "Gold Target" or better standards to be nominated to the 2025 World Rowing U23 Championships. An assessment of the conditions and the performance required will be communicated in advance of crews launching for the Trial.

All performances must be achieved at an approved RCA TRIALS event to be considered for nomination to the 2025 World Rowing U23 Championships.

**COACHING:** Crews participating in Trials process must attend with a fully certified RCA Performance Coach. This coach must be available to attend the 2025 U23 World Rowing Championships if the crew is successful in selection. (See appendix 6). Athletes attending trials without an approved coach will not be considered for nomination to a team.

## APPENDIX 4: TRAINING SPEEDS AND TARGETS

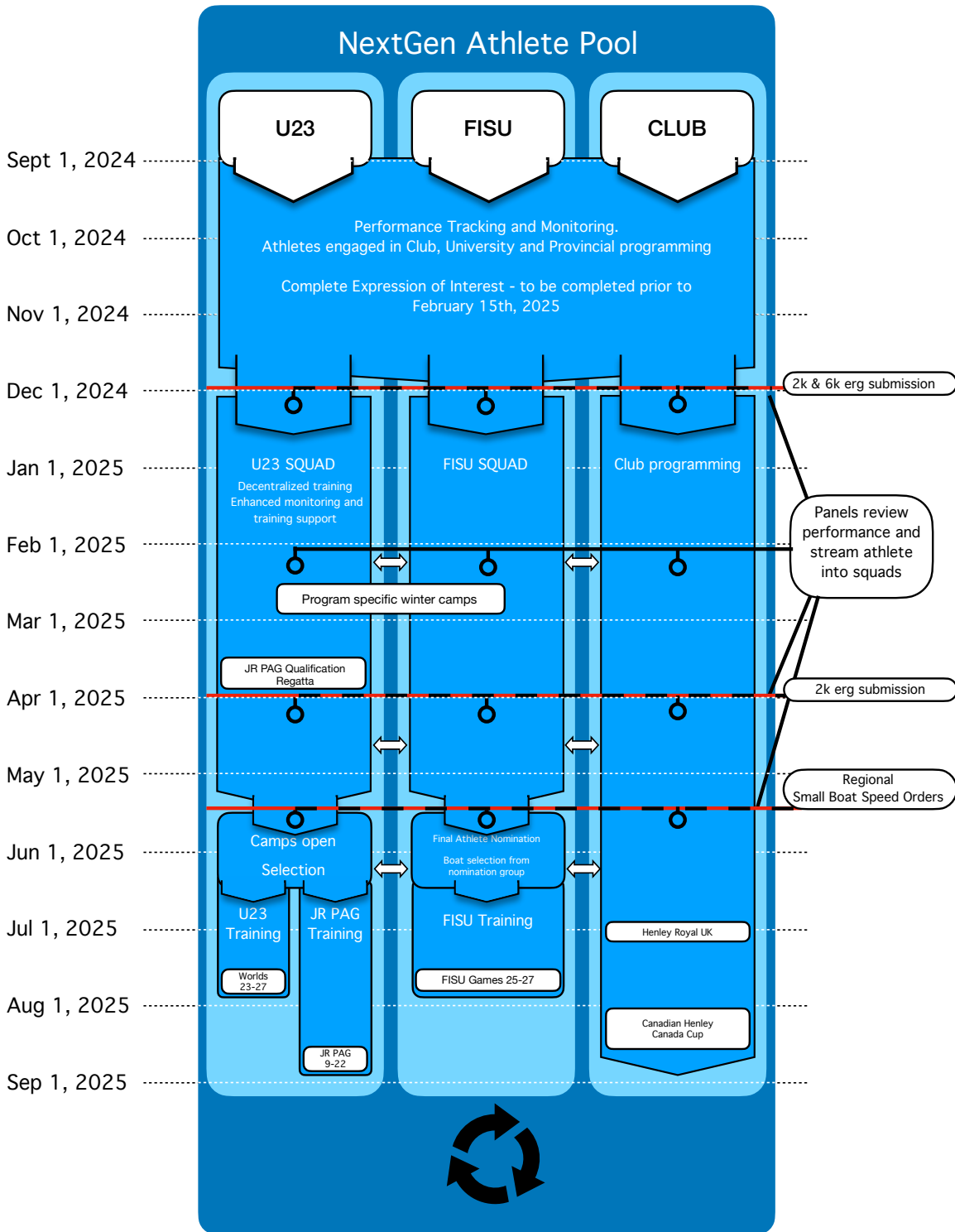
This following information is not a selection requirement and is provided to help support the development of athletes and coaches, ensuring they understand the performance requirements at international competition. This information should help assess individuals' readiness for international performances.

U23 Men	Average Training Hours per Week	C2 Ergometer Performance		Target Water Speeds											
				2000m Race 1x	Training Speeds in 1x					2000m Race 2-	Training Speeds in 2-				
					C2	C3	C4	C5	C6		C2	C3	C4	C5	C6
					SR 34-36	SR 33-24	SR 27-29	SR 22-23	SR 18-19		SR 34-36	SR 33-24	SR 27-29	SR 22-23	SR 18-19
U23 Gold Medal Target	20-24	06:01.0	19:20.0	06:52.0	1:43.0	1:46.2	1:54.5	2:02.6	2:08.8	6:24.6	1:36.1	1:39.1	1:46.8	1:54.5	2:00.2
U23 Top 4 Target	20-22	06:06.0	19:35.0	06:54.4	1:43.6	1:46.8	1:55.1	2:03.3	2:09.5	6:27.7	1:36.9	1:39.9	1:47.7	1:55.4	2:01.2
U23 A Final Target	18-20	06:09.5	19:45.5	07:10.6	1:47.6	1:51.0	1:59.6	2:08.2	2:14.6	6:36.7	1:39.2	1:42.3	1:50.2	1:58.1	2:04.0
Times are based off World Rowing U23 Championships results. Averaging last 5 years results, removing the slowest time.															

U23 Women	Average Training Hours per Week	C2 Ergometer Performance		Target Water Speeds											
				2000m Race 1x	Training Speeds in 1x					2000m Race 2-	Training Speeds in 2-				
					C2	C3	C4	C5	C6		C2	C3	C4	C5	C6
					SR 34-36	SR 33-24	SR 27-29	SR 22-23	SR 18-19		SR 34-36	SR 33-24	SR 27-29	SR 22-23	SR 18-19
U23 Gold Medal Target	20-24	06:54.0	22:15.0	07:29.7	1:52.4	1:55.9	2:04.9	2:13.9	2:20.5	7:06.6	1:46.7	1:50.0	1:58.5	2:07.0	2:13.3
U23 Top 4 Target	20-22	06:59.0	22:30.0	07:35.2	1:53.8	1:57.3	2:06.5	2:15.5	2:22.3	7:12.4	1:48.1	1:51.4	2:00.1	2:08.7	2:15.1
U23 A Final Target	18-20	07:02.5	22:40.4	07:55.4	1:58.8	2:02.5	2:12.0	2:21.5	2:28.6	7:24.7	1:51.2	1:54.6	2:03.5	2:12.3	2:19.0
Times are based off World Rowing U23 Championships results. Averaging last 5 years results, removing the slowest time.															

**APPENDIX 5: SELECTION PROCESS FLOW**



FISU eligible athletes should refer to the FISU Overview Document at the [following link](#).

## APPENDIX 6: COACHES

### COACH SELECTION

Coach expression of interest – Coaches interested in supporting a 2025 NextGen Team should complete the EOI prior to February 15<sup>th</sup> 2025, at the [following link](#).

RCA reserves the right to nominate the coach believed to be able to produce the best performance of the athlete or crew at the designated event. Coaching appointments may be made to achieve strategic objectives or meet certain principled standards. Coaches engaged in RCA's High Performance Development program and who have demonstrated that they are on the High-Performance Pathway and who are supporting RCA's High-Performance programs will be provided preferential consideration.

Whenever possible, RCA is committed to have an equal representation of female and male coaches across the NextGen program.

Selection of crew coaches for all teams will be at the sole discretion of the NextGen Program Lead, with input from the respective National team coaches and High-Performance Director. Selection considerations include previous experience, performance of athletes coached, coaching qualifications and long-term development strategies.

Coaching assignments for 2025 programs will start as early as November 2024.

### COACH SELECTION PREREQUISITES

Minimum Qualifications: Coaches must be Fully Certified "RCA Performance Coach" to support an U23 NextGen Team; otherwise, they will not be named to a team or program.

*\*Coaches interested in supporting a boat through the trials process, must meet minimum requirements prior to May 31<sup>st</sup>, 2025.*

Candidate coaches must also satisfy the following requirements before May 31<sup>st</sup>, 2025:

- Active coach in good standing at an RCA Member club or organization;
- Completion of CCES True Sport 101;
- Safe sport training as required by RCA;
- Sign the Abuse-Free Sport Participant Consent Form (or the consent form provided by any Abuse-Free Sport successor organization);
- Satisfactorily comply with RCA's Screening Policy, including, without limitation, and required criminal record checks or vulnerable sector checks (as required); and,
- Be recognized as a Registered Coach or Chartered Professional Coach (ChPC) with the Coaching Association of Canada.

**VACCINATION:** Coaches and staff must comply with the vaccination policies and vaccination requirements of RCA, COC, World Rowing, Pan Am Sport Organization, the IOC and the host country of the event.

An announcement of the selected coaching staff will be made throughout the year and communicated along with squad lists.

RCA reserves the right to select additional coaching staff as required to support selected teams. All certification requirements apply.

## APPENDIX 7: COXSWAIN SELECTION

For **Coxswains** to be considered for selection, the following will also be considered, in addition to the above selection criteria and other criteria:

1. Athlete and coach assessment of the coxswain's ability;
2. Compatibility with other athletes in the selected crew and coaches;
3. Declared ability to meet weight policy (as per FISA Rule 21) subject to verification from RCA SSSM experts; and
4. Racing experience and results.

### NextGen Coxswain process for invitation to selection events

Overview: Coxswain selection is necessarily a subjective undertaking. In addition to the selection criteria outlined in the [NextGen Selection Policy](#) the selected coxswain should be able to make the boat go faster over an extended period leading up to a competition.

#### Process:

Eligible Coxswains interested in an invitation to the 2025 Selection camp are required to submit an application. Coxswain applications will be reviewed by the U23 Panel (See appendix 1) on an ongoing basis.

Applications can be submitted at any time up to March 31<sup>st</sup>, 2025

#### Application submission to include:

- 1) An audio and/or video that includes a 2k race in its entirety.
- 2) Corresponding written race plan.
- 3) Coxswain CV that includes:
  - a. Programs and performances individual has been part of, including relevant results.
  - b. Strength and weakness analysis - including learning from past programs
  - c. Additional characteristics and personal values individual brings to a program.
- 4) References: two to three references, at least one being a coach.

Athletes are to send all listed Submission Requirements to the following email [hp@rowingcanada.org](mailto:hp@rowingcanada.org) with "NextGen Coxswain application" and the program they are seeking selection to in the subject line.

Invitations for Coxswains will be reviewed on an ongoing basis and included in squad list communications.

## 2025 Junior Pan Am Games Selection Process

The JR PAG event is a U23 event and only those eligible to race as U23 in 2025 will be considered for selection.

The 2025 JR Pan Am Games (JR PAG) program has two events associated with it:

- 1) JR PAG Qualification Regatta - March 17-22, 2025, Asunción, Paraguay
- 2) The 2025 JR Pan Am Games - August 9-23, 2025 (exact dates to be confirmed), Asunción, Paraguay

Each event will have an independent selection process assigned to it. Successful selection to one event does not guarantee selection to the other event.

The selection process for each event is outlined below.

### ***JR PAG Qualification Regatta***

The objective of the JR PAG Qualification Regatta is to qualify as many boats as possible for the 2025 Junior Pan Am Games.

RCA intends to field a team of four (4) men and four (4) women to attend the 2025 JR PAG Qualification Regatta. *Additional athletes may be selected based on the depth and availability of the athlete pool at the time of selection and any other factors that RCA deems relevant in the circumstances.*

To be considered for selection to the JR PAG Qualification Regatta athletes must meet the following requirements:

- 1) Meet eligibility requirements outlined in Section 3 (and as specified in the NextGen Selection Policy)
- 2) Named to the U23 Squad List prior to February 15<sup>th</sup>, 2025 (Appendix 1)
- 3) Able to sweep and scull

PROCESS: The U23 Panel will review all athletes on the U23 Squad List as of February 15<sup>th</sup>, 2025. There will be no selection event associated with nomination to this regatta. The U23 Panel will select a team based on the following:

- 1) Minimum requirements:
  - Athletes' availability to attend the event.
  - Athletes' ability to sweep and scull
- 2) Performance considerations that demonstrate an ability to achieve a top four (4) finish at the qualification regatta, or achieve targeted boat speeds assigned to this event. considerations may include:
  - Sport Canada Carded athletes.
  - International Performance at World Rowing Championships (Jr, U23) and Pan Am Games
  - Performance at the National Rowing Championships.
  - Performance at the Canadian University Rowing Championships
  - Performance within Camps or assessment events
  - Performance within RCA's National Testing and Monitoring program.
    - RCA Testing and Monitoring document can be found at the following [link](#).
- 3) Such other criteria as RCA may deem relevant in the circumstances, in accordance with the 2025 NextGen Selection Policy.

## ***2025 JUNIOR PAN AM GAMES***

Selection Process for the 2025 Junior Pan Am Games

Goal and Objective: The objective is to select athletes and crews that have the potential to support the success of RCA teams at future Olympic events.

The U23 Panel will select crews based on the athletes and events available, to achieve the highest performances in all boat classes that have been qualified.

Due to the uniqueness of this event, RCA is looking for robust athletes who can produce repeatable performances in multiple disciplines (sweeping and sculling).

Athletes will be selected through the U23 “Camp Boat” selection process. (Appendix 1)

The number of athletes selected and boats available for selection will be based on boats qualified for the 2025 Junior Pan Am Games, through the qualification process outlined above.

RCA reserves the right to adjust the selection process based on the boats qualified and Quota spaces available.

### **Selection Steps:**

**Step 1:** Athletes will be invited to RCA’s CAMP Boat Selection Process (Appendix 1)

**Step 2:** Athletes will participate in the 2025 U23 National Team Camp Boat Selection process (Appendix 1)

**Step 3:** Based on performance within the U23 Camp Boat Selection process, program coaches will stream and nominate athletes for the following:

- World Rowing U23 Championships; and/or
- JR Pan Am Games; or
- Directed to club or other performance program.

The following outlines the quota spots and potential boats, pending the qualification process:

Women: Maximum number of quota athletes, eight (8)

Men: Maximum number of quota athletes, eight (8)

Total of up to seventeen (16) athletes.

The exact make up of boats will depend on the following:

- Number of quota spaces qualified
- Athletes selected to the program

Final boat make-up will be determined by the U23 Panel

## APPENDIX 9: ASSESSMENT FEES

Assessment fees cover athlete attendance at targeted competitions. It is RCA's intent to reduce costs wherever possible to ensure athletes can engage in high-performance programming. A detailed assessment fee table for all programs will be shared in the February 2025 NextGen Update.

Athletes are responsible for costs associated with training and selection camps.