



2026 - NextGen Selection Overview **U19 National Team**

Version: 1
Posted: December 11th, 2025
Updated: N/A

Table of Contents	Page(s)
OVERVIEW	
1.0 - PURPOSE OF U19 NATIONAL TEAM	3
1.1 Athlete development	3
1.2 Coach Development	3
2.0 - SCOPE	3
2.1 Competitive Opportunities	3
3.0 - OBJECTIVE	3
4.0 - SELECTION PROCESS	3/4
4.1 Outcome of selection trial	4
4.2 Qualification Standards	4
4.3 U19 Panel	4
4.4 Activities prior to U19 Selection Trials	5
4.5 Athlete responsibility	5
4.6 Coaching	5
5.0 - NOMINATION OF CREWS	5
6.0 - ELIGIBILITY REQUIREMENTS	5
7.0 - EQUIPMENT	6
8.0 - FEES	6
8.1 Deposit	6
8.2 Event Fees	6
 <i>Appendixes and supporting documents.</i>	
Appendix 1 - PERFORMANCE TARGETS – World Rowing U19 Championships alignment	7
Appendix 2 - SUPPORTING PRINCIPLES – ATHLETE DEVELOPMENT PATHWAY	8
Appendix 3 - COXSWAIN SELECTION	9
Appendix 4 - COACHES	9
Appendix 5 - INTERNATIONAL ROWING CHALLENGE – TEAM COMPOSITION	10
 CONTACTS	 10
FAQ'S	10

This document provides an overview of the selection to the U19 National Teams. This document shall be read together with RCA’s “NextGen Selection Policy” and other supporting documents

1.0 PURPOSE

The purpose of Rowing Canada’s U19 National Team program is to develop athletes and coaches who meet the highest international competitive standards. Fostering continued growth towards success at the Olympic level is critical for sustainable performance. Athletes showing long-term potential for future senior national teams are valued equally to those with strong current results

The Purpose of the selection process is to select qualified athletes to represent Canada at events which are appropriate to the individuals’ abilities. This includes.

1.1 Athlete Development:

Provide athletes with competitive race opportunities that;

- are appropriate to the individuals’ stage of development.
- challenge athletes physically and technically.
- support success/results.

1.2 Coach Development:

Identify coaches with the skill and passion for Jr Development. Providing opportunities to support and elevate individuals to become experts in JR development through;

- appropriate exposure to competition
- mentorship opportunities

2.0 SCOPE:

An athlete is considered U19 if they do not turn 19 years of age during the 2026 calendar year.

2.1 Competitive Opportunities

- World Rowing U19 Championships
- International Rowing Challenge
- Canadian Henley – Club representation
- Other – Club or Provincial representations

Although athletes may have a preferred program that they are interested in, RCA will stream athletes to the program that best supports the performance objective outlined in sections 1.1 and 3.0.

3.0 OBJECTIVE:

Select crews with the best chance of achieving the highest place finish at the events listed in Section 2.1, while aligning athletes with an appropriate level of competitive experience. U19 athletes must be able to demonstrate performance characteristics required for success at each event, as outlined in Appendix 1. Additional information can be found in RCA’s Athlete Development Pathway ([LINK](#)) and Appendix 2.

4.0 SELECTION PROCESS:

Athletes interested in representing Canada are to attend RCA’s U19 SELECTION TRIAL in one of the following Boat Classes.

- Men: 1x, 2x, 2-

- Women: 1x, 2x, 2-

Date: June 20th & 21st, 2026

Location: Quamichan Lake BC

4.1 Outcome of Selection Trial: The following 4 scenarios will be considered based on the outcome of the U19 SELECTION TRIAL. Scenarios will be applied in the order listed.

- 1) Top-ranked trial boats that achieve the Qualification Standard* outlined below will be nominated to represent Canada at the World Rowing U19 Championships.
- 2) If multiple crews, in the same boat class, achieve the target boat speeds, the U19 Panel will consider building larger boats (2x, 4x, 4-, 8+) to trail for the World Rowing U19 Championships. This trial will happen on Day 2 of the U19 Selection Trial Weekend.
- 3) The Panel has the option to build trial boats from athletes not successful on day 1 of the U19 Selection Trial Weekend. This trial will happen on Day 2 of the U19 Selection Trial Weekend. Selection of athletes for this is at the sole discretion of the Panel and will reflect the core purpose of the U19 Program as outlined in section 1.0
- 4) All other athletes will be ranked by the U19 Panel. The top-ranked athletes will be selected for the International Rowing Challenge** event, producing 1 complete team for this event.

***RCA may, at its discretion, build a second team for the International Rowing Challenge event. Selection to this team would be outside the outlined process listed above, allowing RCA to individually select athletes who demonstrate characteristics that reflect U23 and Sr team potential.*

4.2 Qualification standards

		World Rowing U19 Championships	
		Podium Target Speed	Qualification Standard
U19 Men	JM1x	07:06.5	07:12.5
	JM2x	06:32.0	06:37.0
	JM2-	06:39.5	06:45.0
	4x	05:57.0	06:01.5
	4-	06:05.5	06:10.5
	8+	05:43.5	05:48.0
U19 Women	1x	07:53.0	07:58.5
	2x	07:13.0	07:17.0
	2-	07:28.0	07:34.5
	4x	06:38.0	06:41.5
	4-	06:49.5	06:53.5
	8+	06:27.0	06:29.0

*Performances must be achieved at the U19 Selection Trial, under calm conditions without wind or current. The U19 Panel will evaluate wind and water conditions and has the authority to adapt the standards as needed.

4.3 U19 Panel consists of members responsible for making decisions impacting U19 Selection.

Members consist of

- RCA - NextGen Lead
- RCA's Pathway Coach(s)
- Three (3) Technical Leads / Coaches actively engaged in JR development.

Members of the U19 Panel shall be subject to RCA's Conflict of Interest Policy. In the event that a U19 Panel member has a real or perceived conflict of interest with any individual being considered for nomination to teams, 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.

4.4 Activities prior to the U19 Selection Trial:

Any trial, camp, or selection activity that happens prior to the U19 Selection Trial is not the responsibility of Rowing Canada and has no weighting on the selection process. Disputes regarding the outcome of these activities must be discussed and reviewed with those overseeing the activity.

RCA encourages PRAs, Clubs, and Schools to work together to run activities that will elevate the standard of JR rowing in Canada. Organizations that would like their initiatives endorsed by RCA can contact hp@rowingcanada.org to discuss.

4.5 Athlete Responsibility:

- Athletes are responsible for all costs associated with attending and participating in the U19 Selection Trial.
- Athletes are responsible for sourcing their own equipment up to, during and after the Trial

4.6 Coaching:

Athletes or crews attending the U19 Selection Trial must work with their club or provincial coach to develop a plan that ensures coaching support if nominated to the World Rowing U19 Championships. This plan must include:

- **Nomination of a fully certified RCA Performance Coach** who is willing and available to support the crew through training and competition at the World Rowing U19 Championships.
- **Confirmation of a training location and access to appropriate equipment** to prepare for the event.

Please note: Coaches or crews who do not have these plans in place risk losing their opportunity to race at the World Rowing U19 Championships.

Additionally, Athletes must attend the U19 Selection Trial event with a coach to support them at the event.

Coaches should refer to Appendix 4 for additional information regarding certification.

5.0 NOMINATION OF CREWS

After the Completion of the U19 Selection Trial, results and nominations for all JR Programs will be provided to the NextGen Selection Committee for final Approval.

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 ELIGIBILITY REQUIREMENTS: Are set out in the “Selection Eligibility Requirements” section within RCA’s NextGen Selection Policy. <https://rowingcanada.org/resources/>

7.0 EQUIPMENT:

DOMESTIC TRAINING, SELECTION, AND COMPETITION

RCA will NOT provide equipment to programs to support domestic training and selection. RCA will provide a list of available equipment overseas to ensure programs can source and train in matching equipment.

INTERNATIONAL RACING

RCA will provide equipment to boats selected to represent Canada at the World Rowing U19 Championships and International Rowing Challenge.

8.0 FEES:

8.1 Deposit - All athletes attending the U19 SELECTION TRIAL will be charged a deposit of \$1000.

- Athletes nominated to a team will have this deposit applied to their assessment fee.
- Athletes nominated to a team who decline their nomination will not be refunded their deposit.
- Athletes unsuccessful in nomination to a team will be reimbursed their deposit.

8.2 Event Fees: Final Assessment fees will be based on the costs associated with the event and the number of athletes/coaches/support staff selected and required to attend each event. An estimated Fee table will be shared in RCA’s February 2026 NextGen Update

*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/>*

APPENDIX 1: Performance Targets – World Rowing U19 Championship Alignment

To support the development of athletes and coaches on the High-Performance Pathway, Rowing Canada Aviron (RCA) provides the following guidance. It is essential that both athletes and coaches understand how performance benchmarks align with international success. RCA strongly encourages athletes to share their performance goals with their program coaches to ensure appropriate support throughout their development. Provincial programs may also offer additional resources. Athletes are encouraged to contact RCA’s NextGen team for assistance in connecting with programs that align with their aspirations.

			Podium Target		Qualification Target	
			U19 Women	U19 Men	U19 Women	U19 Men
Average Training Hours Per Week			18-20		17-19	
C2 Ergometer Performance	2000m		6:59.0	6:06.0	7:08.0	6:13.0
	6000m		22:30.0	19:35.0	22:57.0	19:56.0
Target Water Speeds	2000m Race 1x		7:53.0	7:06.5	7:58.5	7:12.5
	Training Speeds in 1x	C2 SR 34-36	1:58.3	1:46.6	1:59.6	1:48.1
		C3 SR 33-24	2:01.9	1:49.9	2:03.3	1:51.5
		C4 SR 27-29	2:11.4	1:58.5	2:12.9	2:00.1
		C5 SR 22-23	2:20.8	2:06.9	2:22.4	2:08.7
		C6 SR 18-19	2:27.8	2:13.3	2:29.5	2:15.2
	2000m Race 2-		7:28.0	6:39.5	7:34.5	6:45.0
	Training Speeds in 2-	C2 SR 34-36	1:52.0	1:39.9	1:53.6	1:41.3
		C3 SR 33-24	1:55.5	1:43.0	1:57.1	1:44.4
		C4 SR 27-29	2:04.4	1:51.0	2:06.2	1:52.5
		C5 SR 22-23	2:13.3	1:58.9	2:15.3	2:00.5
		C6 SR 18-19	2:20.0	2:04.8	2:22.0	2:06.6

Additional resources to support athlete development:

- RCA’s Athlete Development Pathway ([LINK](#))
- RCA’s NextGen Teams Portal
 - o Yearly Training Plans and sample Training programs
 - o International Data Tables.
 - o Training speed Calculator
 - o Other
- RCA’s NCCP Program



APPENDIX 2: Supporting Principles – Athlete Development Pathway

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 athlete's physicality for the sport of rowing is through the Concept 2 Ergometer. The numbers represented in the chart (appendix 2) reflect RCA's Athlete Development Pathway and should be used as a guide for athletes seeking selection to a U19 National Team.

Training Speeds. An athlete's *Technical* ability, along with their *Physicality*, can also be reflected in their ability to maintain targeted boat speeds during training. As a simple concept, boat speed must increase as the stroke rate increases. The numbers represented in the chart (appendix 2) provide guidelines for specific training speed targets for targeted categories of intensity. Measurements should be taken under still conditions with no current, for the entirety of a piece

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 U19 and Senior programs, both domestic and international.

Although achieving Performance targets is not required to make a U19 National Team, our experience shows that success at events does require athletes to achieve more than one performance target.

APPENDIX 3: 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 ([LINK](#)), 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 selection to a U19 National Team are required to submit an application. Coxswain applications will be reviewed by the U19 Panel (section 4.3).

Applications can be submitted at any time up to March 31st, 2026

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 the individual has been part of, including relevant results.
 - b. Strength and weakness analysis – including learning from past programs
 - c. Additional characteristics and personal values the 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 with “NextGen Coxswain application” and the program they are seeking selection to in the subject line.

Coxswain nominations will happen prior to the U19 SELECTION TRIALS.

APPENDIX 4: COACHES

COACH SELECTION PREREQUISITES

Minimum Qualifications: Coaches must be Fully Certified “RCA Performance Coach” to support a U19 NextGen Team; otherwise, they will not be named to a team or program.

Candidate coaches must also satisfy the following requirements before May 31st, 2026:

- 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.

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

APPENDIX 5: International Rowing Challenge – Team Composition

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 are required to sweep as scull at this event.

TEAM COMPOSITION: A Team consists of the following.
Nine (9) athletes; four (4) Male, four (4) Female, one (1) Coxswain.

<i>Event</i>		<i>Athletes</i>	<i>Coxswains</i>	<i>Sweep Boats</i>	<i>Sculling Boats</i>
<i>International Rowing Challenge</i>	<i>Women’s Program</i>	4	1	4+, 2-	4x,2x,1x
	<i>Men’s Program</i>	4		4+, 2-	4x,2x,1x
	<i>Mixed</i>	<i>From #'s above</i>		8+	NA

Contacts

For questions regarding these processes contact:
 Chuck McDiarmid – NextGen Program Lead.
cmcdiarmid@rowingcanada.org
 250-415-9495

FAQ’s

Q: Why are the U19 trials on the selected date and location

A: The date selected is a key trial date for the majority of RCA High Performance Programs. U23 and Sr crews will be using this weekend to assess boat speed to determine next steps in their program. Aligning these dates provides additional data to support decisions including performance comparisons to U23 and Sr Programs.

Q: Who should I contact about training loads and specifics?

A: RCA strongly encourages all athletes to share their performance goals with the club coach and the provincial High-Performance lead. These individuals can create opportunities and provide you with the information and guidance you need to support your goals. Additional information can be found within the file system of RCA's NextGen Portal. ([link](#))

Q: If I rank high in the first trial, am I guaranteed a second trial, or consideration for a larger boat?

A: There is no guarantee of a second trial on day 2, or in a larger boat. The JR Panel will review the results and apply the options outlined in section 4.1.

Q: If a boat does not achieve target speeds over the U19 Selection Trial Weekend, will they have additional opportunities to achieve target speeds.

A: No, at the conclusion of the U19 Selection Trial Weekend, all decisions regarding selection will be made

Q: Will my ranking within a provincial or club camp be considered in the selection?

A: NO. We strongly encourage athletes to engage High Performing programs and opportunities, as they will support you in elevating performance. It is important that the RCA establishes one point where all athletes can be assessed in the same location.

Q: There is a 2x offered as a primary boat to trial, and it says that the Panel can build a 2x. How will this work?

A: A 2x is being offered as a boat for the U19 Trail process, allowing clubs and provinces to use their best judgment to build boats that can achieve the target speeds. If a boat achieves the performance target on the first day of the U19 Selection Trial, it will be nominated to the U19 Worlds Team. If no boat achieves the target boat speed, the U19 Panel has the ability to build a 2x (and other boats) for day 2.

Q: Can I trial for a specific team? I'm only interested in the World Rowing U19 Championships.

A: No. By participating, athletes are seeking selection to Canada's U19 Team. This includes a World Rowing U19 Team (pending performance targets) and an International Rowing Challenge team. Athletes may be streamed to one or neither of these teams based on their performance at the U19 Selection Trial Weekend.

Q: How do I know if I'm ready to attend the JR Selection Trial?

A: We have provided general performance targets in this document to further support this. We recognize these are not the only factors that determine performance. We would also encourage athletes to use regional and national events to assess their abilities and readiness. As an example, placing top 3 at the CSSRA regatta in the open men's or women's 1x or 2- could be a good assessment.

Q: My coach is not RCA Performance Coach certified. Can they attend the U19 Selection trial as my coach representative?

A: Yes. Coaches do not need to be RCA Performance Coach Certified to attend the U19 Selection Trials. However, if you were to qualify to race at the World Rowing U19 Championships, you would not be able to attend. This is why a plan should be in place (section 4.6) prior to the event.

Q: If a crew boat is built to trial on Day 2 and successfully meets the performance standards, who will coach this crew, and where will it train?

A: The Junior Selection Panel will determine these details when building a boat for Day 2. The panel will consult with the athletes' coaches to establish the following:

- The program will be led by a **fully certified RCA Performance Coach**.
- The training location will have appropriate equipment support from the host club or Provincial Rowing Association (PRA).
- Athlete living arrangements (accommodation, meals, etc.) can be supported.
- Any additional performance-based support that can be offered.

The outcome of these discussions will be shared at the conclusion of the U19 Selection Trial and proposed to the selected crew.