High Performance Athlete Pathway Alignment
Prepared for Rowing BC AGM and Conference
November 14, 2020

Presented by Rowing BC Staff:
David Calder (Executive Director)
Rob Richards (Provincial Head Coach)
Agenda

1. • High Performance Athlete Pathway
2. • BC NextGen Performance Center
3. • BC NextGen Athletes
4. • BC NextGen Monitoring & Testing
5. • BC NextGen Performance Center Benefits
6. • Next Steps and Questions

ROWING BRITISH COLUMBIA
High Performance Athlete Pathway

- GETTING STARTED
- AWARENESS
- ACTIVE START
- FUNDAMENTALS
- INITIAL INVOLVEMENT
- LEARN TO TRAIN / LEARN TO ROW / BEGINNER
- TRAIN TO TRAIN
- TRAIN TO COMPETE
- TRAIN TO WIN 1
- TRAIN TO WIN 2
- COMPETITIVE FOR LIFE
- ACTIVE FOR LIFE

ROWING
BRITISH COLUMBIA

ROWING
CANADA
AVIRON
Provincial NextGen Athletes:
BC-based U17, U19, U21, U23 or non-National Training Centre (NTC) Senior athlete who has met at least one of the Provincial Development (PD1 or PD2) performance criteria.

National NextGen Athletes:
Living in BC, met at least one of Canadian Development performance criteria and has taken the required steps to be eligible in BC.
Agenda

1. High Performance Athlete Pathway
2. BC NextGen Performance Centre
3. BC NextGen Athletes
4. BC NextGen Monitoring & Testing
5. BC NextGen Performance Center Benefits
6. Next Steps and Questions
WHERE WE HAVE COME FROM
Row To Podium Program
• Partnership: RCA, PRAs and CSI
• Focus: New athletes, talent ID & development
• Timeline: Accelerated approach to Olympic or Paralympic podium

RCA SHIFT TO ‘NEXTGEN’ FOCUS
NextGen HUB Model
• Partnership: RCA, Universities, CSI and RRAs
• Focus: Rowers already in the system with some talent ID
• Timeline: 5 – 8 years from Olympic or Paralympic podium
WHERE WE ARE GOING
NextGen Provincial Performance Center Model
• Partnership: RCA, PRAs and CSI
• Focus: Rowers already in the system with some talent ID
• Timeline: 5 – 8 years from Olympic or Paralympic podium

*Part of a national network of performance centres & programs*

Why BC NextGen Performance Centre
• Rowing BC receives funding through viaSport from the Provincial Government to support athlete development through the delivery of enhanced training environments

• The BC NextGen Performance Centre provides an enhanced training environment option for athletes to develop in, and prepare for, the demands of the National Training Centre

• Strategic Direction #1 of Rowing BC’s Strategic Plan is to Support a healthy athlete-centred rowing system
TIMELINE

Current Situation:
Up until December 31, 2020 the current HUB and Provincial Camp Programming will service athletes. RCA, Rowing BC and CSI Pacific are finalizing centre details and agreements.

Healthy Communication:
Rowing BC is initiating stakeholder engagement around the BC NextGen Performance Center during the 2020 AGM and Conference.

Host Location Request for Proposals (RFP):
An RFP for the permanent location of the BC NextGen Performance Center will be released on November 30, 2020, closing by February 26, 2021. The permanent location will target an opening date for September 7, 2021.

Athlete Continuity:
Two interim BC NextGen Performance Centers will continue delivering DTE services at Elk Lake and Burnaby Lake on January 4, 2021. Athlete applications for the centre will be available on November 24, 2020.
Create the most robust development pathway for BC-based athletes with Olympic and Paralympic podium aspirations.

Increase the number of BC-based athletes on Olympic and Paralympic podiums.

Use leading sport science, sport medicine and coaching to prepare athletes for their best possible performance during selection activities.
BC NextGen Performance Centre

The Centre is part of a national network of performance centres and performance programs across Canada.

Rowing BC has partnered with Rowing Canada Aviron and CSI Pacific to support the development of BC’s future high performance athletes.

The Centre will provide full time and part time training opportunities and, at least initially, will provide training on Vancouver Island and the Lower Mainland.
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BC NextGen Athletes

#1 CENTRALIZED MEMBER

#2 REGIONAL MEMBER

#3 INDEPENDENT PATHWAY
A **CENTRALIZED** member is a NextGen Athlete that utilizes the BC NextGen Performance Centre as their daily training environment.

- Becomes a Centralized Member of the Centre
  - Participates in a Selection Event
  - Participates in the development of IAPP
  - Participates in the Centre’s DTE
  - Participates in High Quality Competitions
- Selected to a National Team
- Selected to a Provincial Team
- Option to return to club or school team
A **REGIONAL** member is an athlete that utilizes a club or school program for their DTE, with established expectations on when they will train and compete with the NextGen Performance Centre.

- **#2 REGIONAL MEMBER**
  - Becomes a Regional Member of the Centre
  - Relocates to the Centre
  - Participates in a Selection Event
    - Participates in the development of IAPP
    - Participates in club or school DTE
    - Participates in Centre Monitoring and Testing

- Selected to a National Team
- Selected to a Provincial Team
- Option to return to club or school team
BC NextGen Athletes

An athlete who does not participate in the BC NextGen Performance Centre becomes a **SEASONAL** member once they have been selected to a Provincial or National team.

- Participates in club or school DTE
- Participates in a Selection Event
  - Selected to a National Team, becomes Seasonal Member
  - Selected to Provincial Team, becomes Seasonal Member
  - Returns to a club or school team

#3 INDEPENDENT PATHWAY
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Individual Athlete Performance Plan
Central to being a NextGen Athlete in BC is the development of an Individual Athlete Performance Plan (IAPP).

IAPP includes:
- Athlete Goals (rowing, school, career, family, etc.)
- Athlete Gap Analysis
- Involvement from all coaches involved in an athlete

IAPP Determines:
- BC NextGen Performance Centre membership type
- Detailed YTP (including training and competitions)
- BC NextGen Monitoring and Testing expectations
- Sport Science & Sport Medicine supports
BC NextGen Monitoring and Testing

- On-Water Assessments
- Physiological Monitoring
- Required Erg Testing
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## BC NextGen Performance Centre Benefits

<table>
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<tr>
<th>Athlete Benefits</th>
<th>Centralized</th>
<th>Regional</th>
<th>Seasonal</th>
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<td>Annual Coaching</td>
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<tr>
<td>Annual Monitoring</td>
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The centre is part of a national network of aligned provincial performance centres.

The centre provides an athlete focused, athlete driven, wholistic approach to development.

The centre provides NextGen Athletes with the opportunity to participate in a competitive training environment.
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Next Steps and Questions

**NEXT STEPS:**

- **November 24, 2020**: New Athlete Application Period Opens
  HUB Athletes to complete IAPP Update

- **December 14, 2020**: Acceptance Letters to be Released
  2021 Monitoring and Testing Dates Published

- **January 4, 2021**: BC NextGen Performance Centre Opens
  Centralized Members Start Training
Next Steps and Questions

Please send questions or comments to Rowing BC Provincial Head Coach, Rob Richards at rob.richards@rowingbc.ca.

Rowing BC will publish and circulate the BC NextGen Performance Center outline document following this session.