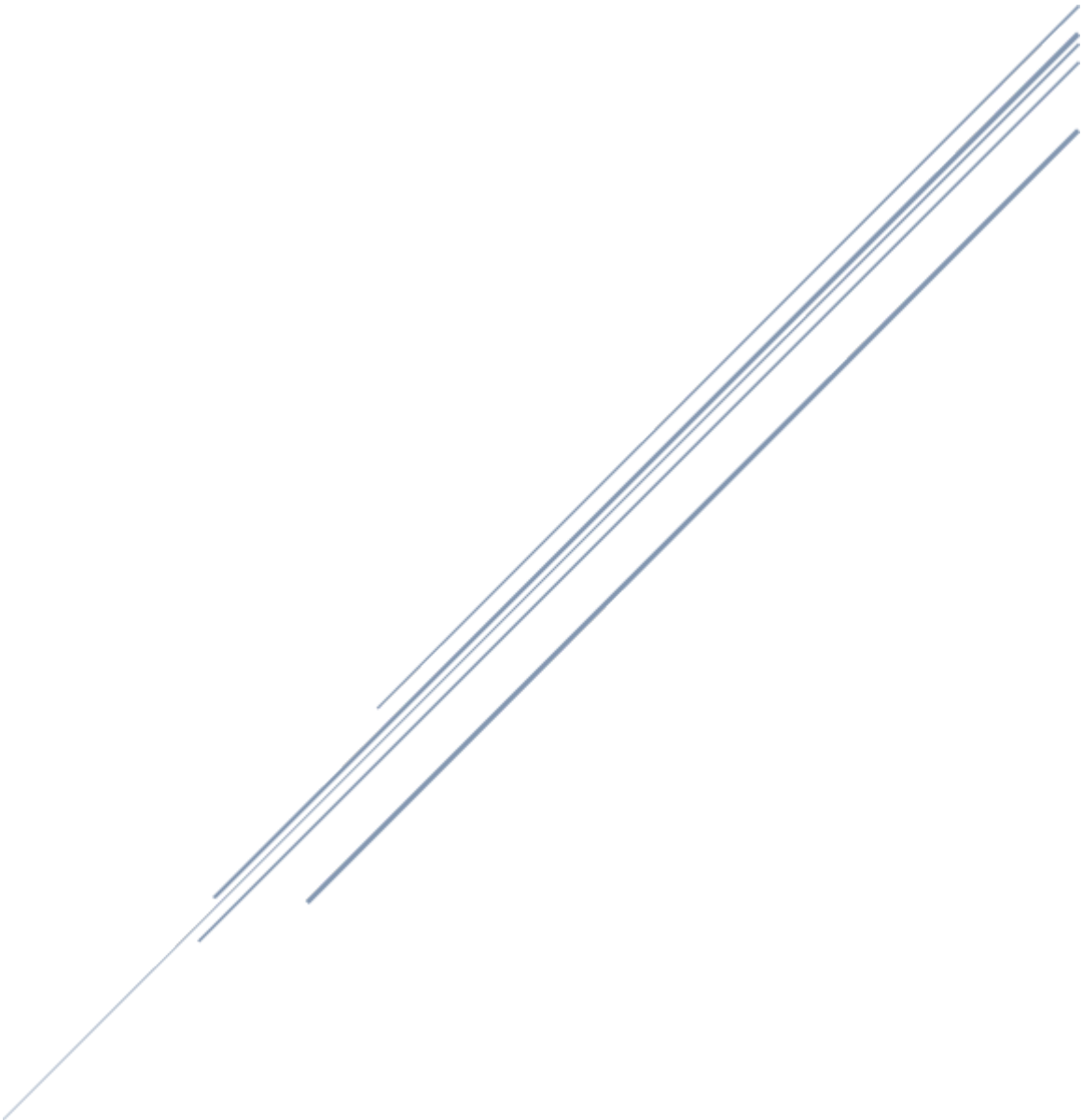


# BC NEXTGEN PERFORMANCE CENTRE

Athlete Development Pathway: NextGen





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## BC NextGen Performance Centre

*Athlete Development Pathway: NextGen*

### INTRODUCTION

The Athlete Development Pathway for rowing is diverse, and can be approached using several metrics, including, but not restricted to, previous sport experience, sport-specific entry age, rowing club or school programming experience, high quality competition exposure, education and career goals, and meeting performance criteria.

The Athlete Development Pathway for rowing can be generalized as:

Entry	Age	Education	Career	Program Pathway		High Quality Competition		2KM Erg Criteria	
						Domestic	International		
	NTC	Paused	Full Time Athlete	National Training Centre		NRC	Olympic or Paralympic Games	<i>MEN</i>	<i>WOMEN</i>
Late	SR			University	Student Athlete	NextGen PC	NextGen Performance Centre	Canadian Henley	SR WC
	U23	University	CSG			U23 WC			5:58
Mid	U21	High School					Club	CSSRA BC Games	U19 WC
Early	U19		CanAmMex	6:13	7:08				
	U17	6:21		7:22					

Rowing Canada Aviron (RCA) and Rowing BC have partnered to deliver the NextGen portion of the Athlete Development Pathway for rowing in BC through 2028. Provincial Development (PD1 and PD2) and Canadian Development (CanDev) Athletes are considered NextGen Athletes in BC. This document includes information that aspiring athletes who are typically 5 – 8 years away from an Olympic or Paralympic Podium need to be able to engage with the Athlete Development Pathway.

The BC NextGen Performance Centre operates on the understanding that an extended exposure to an enhanced training environment increases an athlete’s likelihood of Olympic and Paralympic success.



## **BC NextGen Performance Centre**

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### **PROCESS AND TIMELINE**

On November 30, 2020, Rowing BC is scheduled to release a Request-for-Proposals (RFP) to BC jurisdictions and Rowing BC Member Organizations that will ascertain community interest in becoming the permanent home of the BC NextGen Performance Centre. The RFP will close by February 26, 2020 with a target date of September 7, 2021 for the permanent centre to open.

Starting January 4, 2021, two interim BC NextGen Performance Centres will open, located at Elk Lake and Burnaby Lake, allowing NextGen Athletes to train as centralized or regional members of a centre.

## **BC NextGen Performance Centre**

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### **CENTRE GOALS AND OBJECTIVES**

The aim of the BC NextGen Performance Centre is to create the most robust development pathway for BC-based athletes with Olympic and Paralympic podium aspirations. The centre's goals are to increase the number of BC-based athletes on Olympic and Paralympic podiums. The BC NextGen Performance Centre aligns with the Long Term Athlete Development (LTAD) model and uses leading sport science, sport medicine and certified coaches to achieve sport specific skill development at each stage of the Athlete Development Pathway.

The creation of the BC NextGen Performance Centre aligns RCA and Rowing BC in the delivery of the NextGen portion of the Athlete Development Pathway, increasing the quantity and quality of athletes in the system. The goal of a healthy, positive and engaging training environment will elongate the time an athlete stays in the sport and will streamline them towards positive key developmental experiences, including provincial, national and international competitions, and ultimately onto Olympic and Paralympic podiums.

The centre creates a highly competitive daily training environment (DTE) that emulates RCA's National Training Centre's (NTC) DTE and prepares athletes to transition to the NTC. The centre will provide appropriate opportunities for athletes gain physical, technical and mental competencies ahead of selection events and competitions. NextGen athletes who prioritize accelerating their development within the Athlete Development Pathway can centralize to the BC NexGen Performance Centre to benefit from a high-performance targeted environment. NextGen athletes who train in a club or school program will establish an entry point into the BC NextGen Performance Centre through the creation of an annual Individual Athlete Performance Plan (IAPP).

Centralized athletes will have the opportunity to experience high quality competition at regattas throughout the year that are part of their IAPP. These regattas will include appropriate regional, national and international regattas.

For both centralized athletes and NextGen athletes participating in club or school programs, a primary function of the BC NextGen Performance Centre is to prepare and acclimatize athletes for outstanding performances during selection activities.



## **BC NextGen Performance Centre**

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### **PROGRAMMING AND CENTRE MEMBERSHIP**

Through the intake process, NextGen Performance Coaches will work with each athlete to create an annual IAPP. The IAPP will include the athletes' goals and gap analysis to determine the level of Sport Science and Sport Medicine support required to achieve those goals. These activities will also consider the athlete's current level of performance and stage of development. From the IAPP a robust yearly training plan (YTP) will be established to help guide the athlete towards their goals. Athletes who meet Provincial or National NextGen Athlete criteria have the option to be a Centralized, Regional or Seasonal Member of the BC NextGen Performance Centre.

#### *Centralized Member*

A **CENTRALIZED** member is an athlete that utilizes the BC NextGen Performance Centre as their DTE. While a centralized member is expected to be in the centre for 8 or more months of the year, they remain eligible to train and compete with their club or school program as defined in their annual IAPP. Centralized Members will be provided external, pre-selection, high quality competition opportunities through appropriate regional, national and international regattas. Although athletes are able to enter the BC NextGen Performance Centre at any point throughout the year, and as outlined in their IAPP, the centre will begin offering fulltime training for athletes on the Tuesday following Labour Day each year.

#### *Regional Member*

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. Prior to acceptance, Regional Members are required to participate in the creation of a well-defined annual IAPP in partnership with NextGen Performance Coaches and program coaches. Regional Members are expected to maintain targeted training loads, attend monitoring practices and identified camps set out in their IAPP. Regional Members will begin training at the BC NextGen Performance Centre as planned in their IAPP, most typically in April for university students, and June for high school students and university students attending American schools.

#### *Seasonal Member*

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. Once selected, a Seasonal Member will be directed to the appropriate NextGen Performance Centre. Seasonal Members can return to their club or school DTE once the team term is finished.

## **BC NextGen Performance Centre**

*Athlete Development Pathway: NextGen*

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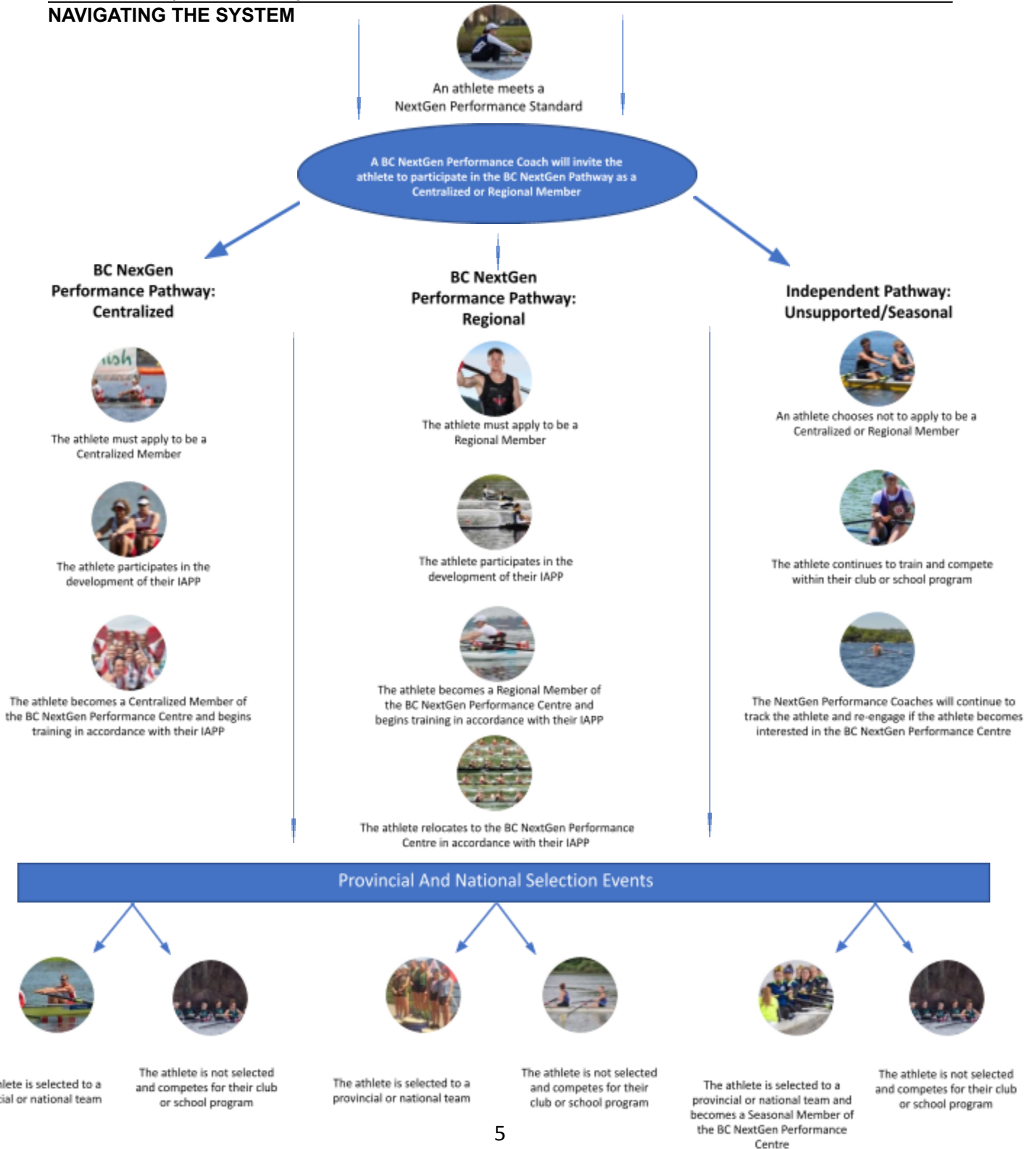
### **NEXTGEN ATHLETE MONITORING AND TESTING**

The BC NextGen Performance Centre will run regular athlete monitoring and testing activities, set out in the centre's YTP, including on-water assessments, lactate-based monitoring and set distance erg testing. Centralized Members will participate in all centre monitoring and testing activities, with Regional Members participating throughout the year based on their IAPP.

All BC NextGen Athletes are required to submit four erg scores throughout the year. A 6K and 2K erg score must be completed and submitted between September 1 and December 31 each year. A 6K and 2K erg score must be completed and submitted between January 1 and April 30 each year. BC NextGen Athletes who do not meet this requirement will lose their NextGen status.



**BC NextGen Performance Centre**  
*Athlete Development Pathway: NextGen*  
**NAVIGATING THE SYSTEM**





## BC NextGen Performance Centre

*Athlete Development Pathway: NextGen*

### ATHLETE REQUIREMENTS AND BENEFITS

To be a Centralized Member of the BC NextGen Performance Centre an athlete must:

1. Be in Good Standing with RCA, Rowing BC and be registered at a BC-based club in WebReg;
2. Meet at least one PD2, PD1 or CanDev performance criteria;
3. Apply to be a member of the BC NextGen Performance Centre;
4. Create an IAPP with NextGen Performance Coaches;
5. Be enrolled in the BC Medical Services Plan (MSP); and
6. Complete the required steps to be fully enrolled in the Canadian Sport Institute Pacific (CSIP).

To be a Regional Member of a BC NextGen Performance Centre an athlete must:

7. Complete Steps 1 – 6 listed above;
8. Provide the name and contact information of the program or school primary coach;
9. Submit an (individual or program) yearly training plan (YTP); and
10. Participate in and report on all athlete IAPP monitoring and testing activities.

The following is a list of benefits that BC NextGen Performance Centre Members receive<sup>1</sup>:

	Centralized	Regional
Annual Coaching	✓	
Annual Monitoring	✓	✓
Designated Equipment and Speed Coach	✓	
Individualized Athlete Performance Plan	✓	✓
Yearly Training Plan	✓	
Pre-Selection High Quality Competition	✓	
Workout Templates		✓
Annual Sport Science & Medicine Support	✓	
Annual Strength and Conditioning Plan	✓	
Biomechanics Tracking	✓	<b>In Centre</b>
Video Analysis	✓	✓
Access to Apply to Athlete Assistance Funding	✓	✓
Canadian Athlete Insurance Program (CAIP)	✓	
KINDUCT Athlete Support Program	✓	✓
BC Speed Order Entry Fee	✓	
Administrative Support	✓	
CSIP Gym Works Card	✓	✓
CSIP Food Stuff Discount Program	✓	✓
CSIP Community Partners Discount Program	✓	✓
Access to Apply for CSIP Athlete Travel Grant	✓	✓
CSIP Athlete Education Program	✓	✓
CSIP Canadian Sport School	✓	

<sup>1</sup> Regional Members may be eligible to receive additional benefits while they are in the BC NextGen Performance Centre based on availability.



## BC NextGen Performance Centre

*Athlete Development Pathway: NextGen*

### PROVINCIAL NEXTGEN PERFORMANCE CRITERIA

A Provincial NextGen Athlete<sup>2</sup> is a BC-based U17, U19, U21, U23 or non-NTC Senior athlete who has met at least one of the PD1 or PD2 performance criteria:

#### Team Selection Performance Criteria – most recent team selection

PD1 Criteria: U19 World Championship Team or U23 World Championship Team

PD2 Criteria: CanAmMex Team, U21 Trans-Tasman Team or FISU Team

#### Domestic Regatta Performance Criteria

*BC Speed Order Regatta – most recent Speed Order Regatta*

PD1 Criteria: U19 or U23 1<sup>st</sup> Place Finish

PD2 Criteria: U19 or U23 2<sup>nd</sup> – 6<sup>th</sup> Place Finish

*National Rowing Championships (% off winner<sup>3</sup>) – most recent NRC Regatta*

PD1 Criteria: U19 = 10%      U21 = 9%      U23 = 8%      Sr = 6%

PD2 Criteria: U19 = 11%      U21 = 10%      U23 = 9%      Sr = 7%

#### 2KM Erg Test Performance Criteria

		U17	U18	U19	U20	U21	U22	U23	23+
Women	PD1	7:25	7:22	7:18	7:15	7:12	7:09	7:03	6:59
	PD2	7:35	7:30	7:26	7:22	7:19	7:15	7:09	7:04
Lightweight Women	PD1	N/A	N/A	7:35	7:28	7:22	7:19	7:14	7:12
	PD2	N/A	N/A	7:42	7:35	7:28	7:22	7:17	7:15
Men	PD1	6:29	6:26	6:22	6:18	6:15	6:12	6:05	6:00
	PD2	6:35	6:30	6:26	6:22	6:19	6:15	6:09	6:04
Lightweight Men	PD1	N/A	N/A	6:39	6:33	6:27	6:22	6:17	6:15
	PD2	N/A	N/A	6:45	6:39	6:33	6:27	6:19	6:17

#### Para<sup>4</sup> On-Water and Erg Performance Criteria

		PR1 W1X	PR1 M1X	PR2 W1X	PR2 M1X	PR3 W1X	PR3 M1X
Water Performance	PD1	12:55	11:35	11:40	10:20		
	PD2	13:20	12:00	12:10	10:50		
Erg Test	PD1	12:10	10:34	9:56	8:56	8:58	7:36
	PD2	12:40	11:00	10:20	9:18	9:20	7:54

#### Notes:

*Athletes identified and selected by the BC NextGen Performance Centre's Operating Committee outside of the listed performance criteria can be provided PD1 or PD2 status for up to 12 months. In that time the athlete must meet at least one performance criteria.*

*Athletes who are unable to meet performance criteria in the previous 12 months due to health reasons can petition the BC NextGen Performance Centre Operations Committee for an intake exemption if the athlete met performance criteria in the past 24 months.*

<sup>2</sup> Provincial development athletes are eligible for PD1 and PD2 support for up to 5 years and must demonstrate annual progress.

<sup>3</sup> Time trial results can be used if regatta scheduling prevents a fair comparison to the winner.

<sup>4</sup> Para athletes must be classified by an RCA approved National Classification Panel.





**BC NextGen Performance Centre**

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**NATIONAL NEXTGEN PERFORMANCE CRITERIA**

National NextGen Athletes do not have to be from BC to participate in the BC NextGen Performance Centre but must take the required steps to ensure they are eligible. A National NextGen Athlete is an athlete living in BC who has met at least one of Canadian Development performance criteria:

**Team Selection Performance Criteria – most recent team selection**

CanDev Criteria: World Cup Team, World Championship Team, Olympic or Paralympic Team

**International Regatta Performance Criteria**

*U19 World Championships – most recent championships*

CanDev Criteria: Top 7 Finish

*U23 World Championships – most recent championships*

CanDev Criteria: Top 7 Finish

**Domestic Regatta Performance Criteria**

*National Rowing Championships (% off winner<sup>5</sup>) – most recent NRC Regatta*

CanDev Criteria: U19 = 8% U21 = 7% U23 = 6% Sr = 5%

**2KM Erg Test Performance Criteria**

	U17	U18	U19	U20	U21	U22	U23	23+
Women	7:22	7:15	7:08	7:02	6:59	6:56	6:51	6:49
LWT W	N/A	N/A	7:28	7:22	7:19	7:16	7:11	7:09
Men	6:21	6:16	6:13	6:09	6:06	6:03	5:58	5:56
LWT M	N/A	N/A	6:33	6:27	6:22	6:19	6:14	6:12

**Para<sup>6</sup> On-Water and Erg Performance Criteria**

	PR1 W1X	PR1 M1X	PR2 W1X	PR2 M1X	PR3 W1X	PR3 M1X
On-Water	12:20	11:03	11:10	9:55		
On-Erg	11:40	10:08	9:32	8:34	8:36	7:18

**Notes:**

*Athletes identified and selected by the BC NextGen Performance Centre’s Operating Committee outside of the listed performance criteria can be provided CanDev status for 12 months. In that time the athlete must meet at least one performance criteria.*

*Athletes who are unable to meet performance criteria in the previous 12 months due to health reasons can petition the BC NextGen Performance Centre Operations Committee for an intake exemption if the athlete met performance criteria in the past 24 months.*

<sup>5</sup> Time trial results can be used if regatta scheduling prevents a fair comparison to the winner.

<sup>6</sup> Para athletes must be classified by an RCA approved National Classification Panel.



## **BC NextGen Performance Centre**

*Athlete Development Pathway: NextGen*

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### **NEXTGEN ATHLETE PROFILE**

#### **Provincial Development Athlete Profile:**

The athlete enters the Train-to-Compete stage of the LTAD and must commit to high performance sport and the Athlete Development Pathway, developing an ethical approach to sport that respects their opponents. The athlete will focus on specialized skill refinement while gaining significant aerobic and strength improvements, with the introduction of highly technical strength and conditioning. Attention to mental preparation is important at this stage.

#### Training and Competition Guidelines:

- 9 – 14 hours of training each week.  
*40% of training should be in a competitive environment while 60% of training should not be in a competitive environment. 60 - 65% of training should be rowing while 35 - 40% of training should be other than rowing.*
- 10 – 20 competition events within the competition stage of the YTP;
- 2 – 3 training peaks within the YTP; and
- 2 – 4 NextGen Performance Camps or equivalent activities.

#### **Canadian Development Athlete Profile:**

The athlete is in the Train-to-Compete stage of the LTAD and must commit to evidenced based training built on specialized coaching in a specialized training environment. While focusing on specialized skill refinement, this stage will test tactics under competitive conditions. The evidenced based training should be built off monitoring and performance results and aim to identify strengths and weaknesses. CanDev athletes should engage in advanced mental preparation and strengthen their ethical approach to sport.

#### Training and Competition Guidelines:

- 14 – 20 hours per week;  
*60% of training should be in a competitive environment while 40% of training should not be in a competitive environment. 85% of training should be rowing while 15% of training should be other than rowing.*
- 8 - 20 competition events within the competition stage of the YTP;
- 2 – 3 training peaks within the YTP; and
- 6 - 10 NextGen Performance Camps or equivalent activities.



## **BC NextGen Performance Centre**

*Athlete Development Pathway: NextGen*

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### **ATHLETE CENTRE ASSESSMENT FEE**

The BC NextGen Performance Centre will be primarily funded through National and Provincial funding, made available by RCA and Rowing BC. A NextGen Athlete Assessment Fee will be charged to NextGen Athletes upon becoming a member of the centre. The fee will help offset a small portion of the associated costs to operate the centre.

Athlete assessment fees will be posted by December 14, 2020.

## **BC NextGen Performance Centre**

*Athlete Development Pathway: NextGen*

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### **HIGH QUALITY COMPETITION OPPORTUNITIES**

The BC NextGen Performance Centre is committed to providing NextGen Athletes with a highly competitive training environment, as well as access to external high quality competition (HQC) opportunities. Centralized Members of the centre will have the opportunity to compete externally prior to the formal team selection events in May and July in appropriately identified competitions which could include:

- Head of the Charles Regatta, Boston MA, USA
- San Diego Crew Classic, San Diego CA, USA
- Windemere Cup, Seattle WA, USA
- US Rowing Duel Opportunities, Location TBD
- US Collegiate Duel Opportunities, Location TBD

This is a list of possible post-selection competition opportunities:

- Can-Am-Mex Regatta (U17/U19)
- Junior World Rowing Championships (U19)
- Canada Summer Games (U21)
- Trans-Tasman Rowing Regatta (U21) or another equitable international U21 HQC
- U23 World Championships (U23)
- World Cup Regatta(s) (Open)
- Senior World Championships (Open)
- Paralympic Summer Games (Open)
- Olympic Summer Games (Open)



## **BC NextGen Performance Centre**

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### **NEXT STEPS**

Athletes interested in becoming a member of the BC NextGen Performance Centre are required to apply. The application period will run from November 24 until December 9, 2020. Applications must be received by 11:59:59 PM PT. The link to the application will be on Rowing BC's website starting November 24, 2020 and will be emailed to athletes who have already been identified.

Athletes who currently participate in the RCA HUB system should communicate with their HUB coach regarding their application.

NextGen Performance Coaches will communicate with athletes about their application starting on December 14, 2020.

If you have any questions, please contact Rob Richards at [rob.richards@rowingbc.ca](mailto:rob.richards@rowingbc.ca).