



## **Rowing BC Junior (U19) Development Pathway 2023**

The Rowing Canada NextGen program has asked each Provincial Rowing Association to create an individual process to identify and nominate additional athletes to the RCA Junior squad. The identification process for Rowing BC athletes is outlined below in the Rowing BC Junior Development Pathway. The Junior Development Pathway is for U19 athletes who are interested in being selected for the RCA Junior Team in the Summer 2023.

### **RCA Nomination Criteria**

Athletes will be invited to the Rowing Canada Junior Squad list based on one or more of the following criteria (taken directly from the RCA Junior Selection Process):

1. Performance at the 2022 National Rowing Championships.
  - Junior athletes who achieve any of the following performances will receive automatic invitation to the squad:
    - Top 2 ranked Junior athletes in the Open Men's 1x and Open Women's 1x OR Top ranked Junior athletes (ie., the top ranked Junior crew) in the Open Men's 2- and Open Women's 2-
    - All Junior athletes with a percentage behind winning time of 6% or less in the time trial OR All Junior\* athletes in the A or B Finals with a percentage behind the A final winning time of 6% or less
2. Performance within RCA's National Testing and Monitoring program.
  - Junior athletes who achieve one of the following ergometer targets will receive automatic invitation to the squad.

These scores are based on RCA's age-appropriate erg targets.

#### Junior Women

2000m Target 7:15.0

6000m Target 23:18.0

#### Junior Men

2000m Target 6:16.5

6000m Target 20:06.5

Note: All athletes must complete and submit a 2000m ergometer test between April 22- 30, 2023. This includes athletes invited prior to this submission date.

3. Athletes earn an invitation through the Rowing BC Identification process detailed below

## **Rowing BC Identification Process**

Junior athletes interested in being identified for Rowing BC initiatives, including nomination from Rowing BC to the RCA Junior Squad, should mark the following important dates on their calendars and plan to attend.

### **January 14, 2023**

Junior Regional Camp Elk Lake Boathouse, Victoria BC  
Hosted by The University of Victoria and Rowing BC

#### Who

- Invited athletes and coaches based on NRC / Ergometer performances, CSI Pacific registered athletes and athletes based on coach recommendation.

#### Purpose

- Gather like minded BC performance Junior athletes and coaches to share information about the BC Development Pathway
- Discuss the 2023 season and build high performance Jr. projects

#### Cost

- \$50 per athlete

### **January 22, 2023**

Junior Regional Camp UBC Lecky Boathouse, Richmond BC  
Hosted by The University of British Columbia and Rowing BC

#### Who

- Invited athletes and coaches based on NRC / Ergometer performances, CSI Pacific registered athletes and athletes based on coach recommendation.

#### Purpose

- Gather like minded BC performance Junior athletes and coaches to share information about the BC Development Pathway
- Discuss the 2023 season and build high performance Jr. projects

#### Cost

- \$50 per athlete

### **February 4, 2023**

Beat The Beast Erg: St. George's School  
OR

### **February 5, 2023**

Kraken Erg: Brentwood College School

#### Who

- All interested athletes

#### Purpose

- Ergometer competition evaluation

**March 4-5, 2023**

Elk Lake Spring Regatta - Junior Small Boat Event Identification

Who

- All interested athletes

Purpose

- To assess the top BC Junior athletes racing in 1x and 2- events for invitation to the Rowing BC Junior March Camp.

**March 27-30, 2023**

BC Junior Spring Break Camp, Elk Lake Victoria

Who

- Invited and identified U19 athletes from the previous events in this pathway including BC Silver and Bronze level athletes. Possible opportunity for interested U17 athletes through Expression of Interest, as space allows.

Purpose

- To develop and assess Junior athletes.
- Technical development and physiological monitoring of selected athletes with Lactate step test on C2 ergometer.
- Movement screen by CSI Pacific therapist for registered athletes.
- Introduction of U17 level athletes.

Cost

- Approximately \$350 per athlete for the 4 day camp

**April 22-30, 2023**

Mandatory 2000m Ergometer Submission

Who

- All interested athletes

Purpose

- RCA requires all athletes to complete and submit a 2000m ergometer test between April 22- 30, 2023.
- More information regarding the RCA Junior Selection process [HERE](#).

**April 30, 2023**

Rowing BC All Star Row #1 (following the Brentwood Regatta)

Who

- Invited athletes

Purpose

- Creates an opportunity to showcase top BC Junior identified athletes.

### **May 12-14, 2023**

Shawnigan Lake Regatta - Junior Small Boat Identification

Who

- All interested athletes. *Athletes not present at this opportunity will not be considered for nomination to the RCA Junior Squad list.*

Purpose

- Assess top BC Junior athletes racing in 1x and 2- events for nomination to the RCA Junior Squad list
  - Rowing BC will nominate the Top 2 U19 athletes in the Mens and Womens 1x and 2- to the RCA Junior Squad list

### **May 14, 2023**

Rowing BC All Star Row #2 (following the Shawnigan Lake Regatta)

Who

- Invited athletes

Purpose

- Creates an opportunity to showcase top BC Junior identified athletes.

### **June 5-7, 2023**

RCA Junior National Team Selection Camp Welland, Ontario

Who

- Athletes invited by RCA

Purpose

- To identify athletes for the RCA U19 Teams.
- More information regarding the RCA Junior Selection process [HERE](#).

### **July 21-23, 2023**

Rowing BC Championships - Burnaby Lake

Who

- All interested athletes

Purpose

- To establish and provide the Premier Open Regatta in the BC Calendar and to crown BC Champions in selected events
- Preparation for crews attending the Royal Canadian Henley Regatta
- Establish ranking list of athletes to be supported for BC Development Carding
- Establish pre-ranking Team BC list for 2023 National Rowing Championships

**For more information, contact [Rowing BC's Director of Performance, Terry Paul](#).**