



2025 BC NextGen Performance Centre Athlete Development Pathway

Table of Contents

Introduction.....	1
Centre Goals and Objectives.....	2
Programming and Centre Membership.....	3
NextGen Athlete Monitoring and Testing.....	3
Athlete Requirements and Benefits.....	4
Provincial NextGen Performance Criteria.....	5
National NextGen Performance Criteria.....	6
NextGen Athlete Profile.....	7
BC NextGen Performance Centre Athlete Fee.....	8
High Quality Competition Opportunities.....	8
Next Steps.....	8



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			NextGen PC	NextGen Performance Centre	Canadian Henley	SR WC	5:56	6:49
	U23	University	University	U23 WC			5:58	6:51	
Mid	U21					Student Athlete	Club	CSG	6:06
Early	U19	High School	Club	CSSRA BC Games				U19 WC	6:13
	U17				CanAmMex	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.



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 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.

NextGen athletes who prioritize accelerating their development within the Athlete Development Pathway can train as regional members of 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).

For 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.



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 Regional or Seasonal Member of the BC NextGen Performance Centre.

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.

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. Seasonal Members can 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.

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. Many of these activities will occur in Performance Camps hosted at the centre 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.



ATHLETE REQUIREMENTS AND BENEFITS

To be a 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 Provincial Development 2 - PD2 (Rowing BC Bronze Team), Provincial Development 1 - PD1 (Rowing BC Silver Team), or CanDev (Rowing BC Gold Team) performance criteria;
3. Apply to be a member of the BC NextGen Performance Centre;
4. Create an IAPP with NextGen Performance Coaches;
5. 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:

6. Complete Steps 1 – 5 listed above;
7. Provide the name and contact information of the program or school primary coach;
8. Submit an (individual or program) yearly training plan (YTP); and
9. Participate in and report on all athlete IAPP monitoring and testing activities.



PROVINCIAL NEXTGEN PERFORMANCE CRITERIA

A Provincial NextGen Athlete¹ is a BC-based U17, U19, U21, U23 or non-NTC Senior athlete who has met at least one of the Provincial Development 1 (PD1) or Provincial Development 2 (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

National Rowing Championships (% off winner²) – most recent NRC Regatta

PD1 Criteria: U19 = 8% U21 = 7% U23 = 6% Sr = 4%

PD2 Criteria: U19 = 9% U21 = 8% U23 = 7% Sr = 5%

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
Men	PD1	6:29	6:25	6:20	6:15	6:10	6:06	6:03	6:00
	PD2	6:35	6:30	6:26	6:22	6:19	6:15	6:09	6:04

Para³ 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.

¹ Provincial development athletes are eligible for PD1 and PD2 support for up to 5 years and must demonstrate annual progress.

² Time trial results can be used if regatta scheduling prevents a fair comparison to the winner.

³ Para athletes must be classified by an RCA approved National Classification Panel.



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 (Rowing BC Gold Team) Criteria: World Cup Team, World Championship Team, Olympic or Paralympic Team

International Regatta Performance Criteria

U19 World Championships – most recent championships

CanDev Criteria: Top 6 Finish

U23 World Championships – most recent championships

CanDev Criteria: Top 6 Finish

Domestic Regatta Performance Criteria

National Rowing Championships (% off winner^A) – most recent NRC Regatta

CanDev Criteria: U19 = 6% U21 = 5% U23 = 4% Sr = 3%

2km Erg Test Performance Criteria

	U17	U18	U19	U20	U21	U22	U23	23+
Women	7:42	7:35	7:28	7:22	7:19	7:06	7:01	6:59
Men	6:31	6:26	6:23	6:19	6:16	6:13	6:08	6:06

Para⁵ 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.

⁴ Time trial results can be used if regatta scheduling prevents a fair comparison to the winner.

⁵ Para athletes must be classified by an RCA approved National Classification Panel.



NEXTGEN ATHLETE PROFILE

Provincial Development (PD1 & PD2) Athlete Profile (Rowing BC Silver & Bronze Team):

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 (Rowing BC Gold Team):

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.



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.

BC Gold	\$200.00/month
BC Silver	\$200.00/month
BC Bronze	\$200.00/month
Boat Storage	\$150.00/month

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. Members of the centre may 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
- Windermere Cup, Seattle WA, USA
- RCA Distance Series

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)
- Canada Cup (U21)
- U23 World Championships (U23)
- World Cup Regatta(s) (Open)
- Senior World Championships (Open)
- Paralympic Summer Games (Open)
- Olympic Summer Games (Open)

NEXT STEPS

Athletes interested in becoming a member of the BC NextGen Performance Centre are required to contact Rowing BC's Director of Performance, Terry Paul at terry.paul@rowingbc.ca.