



## Canadian Sport Institute Pacific and Rowing BC

### Athlete and Coach Eligibility Criteria For Rowing BC, 2025

**Criteria Approved: 11/19/2024**

CSI Pacific Representative	Nicole Jenicek	<i>Nicole Jenicek</i>	11/19/2024
	Name	Signature	Date (MM/DD/YYYY)
Rowing BC Representative	Terry Paul	<i>Terry Paul</i>	11/18/2024
	Name	Signature	Date (MM/DD/YYYY)

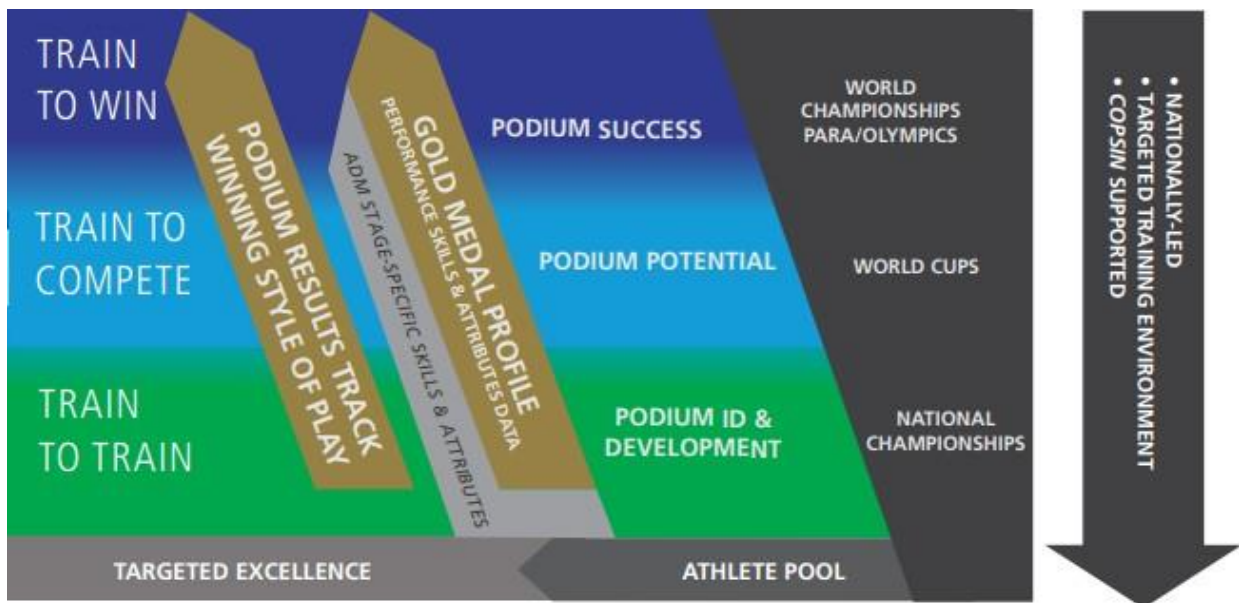
## **PURPOSE**

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Rowing BC, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

**Figure 1 – Podium Pathway (LTAD 3.0)**



<sup>1</sup> In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

## **DETAILS**

Through the above partnership, and with the above purpose in mind, Rowing BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute and PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. Please see Appendix 1 for an outline of Rowing BC targeted athlete benefits, programs, and services as delivered through Rowing BC.

Targeted athletes are nominated by Rowing BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Terry Paul, [terry.paul@rowingbc.ca](mailto:terry.paul@rowingbc.ca). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Rowing BC high performance program benchmarks to remain targeted. Terry Paul and the Canadian Sport Institute technical lead working with Rowing BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / Pacific Sport / Rowing BC runs from the 1<sup>st</sup> of January annually. Athletes are selected based on performances from the previous 12 months and the targeted list is confirmed by December 1, 2024. Athletes who meet criteria throughout the annual application and review will be added to the Rowing BC targeted athlete list.

Once the athlete has been nominated by meeting the requirements listed within the document, he or she will be notified by Rowing BC and will be provided with information on how to register with his or her local Canadian Sport Institute campus or Pacific Sport regional Centre.

Athletes and coaches must register with their local center by **February 1, 2025** in order to receive athlete or coach support.

## **CORE CRITERIA**

1. For Rowing BC to submit nominations, athletes must be in good standing (at the discretion of the PSO/DSO) with Rowing BC as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes selected should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list
3. All athletes selected must have completed True Sport Clean 101 program before they can be registered with CSI and Rowing BC. See link <https://cces.ca/course-outline>
4. All athletes applying must complete Safe Sport online training module at <https://thelocker.coach.ca/>
5. Athletes who fail to meet targeting criteria due to injury, long term illness, pregnancy may remain on Rowing BC's nomination list at the discretion of Rowing BC when:
  - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred.
  - b. There is an expectation that the athlete would return following their injury or absence.
  - c. The maximum length of time that an athlete can hold an injury or absence status is for 24 months.
6. All nominated athletes are to be seeking selection into one of the following teams.
  - a. RCA National Team Program
    - i. Rowing Canada Senior Team
    - ii. Rowing Canada U23 Team
    - iii. Rowing Canada Junior Team
    - iv. Rowing Canada Can Am Mex Team
    - v. Rowing Canada FISU Team
    - vi. Rowing Canada Coastal Beach Sprint Team
  - b. BC Provincial Teams
    - i. 2025 National Rowing Championships
    - ii. 2025 BC Canada Cup Team
7. Selected athletes will make themselves available for any activities as set out below by Rowing BC.
  - a. 2024 National Rowing Championships and represent Rowing BC
  - b. Development Camps
  - c. Testing
  - d. Promotional Events
8. Athletes must complete and submit the minimum Ergometer Testing requirements as set out in [RCA's athlete monitoring documents](#).
9. Athletes who are eligible for Provincial Development are typically supported for a maximum duration of 5 years (combined Provincial Development Level 1 - PD1 and Level 2 - PD2).

10. Para athletes must at minimum have been classified by a National Classification Panel approved by Rowing Canada Aviron. Athletes requiring information regarding classification should contact Rowing BC Director of Performance, Terry Paul (terry.paul@rowingbc.ca).
11. Lightweight athletes (U23 and Senior athletes) are required to demonstrate the ability to achieve the FISA weight requirements.
12. Out of province athletes training in BC are able to apply if they meet the following criteria:
  - a. Be a resident of British Columbia for more than 3 months
  - b. Meet the Canada Development minimum standards
  - c. Are targeted by RCA as a Next Gen Athlete
13. International athletes need to be eligible to represent Canada.

## **LEVEL-SPECIFIC CRITERIA**

Please note both the Canadian Sport Institute criteria and the Rowing BC sport-specific criteria:

### **Podium / Canadian Elite (Sport Canada AAP Carded) ~ Rowing BC Elite Team**

#### ***Canadian Sport Institute Criteria:***

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO.
- These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

*\*Note, it is the responsibility of Rowing BC, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

### **Canadian Development - National Next Gen ~ Rowing BC Gold Team**

#### ***Canadian Sport Institute Criteria:***

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and are verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway. **OR;**
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile), and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
  - Athletes who have been identified as a "RCA Next Gen Targeted Athlete" defined as the expectation to be selected to the senior national team in eligible events **within 12 months**, and verified by the NSO

#### ***Rowing BC Sport Specific Criteria:***

- Athletes who have achieved a top 6 placing at either the U23 or Junior World Championships in past 12 months
- OR;**

- Athletes who have achieved the following on water performances at the 2024 RCA National Rowing Championships.

Percentage (%) off winner

	<b>Junior athlete</b>	<b>U21 Athletes</b>	<b>U23 Athletes</b>	<b>Senior Athletes</b>
<b>% off winner</b>	<b>6%</b>	<b>5%</b>	<b>4%</b>	<b>3%</b>

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

**AND;**

Athletes who achieved the following age appropriate 2K erg scores during 2024.

	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>23</b>
<b>Men</b>	<b>6:21</b>	<b>6:16</b>	<b>6:13</b>	<b>6:09</b>	<b>6:06</b>	<b>6:03</b>	<b>5:58</b>
<b>LWT Men</b>	<b>N/A</b>	<b>N/A</b>	<b>6:33</b>	<b>6:27</b>	<b>6:22</b>	<b>6:19</b>	<b>6:14</b>
<b>Women</b>	<b>7:22</b>	<b>7:15</b>	<b>7:08</b>	<b>7:02</b>	<b>6:59</b>	<b>6:56</b>	<b>6:51</b>
<b>LWT Women</b>	<b>N/A</b>	<b>N/A</b>	<b>7:28</b>	<b>7:22</b>	<b>7:19</b>	<b>7:16</b>	<b>7:11</b>

**Rowing BC Sport Specific Criteria Para:**

Athletes who have achieved the following 2km erg scores in 2024

<b>PR1 Men</b>	<b>PR1 Women</b>	<b>PR2 Men</b>	<b>PR2 Women</b>	<b>PR3 Men</b>	<b>PR3 Women</b>
<b>9:52</b>	<b>11:20</b>	<b>8:24</b>	<b>9:18</b>	<b>7:10</b>	<b>8:24</b>

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<b>Provincial Development Level 1 (PD1) - Provincial Next Gen ~ Rowing BC Silver Team</b>
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**Canadian Sport Institute Criteria:**

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
    - o Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

**OR;**

  - o Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 12 months,
- OR;**
- o Won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 24 months. National Rowing Championships.

*\*Note, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2 - PD1 and PD2).*

**Rowing BC Sport Specific Criteria:**

- Athletes who have achieved the following on water performances at the 2024 RCA National Rowing Championships.

Percentage (%) off winner

	<b>Junior Athletes</b>	<b>U21 Athletes</b>	<b>U23 Athletes</b>	<b>Senior Athletes</b>
<b>% off winner</b>	<b>8%</b>	<b>7%</b>	<b>6%</b>	<b>4%</b>

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

**OR;**



- Athletes who have achieved the following age appropriate 2km erg scores during 2024.

<b>Age</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>23+</b>
<b>Men</b>	<b>6:26</b>	<b>6:21</b>	<b>6:16</b>	<b>6:13</b>	<b>6:09</b>	<b>6:06</b>	<b>6:01</b>
<b>LWT Men</b>	<b>N/A</b>	<b>N/A</b>	<b>6:39</b>	<b>6:33</b>	<b>6:27</b>	<b>6:22</b>	<b>6:17</b>
<b>Women</b>	<b>7:29</b>	<b>7:22</b>	<b>7:15</b>	<b>7:08</b>	<b>7:02</b>	<b>6:59</b>	<b>6:54</b>
<b>LWT Women</b>	<b>N/A</b>	<b>N/A</b>	<b>7:35</b>	<b>7:28</b>	<b>7:22</b>	<b>7:19</b>	<b>7:14</b>

***Rowing BC Sport Specific Criteria Para:***

Athletes who have achieved the following 2km erg scores during 2024.

<b>PR1 Men</b>	<b>PR1 Women</b>	<b>PR2 Men</b>	<b>PR2 Women</b>	<b>PR3 Men</b>	<b>PR3 Women</b>
<b>9:52</b>	<b>11:50</b>	<b>8:54</b>	<b>9:48</b>	<b>7:30</b>	<b>8:44</b>

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<b>Provincial Development Level 2 (PD2) - Provincial Next Gen ~ Rowing BC Bronze Team</b>
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**Canadian Sport Institute Criteria:**

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 (PD1) according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:
  - o Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

**AND**

  - o Competed in the National Rowing Championships in the previous 12 months.

**OR;**

  - o Won a medal in an eligible event at the BC Provincial Rowing Championships in the previous 12 months.( U17 and U19 Mens and Womens 1x and 2-)

**Rowing BC Sport Specific Criteria:**

- Have been selected to an RCA development team in the last 12 months (RCA Can Am Mex team).
- Have been selected to a Team BC development team in the last 12 months (BC Canada Cup Team).
- Athletes that have been included in the Rowing BC performance camp series.

**OR,**

- Athletes who have achieved the following on water performances at the 2024 RCA National Rowing Championships.

Percentage (%) off winner

	<b>Junior Athletes</b>	<b>U21 Athletes</b>	<b>U23 Athletes</b>	<b>Senior Athletes</b>
<b>% off winner</b>	<b>11%</b>	<b>9%</b>	<b>7%</b>	<b>5%</b>

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling, time Trial results will be used to develop the % of Winner placing.

**OR;**

- Athletes who have achieved the following age appropriate 2km erg scores during 2024.

	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>U23+</b>
<b>Men</b>	<b>6:34</b>	<b>6:30</b>	<b>6:25</b>	<b>6:21</b>	<b>6:16</b>	<b>6:13</b>	<b>6:06</b>
<b>LWT Men</b>	<b>N/A</b>	<b>N/A</b>	<b>6:40</b>	<b>6:37</b>	<b>6:35</b>	<b>6:30</b>	<b>6:25</b>
<b>Women</b>	<b>7:40</b>	<b>7:30</b>	<b>7:26</b>	<b>7:22</b>	<b>7:18</b>	<b>7:08</b>	<b>7:02</b>
<b>LWT Women</b>	<b>N/A</b>	<b>N/A</b>	<b>wq2</b>	<b>7:35</b>	<b>7:28</b>	<b>7:25</b>	<b>7:22</b>

***Rowing BC Sport Specific Criteria Para:***

Athletes who have achieved the following 2km erg scores during 2024.

<b>PR1 Men</b>	<b>PR1 Women</b>	<b>PR2 Men</b>	<b>PR2 Women</b>	<b>PR3 Men</b>	<b>PR3 Women</b>
<b>10:52</b>	<b>12:20</b>	<b>9:04</b>	<b>10:18</b>	<b>7:50</b>	<b>9:04</b>

## **Coach Nomination – Next Gen Coach**

### ***Canadian Sport Institute Criteria:***

Coaches are nominated by having his or her name included in the targeted athlete list when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches to meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

### ***Rowing BC Sport Specific Criteria: (Optional)***

- Hold a minimum Performance Coach Status (or Level 3).

**Or;**

- Working towards completion of RCA Performance Coach Certification.

**And**

- Able to submit athlete performance plans when requested.