



## *NextGen Bulletin – April 2019*

The following information pertains to all athletes seeking selection to the following teams:

- U23 World Rowing Championships
- Pan Am Games
- U21 Trans Tasman Cup Team
- Junior World Rowing Championships
- CanAmMex Junior Team

Note: athletes and coaches should refer to selection guidelines posted on the RCA website for specifics on selection process. <https://rowingcanada.org/resources/>

Below is a table important information that athletes should review in detail. Each item will have a link that will take you to a more detailed section of this document.

Item		Due Date   Other info
Letter of intent	<a href="#">U23, Junior, U21, CanAmMex</a>	May 1 <sup>st</sup> , 2019
Data Base Updates	<a href="#">Athlete Profile Updates including Clothing, Travel, Bio</a>	<b>ASAP.</b> Can be updated if there are changes
Medical Form and ECG	<a href="#">Click here for Info sheet</a>	Prior to arrival in Victoria, BC. Or Prior to Speed orders / Junior Selection Camp
NextGen Summer Coaching Roles	<a href="#">Link to coaching table</a>	
Assessment Fees	<a href="#">U23, PAG, U21 Fee table</a>	RCA is working to reduce all assessment fees through budgeting and crowd funding opportunities. Athletes will be notified of opportunities available and changes to assessments.
	<a href="#">Junior Fee Table</a>	
Coxswains	<a href="#">Pre-Selection Submission info</a>	May 31st, 2019
Speed Orders Registration	<a href="https://www.regattacentral.com/regatta/?job_id=6468">https://www.regattacentral.com/regatta/?job_id=6468</a>	
U21 Update	<a href="#">Link to update</a>	
Junior Selection Update	<a href="#">Link to update</a>	
Passports	All athletes must have a CANADIAN passport that is valid through to February 2020	

*Further communications, specific to each event, will be circulated to targeted groups through the letter of intent process.*

**Letter of Intent: how to complete**

- Log into the RCA athlete tracker - <https://rca-athlete-tracker.sportingdna.com>
- From the “Sporting” tab select “letter of intent”
- Select “edit” and ensure YES is selected for the appropriate programs
- Select “submit”

**Athlete Profile updates – Due ASAP (can complete ongoing updates)**

*Clothing – clothing will be ordered prior to selection, completing this info now allows RCA to compile a better guess when ordering*

- Log into the RCA athlete tracker - <https://rca-athlete-tracker.sportingdna.com>
- From the “Personal” tab select “Clothing”
- Select EDIT from the bottom of the page – This will update clothing to the 2019 options
- Fill in and update info as needed.

A summary of the clothing package for NextGen programs can be found in the RCA athlete tracker on the “Notice Board”. From the “Sporting” tab select “Notice Board” and the appropriate file.

**Travel Profile –**

- Log into the RCA athlete tracker - <https://rca-athlete-tracker.sportingdna.com>
- From the “Personal” tab select “Travel Profile”
- If you have an existing profile, select “edit” and update
- If you don’t have a profile on file, select “new profile” and add data

**BIO -**

- Log into the RCA athlete tracker - <https://rca-athlete-tracker.sportingdna.com>
- From the “Personal” tab select “BIO”
- If you have an existing BIO, select “edit” and update
- If you don’t have a BIO on file, select “New Bio” and add info



## **RCA Medical Screen**

The RCA medical screen has been designed to ensure athletes can safely participate in High Performance training and competition within the sport of rowing. This information is required by RCA and must be completed prior to competing for Canada.

***All athletes engaged in RCA programs, including Camps and Competition, must complete the Medical Screen.***

NOTE: ECG's are required for all athletes who will represent Canada in competition. ECG's are to be completed once every 3 years until an athlete reaches 22, then every 5 years after\*\*

The Following outlines the steps required to complete the components of the medical screen.

Step 1: Print out a copy of RCA's Medical Screen Form.

Step 2: Make an appointment with your Physician to have the Medical screen completed.

*\*Providing a copy of RCA's Medical Screen when making your appointment will ensure an appropriate amount of time is scheduled for your appointment.*

Step 3: Medical Screen completed by Physician. (Dr. Appointment).

Step 4: Mail completed copy of RCA Medical Screen to designated RCA staff member. Listed below

Step 6: Complete the following forms in RCA's Athlete Monitoring Data base (<http://rca-athlete-tracker.sportingdna.com>). These can be found under the "Personal" tab once logged in.

- **Next of Kin** – this is your emergency contact info
- **Medical** – please claim all supplements and allergies.

Completed Medical Screens should be mailed to the RCA Office C/O the following RCA designate.

Rowing Canada Aviron  
C/O "Dr. Mike Wilkinson"  
321-4371 Interurban Rd  
Victoria BC  
V9E 2C5

\*\* Athletes can check to see if their ECG is current or expired by checking the RCA athlete tracked data base, using the following instructions.

- Log into the athlete tracker data base
- From the "personal" drop down select "Summary"
- Select "view" from the Actions column (if this option doesn't exist an ECG is required)
- In the new "View" window review if an ECG is completed and when it expires.
- ECG's must not expire prior to the competition date



**Rowing Canada Aviron Annual Medical Screen**

Athlete Name:			
Date of Birth :	DD/MM/YYYY	Health Card Info:	Card # :
Previous Medical or Surgical History:			
Current Injuries and treatment:	** should you require extra room, please use back of page **		

The above named athlete consents to share results of medical screen with RCA Medical Team

Signature of athlete: \_\_\_\_\_ Date: DD/MM/YY Province \_\_\_\_\_ Name of Parent: \_\_\_\_\_ Signature of Parent: \_\_\_\_\_ IF ATHLETE IS UNDER THE LEGAL AGE OF CONCENT

**Medications (name and dose)** \_\_\_\_\_ **The following section is to be completed by the Athletes Physician.**

General Exam			
Height (CM)		Neuro	
Weight (KG)		Chest	
		Abdo	
		Skin	

Cardiac Auscultation		M/SK (Including L - Spine)	
Rate		Rhythm	

Murmur		12 Lead Rest Electrocardiogram (ECG) (mandatory dated post 2015)	
Systolic	Y	N	Comment
Diastolic	Y	N	Abnormalities
Systolic Click	Y	N	TO BE COMPLETED EVERY 3 YEARS UNTIL 22 THEN EVERY 5 YEARS AFTER

Blood pressure:		Comment:	
-----------------	--	----------	--

Pulses		FISA Cardiac screening questionnaire completed and reviewed by Physician	
Radial	Y	N	Y
Femoral	Y	N	N

**Marian Stigmata (circle any that apply)**  
 Kyphoscoliosis / High Arched palate / Pectus excetus excavatum / arachnoidactyly / Arm span > Height / Hyperlaxity / Myopia / Aortic Insufficiency

By signing below the Physician certifies that the athlete named above is fit to participate in an Intense training camp and competition with Rowing Canada Aviron. This athlete has no known Cardiac abnormalities or contraindications to the sport of rowing.

Physician Name:			
Phone:		Fax:	
Date:		Signature:	

**Office Stamp**

## 2019 NextGen Coaching Roles

Team	Coach		Summer Role
*U23 World Rowing Championships	Gavin McKay	Aviron Quebec	Womens Sculling
	Greg Szybka	RCA – Brock HUB	Womens Sweep
	Dane Lawson	RCA – Western HUB	Men – TBD
	Pat Newman	Victoria City Rowing Club	Men - TBD
*Pan Am Games	Carol Love	RCA – Trent Peterborough HUB	Women
	#2 – TBD		Men
	#3 – TBD		TBD
Junior worlds Rowing Championships	Laryssa Biesenthal	Brentwood College School	TBD
	Pat Cody	Rowing Nova Scotia	TBD
	Scott Swinkels	RCA – UVIC HUB	TBD
Can Am Mex	Samantha Heron	RCA – UVIC HUB	TBD
	Stacey Mitchell	Salt Spring Island Rowing Club	TBD
	Simon Bouchard-Robert	Sherbrooke Rowing Club	TBD
	Michael Braithwaite	Brentwood College School	TBD
U21 Trans Tasman Cup	Rami Maassarani	Queens University	Women
	Katie Bruggeling	Queens University	Women
	Maksym Kepsyy	RCA – UBC HUB	Men
	#2 TBD		Men
	Rob Richards	Rowing BC	Men Support – Non travelling

\* Program oversight:

Dave Thompson - Women

Terry Paul - Men



2019 U23, Pan AM Games, and U21 NATIONAL TEAM ASSESSMENT FEES:

The following table outlines the assessment fees established for the 2019 U23 and U21 national team programs.

Program or event	Dates	Assessment Fee	Included in assessment fee					
			Transport to event or camp	Accommodation	Transport on site	Meals	Equipment	Coaching
Speed Orders	June 14 - 16	N/A	X	X	X	X	X	X
NextGen Selection Camp	June 17 - 22	N/A	N/A	X	X	X	✓	✓
U23 Training Camp	June 24 - July 17	N/A	N/A	X	X	X	✓	✓
PAG training camp	June 24 – August 1	N/A	N/A	X	X	X	✓	✓
U21 Trans Tasman Training camp (men)	July 3 – August 15	<b>TBD</b>	X	? Possible billet	X	? Possible billet	✓	✓
U21 Trans Tasman Training camp (Women)	July 3 – August 15	<b>TBD</b>	X	? Possible billet	X	? Possible billet	✓	✓
U23 World Rowing Championships	July 18 - 28	\$2750	✓	✓	✓	✓	✓	✓
Pan Am Games – Event	August 1 – 12	\$2750	✓	✓	✓	✓	✓	✓
U21 Tran Tasman Cup (EVENT)	August 15 - 25	\$5000	✓	✓	✓	✓	✓	✓

Coaches: all events listed above will be run and overseen by coaches assigned to work with the 2019 NextGen National Team programs. Beyond the Speed orders event Club coaches are not required to attend in support of athletes.

RCA is working to reduce all assessment fees, athletes will be updated of any changes.



**2019 JUNIOR NATIONAL TEAM ASSESSMENT FEES:**

The following table outlines the assessment fees established for the 2019 Junior national team programs.

Program or event	Dates	Assessment Fee	Included in assessment fee					
			Transport to event or camp	Accommodation	Transport on site	Meals	Equipment	Coaching
Selection Camp CAM* and Junior Worlds	June 28 -July 2	\$250	X	✓	✓	✓	✓	✓
CAM* Pre departure camp	July 2 – 6	\$250	N/A	✓	✓	✓	✓	✓
CAM – Sarasota Florida	July 6 - 14	\$3000	✓	✓	✓	✓	✓	✓
Junior Worlds Pre departure camp	July 2 - 28	\$750	N/A	✓	✓	✓	✓	✓
Junior Worlds – Tokyo	July 28 – August 12	\$5000	✓	✓	✓	✓	✓	✓

Location for selection and pre departure camps will be on Vancouver Island, BC. Transport should be planned into Victoria International Airport, YYJ. Specific details will be sent directly to invited athletes.

Coaches: all events listed above will be run and overseen by coaches assigned to work with the 2019 Junior National Team programs. Club coaches are not required to attend in support of athletes.

\* It is possible that some athletes will be invited to the CanAmMex Team but not be required to attend the CAM selection and pre departure camp. In this scenario athletes will only be assessed for the CAM Event.

RCA is working to reduce all assessment fees, athletes will be updated of any changes.



### NextGen Coxswain Selection / Application 2019:

U23 Worlds – Junior Worlds – U21 Regatta – CAM regatta

Overview: Coxswain selection is by definition a subjective undertaking. Ultimately, the selected coxswain should be able to make the boat go faster over an extended period of time leading up to a competition. Assessment of coxswain readiness should be based upon evaluation of compiled submissions and reviewed by the applicable Program Lead or Lead Coach.

Eligible NextGen Coxswains interested in representing Canada at one of the following 2019 National Team competitions are required to submit an application:

- World Rowing Under 23 Championships – Sarasota Florida, July 24 - 28, 2019
- World Rowing Junior Championships – Tokyo Japan, August 7-11, 2019
- Trans Tasman U21 Regatta – Karapiro, New Zealand, August 23-24, 2019
- CanAmMex regatta – Sarasota Florida, July 7-14 2019

Application requirements:

Assessment	Evaluation process	Submission Requirement
Athlete and Coach assessment of the Coxswains ability	Athlete / Coach feedback in oral and/or paper format regarding but not limited to: <ul style="list-style-type: none"> <li>• Boat feel</li> <li>• Ability to execute practice and race plans.</li> <li>• Ability to make right call in practice/race situation</li> <li>• Steering.</li> </ul>	1. Electronic copy of race plan and corresponding Audio file (3-5 minutes)  Or  2. Electronic copy of training sessions and corresponding audio file (3 minutes)
Compatibility with other athletes in selected crew, and coaches.	Ability to translate coach's vision to boat. (ie. technical calls should reflect the coach's focus).	3. Coach letter of support.
Past race experience and results	Past race & practice experience and results	4. Coxswain CV
Weight	Ability to meet posted weight guidelines	Ongoing

Application deadline:

17:00 Pacific Time, May 31, 2019.

Athletes to send all Submission Requirements to Chuck McDiarmid at [cmcdiarmid@rowingcanada.org](mailto:cmcdiarmid@rowingcanada.org)

Coxswains must be in attendance at appropriate selection events.

U23 / U21 - Speed Orders - National Selection Regatta Location: Victoria, BC Dates: June 14-16 <sup>th</sup> , 2019	Junior / CAM – Invitation to Junior Selection Events Location: BC Dates: June 28- July 2, 2019 <i>Invitations to be sent to targeted Coxswains by June 10<sup>th</sup>, 2019</i>
---	---





## **2019 U21 program update**

### ***Women:***

The U21 Women's team will be hosted by Queens University/Kingston Rowing Club.

At the conclusion of the selection camp process, athletes will meet with the lead coach to confirm logistical and other arrangements. Athletes invited out of selection should arrive in Kingston for a July 3rd start date. Because of the short turn around, the local hosts are looking to secure a pool of accommodation options in advance for athletes to access. In Kingston, the community is looking to provide athletes with room and board at no cost.

Athletes should ensure they have extended medical through their parents or school's medical insurance plan to cover any therapy related expenses.

Athletes can commute easily with bicycles and should bring their own or connect with resources they have in the community.

There will be a fee of about \$250 which includes a short-term membership with KRC to access rowing equipment and a Queens access fee for S&C/Land Training.

Athletes should be prepared to cover travel and entry fees for local regattas.

### ***Men:***

The U21 Men's Team will be hosted by Burnaby Lake RC/Rowing BC.

At the conclusion of the selection camp process, athletes will meet with the lead coach to confirm logistical and other arrangements. Athletes invited out of selection camp should arrive in Burnaby for a July 3rd start date. Because of the short turn around, the local hosts are looking to secure a pool of accommodation options in advance for athletes to access. In Burnaby, there may be some cost to contribute to this cost.

Ground transportation plans are still being reviewed.

Athletes should ensure they have extended medical through their parents or school's medical insurance plan to cover any therapy related expenses.

Athletes should be prepared to cover travel and entry fees for local regattas.



**Junior Selection Information:** As stated in Rowing Canada's 2019 Junior Selection Guidelines, all athletes interested in selection to a 2019 Junior program are required\* to race at one of the 4 water qualification events.

These events are listed below

**Ontario** - Hosted by St. Catharines Rowing Club

Date: **May 11<sup>th</sup>, 2019** - **NOTE DATE CHANGE (\*\*)**

Location: St. Catharines Ontario

Registration: An event page will be available on Regatta Central Shortly.

Events: U19 Mens and Womens 1x and 2-

Format: Time trials with top 18 boats progressing to A, B, and C finals

*Additional info: Time Trials will be held early in the AM with Finals in the evening.*

**Eastern** - Hosted By Aviron Quebec AQA

Date: May 12<sup>th</sup>, 2019

Location: Montreal Basin

Registration: Athletes should contact Karol Sauve at [karolsauve@avironquebec.ca](mailto:karolsauve@avironquebec.ca) to register for this event.

Events: U19 Mens and Womens 1x and 2-

Format: Time trials progressing to finals

**BC** - Hosted by Rowing BC

Date: May 18<sup>th</sup>, 2019

Location: Quamichan Lake BC

Registration: [https://www.regattacentral.com/regatta/?job\\_id=6337&org\\_id=0](https://www.regattacentral.com/regatta/?job_id=6337&org_id=0)

Events: U19 Mens and Womens 1x and 2-

Format: Time trials progressing to finals

**Prairies** - Hosted by Regina Rowing Club

Date: June 8<sup>th</sup>, 2019

Location: Regina Saskatchewan

Registration: Regatta Central – Regina Sprints

Events: U19 Mens and Womens 1x and 2-

Format: Posted Regatta format

\*\* Due to logistical challenges of having this event linked to the Mothers day Regatta, the organisers have requested to run a separate event on Saturday May 11<sup>th</sup>, 2019. Rowing Canada Aviron supports this change. All athletes seeking selection must attend the May 11<sup>th</sup> event, as the Mothers day regatta will no longer be used for assessment

\* Athletes unable to attend a Water Qualification event should refer to the "Special Circumstances" section of the above listed document

Updates to the Junior selection guidelines can be found at the following link.

[https://rowingcanada.org/uploads/2018/12/2019-Selection-Guidelines-NextGen-CAM\\_JR-v3.pdf](https://rowingcanada.org/uploads/2018/12/2019-Selection-Guidelines-NextGen-CAM_JR-v3.pdf)