



Rowing New Brunswick Aviron Selection Criteria 2025 Canada Cup





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1 Overview

Rowing New Brunswick Aviron Inc (RNBA) will select a team to represent New Brunswick at the 2025 Canada Cup to be held in London, Ontario from August 11 to August 17, 2025.

This document is a combination of information provided by the Regatta Organizing Committee (ROC) and Rowing New Brunswick Aviron (RNBA). Any modifications provided by the ROC or RNBA will be reflected in a revised version of this document.

2 Canada Cup Objective

The Canada Cup Regatta aims to show-case Canadian rowing in a sprint format that creates athlete participation through an exciting race program and athlete interaction and encourages spectator and sponsor engagement. Entries for the Canada Cup Regatta are structured to promote inclusion of athletes from all regions.

3 Team Composition

Each Provincial Rowing Association team shall be a maximum of 8 Men and 8 Women, plus 1 coxswain of any gender. For both male athletes there will be a maximum of 4 scullers and 4 sweep rowers.

Canada Cup athletes shall be under 21 years. A rower or coxswain may compete as an Under 21 competitor if they were born in 2005 or later.

A New Brunswick team will be selected by RNBA using the criteria stated in this document. The achievement of set standards will determine the size of the team, which may or may not be a full team of 8 males and 8 females. A coxswain will be selected only if the team size dictates and this individual demonstrates the required skills (Appendix 5).

The team can also include up to 2 Coaches and a Manager/Boat Driver



4 Right of Entry

Eligibility to participate in the Canada Cup are defined by Rowing Canada as follows.

4.1 Registration Requirements – RCA and PRA

As per the Canadian Amateur Rowing Association's (CARA) Constitution and RCA's Registration Policy, an athlete entering the Canada Cup Regatta is required to be registered with Rowing Canada Aviron and their Provincial Rowing Association, Rowing New Brunswick Aviron, through an RCA Member Club prior to an entry being made for the athlete.

If the RCA Member Club provided by the athlete does not correspond with the RCA database at the time entries are cross-checked, the athlete's Club and PRA (RNBA) in the database will be used in making the regatta draw and any subsequent race results. If no club or PRA affiliation is found in the database, the entry will not be drawn.

4.2 Age Limit

Canada Cup athletes shall be under 21 years. A rower or coxswain may compete as an Under 21 competitor if they were born in 2005 or later.

4.3 Abuse-Free Sport Complaint Processes

All Athletes and Coaches are subject to the Abuse-Free Sport complaint processes and will be required to complete a consent form prior to arriving onsite at the Canada Cup Regatta.

5 Team NB - Competing

Athletes shall race in their respective PRA colors. A team unisuit will be provided to each athlete participating in Canada Cup. The cost will be included as part of registration fee.

Neutral or Club painted oars are acceptable by agreement of the Chief Umpire, however oars must be uniform in color within a crew.

It will be athletes responsibility to get to London, Ontario and return home following the competition.



6 Events

These are the 2025 Canada Cup events and distances for each.

Gender	Event	Race Distance (meters)	Maximum entries per province
Male	Single (1x)	2000	2
Male	Pair (2-)	2000	2
Female	Single (1x)	2000	2
Female	Pair (2-)	2000	2
Male	Double (2x)	1000	2
Male	Four (4-)	1000	1
Female	Double (2x)	1000	2
Female	Four (4-)	1000	1
Mixed (50% Female/50% Male)	Quad (4x)	500	1
Mixed (50% Female/50% Male)	Eight (8-)	500	1

7 Competition Schedule

- Monday, 11 August
Teams arrive in London, ON, Canada and check-in
- Tuesday, 12 August – Wednesday, 13 August
Camp training days and cultural events
- Thursday 14 August
Day 1: 1x, 2- (Heats and Finals over 2,000m) – p.m. racing
- Friday 15 August
Day 2: 2x, 4- (Heats and Finals over 1,000m) – a.m. and p.m. racing
- Saturday 16 August
Day 3: Mixed 4x and Mixed 8+ (Knock-out series over 500m) – a.m. racing
Awards, Points Trophy and Social
- Sunday 17 August
Teams depart



8 Accommodations & Transportation

The athletes, coaches and team managers will be accommodated at Ontario Hall on the Western University Campus. Breakfasts and dinners will be provided at the residence. Lunches will be boxed for transportation to the training venue. Accommodations will be equipped with kitchenettes.



Regatta Organizing Committee is determining transportation requirements between residence and venue.

9 Fees

All athletes that are selected for the Canada Cup will have to pay approximately \$1,250 to Rowing New Brunswick Aviron. This will cover a team unsuit, boat transportation to London, athlete accommodations, meals, local transport (to be determined) and coach boat usage during training.

All Athletes selected will pay fees to RNBA, who will in turn make a single payment to the Regatta Organizing Committee. If there is any change in fees it will be communicated at time of team selection.



10 Selection Criteria and Process

For athletes interested in being considered for selection to Team NB for the 2025 Canada Cup several steps must be undertaken.

- Athletes sign a *letter of intent* and the *Athlete's Conduct and Obligations Policy*.
- Athletes complete a 2000-meter ergometer test.
- Athletes participate in a 2000-meter time trial in either a 1x, 2- or both.

Once the athletes have completed the requirements, the VP Athlete Development (RNBA) will select the final team to compete at the 2025 Canada Cup.

After being selected to the team athletes will make their payment to Rowing New Brunswick Aviron by 30 July 2025.

10.1 Letter of Intent & Athlete's Conduct and Obligations Policy

Eligible athletes that are interested in consideration for the Canada Cup provincial team must submit a *Letter of Intent* and sign the *Athlete's Conduct and Obligations Policy* by 20 June 2025. A *Letter of Intent* form is provided in Appendix 1. The *Athlete's Conduct and Obligations Policy* is provided in Appendix 2. Both documents can be scanned and sent to the provincial coach (coach@rowingnb.ca)

10.2 Ergometer

A 2000-meter erg test needs to be completed and submitted. The test can be done between June 21 and June 27 and must be witnessed by a club coach.

The following standards are adapted from Rowing Canada's 2025 Junior Selection Policy with the team NB standard being 12.5% below that standard.

These are the Team NB 2025 targets for a 2000m erg test.

Gender	Team NB 2025	RCA Development
Male	7:09	6:21
Female	8:17	7:22

Refer to [Appendix 3](#) for the protocol to complete the test and the information that need to be sent to the provincial coach (coach@rowingnb.ca).



10.3 Time Trial

A 2k time trial will be completed on Saturday Morning, July 5th, 2025. Time trials can be complete in either a single (1x) or pair (2-). Athletes may trial in both boats. It is the responsibility of athletes and their coach to determine crew make up of a pair. The time trial will occur at the Kennebecasis Rowing Club.

The time trial may be done sequentially or in groups of athletes, which will be determined on the morning of the trial. Regardless of the execution approach, each athlete will use a stroke coach to provide an accurate capture of the 2k time trial.

The following targets are set and are based on standards set by Rowing Canada for 2025 Junior team selection. These targets are a percentage of the Rowing Canada started.

Men	Jr M1x	Jr M2-
World Best Time	6:45.45	6:27.910
A Final Average*	7:26.34	6:47.17
U21 Team NB Target	8:22	7:38

Junior Women	Jr M1x	Jr M2-
World Best Time	7:31.5	7:15.53
A Final Average*	8:18.2	7:48.8
U21 Team NB Target	9:21	8:47

It is understood that water conditions are variable and may impact results. This will be taken into consideration but is also the reason that all athletes must trial on the same date.

10.3.1 ERA Time Results

If an athlete who completed a time trial competes in that event at the ERA Championships and gets a better result, they can use this result to replace their time trial result. If there is a heat time and a final time, the better time will be considered. For a 2- it must be the same 2 athletes that rowed together in the time trial. (Please note, the time must be for a 2000m final or heat)

Email the provincial coach (coach@rowingnb.ca) by the evening of July 14, 2025 with updated information if an athlete wants to use an improved time.

* Average is based off results of the past 5 years removing the slowest time in the final at the junior worlds.



11 Selection of the Team

All data must be submitted by midnight July 16. The provincial coach will compile the information and submit to Rowing New Brunswick Aviron. Based on the data provided and the coaches recommendations, the VP Athlete development for Rowing New Brunswick Aviron will select the team for the 2025.

Athletes will be considered based on achieving or being near to the set targets for a 2k time trial and a 2k erg. If more athletes exceed the target than there are available spots, the top 8 females and top 8 males will be chosen.

If targets are not achieved, recommendations of the provincial coach utilizing the performance data will be provided to the VP Athlete Development to select the team.

Once the team is selected, boat assignments will follow with the goal of maximizing the number of competitive boats entered for the regatta.

11.1 Special Circumstances

If significant injury or illness impacts an athlete's ability to complete the selection requirements as documented, the provincial coach and VP Athlete have flexibility to slightly modify the selection requirement.

If an athlete can not complete one of the two requirements as stated, they can email the provincial coach (coach@rowingnb.ca) detailing the reasons. The VP Athlete Development and provincial coach will determine if a realistic modification to the selection criteria can be made to accommodate this unique circumstance. The resolution will only be a rescheduling of the 2K erg test or 2K time trial. These 2 components must be completed to be considered for team selection.

These circumstances will only narrowly apply to unique and specific situations

11.2 Coxswain's Selection

If there are enough athletes meeting selection criteria to field an 8+, 1 coxswain will be named to the team. This will be based upon the following criteria:

- Results from technical skills evaluate by provincial coach (Appendix 6)
- Athlete and coach input on ability
- Past racing experience and results
- Compatibility with athletes in a selected crew
- Within 10% of the required minimum weight (Appendix 3)



11.3 Tentative Schedule

The following table outlines the key date in selection

ITEM	Due	Notes
Letter of intent & signed Athlete's Conduct and Obligations Policy	June 20	Appendix 1 & 2
2k Erg test	June 21 – June 27	Follow protocol in Appendix 3
Time Trial	Saturday morning July 5.	If weather is looking unfavorable trial to be switched to a more favorable time between Friday evening, July 4 to Sunday evening, July 6
ERA Regatta	July 12-13	Athletes can use 1x or 2- time to replace their time trial result
Team NB Announced	July 16	Notification sent out to all individuals that submitter a letter of intent.
Canada Cup	August 11- 17	



Appendix 1 - Letter of Intent

I, _____, intend to try out for the New Brunswick Rowing Team to compete at the 2025 Canada Cup from August 11-17. I have received, read, understood, and agree to abide by the Selection Procedure and.

Club Coach _____ Club _____ RCA# _____

I intend to try out for the following positions(s): check or circle **all** that are appropriate

_____ Male

_____ Female

_____ Sculling

_____ Sweep (Port)

_____ Sweep (Starboard)

_____ Coxswain

Athlete Contact Information:

Parent

Phone Number _____ Email _____

Athlete

Phone Number _____ Email _____

Athlete Signature: _____

Date _____

Parent/Guardian _____

Date _____



Appendix 2 - Athlete's Conduct and Obligations Policy

When athletes participate in events representing the province athletes are required to review and sign this policy.

All members of the 2025 Team NB are representing the Province of New Brunswick and are expected to exhibit appropriate standards of behavior, attitude, and responsibility effective from the date listed on their Letter of Intent.

Respect for Others

Rowing New Brunswick Aviron (RNBA) is committed to providing an environment in which all individuals are treated with respect thus supporting equal opportunities and prohibiting discriminatory practices. Participants will refrain from comments or behaviors, which are disrespectful, offensive, abusive, racist or sexist.

Curfew

Any curfews set at the Canada Cup will be attended to and respected.

Language

The use of offensive language will not be tolerated.

Vandalism

Athletes who willfully cause property damage will pay for all damages. If the athlete cannot or will not pay, then the parents will be held responsible. Further disciplinary action will also occur.

Theft

Any member caught stealing from teammates, other athletes, teams, or other people will be dismissed immediately.

Social Behavior

It is necessary for all members of the Team to abide by the rules of social behavior and personal presentation outlined in this document. All athletes are expected to behave as responsible individuals

Attitude

All athletes are to demonstrate a positive attitude and effort toward training and competition. This includes:

- Respect for rules, coaches, officials, and others
- Demonstrating a positive, respectful attitude toward other athletes, coaches, manager, support staff and officials.
- Working hard during training and competition



The following actions will constitute review by the Head Coach or Team Manager and/or his/her designate:

- Condescending talk by an athlete to another member of the team.
- Excessive negative talk
- Gross verbal or physical abuse of any individual by an athlete
- Behavior that causes disruption of the peace
- Actions or conduct that significantly disrupts or interferes with a competition or the preparation of an athlete for a competition on any team.

Alcohol / Cannabis

Athletes who have reached the age of majority shall not consume while in attendance at the Canada Cup. Consumption Any illegal and/or abuse will result in immediate dismissal from the Team. Such will also be the case for those that obtain alcohol or cannabis for minors.

Results-Enhancing Drugs for Sport

RNBA strongly embraces the Concept of Fair play in Sport and unequivocally opposes cheating which includes the use of drugs banned by Rowing Canada Aviron (RCA) and the Canadian Center for Ethics in Sport (CCES).

Rowing New Brunswick Aviron recognizes the Canadian Policy on Penalties for Doping in Sport and will honor suspensions of athletes or others determined to have committed doping or doping related infractions.

Should an athlete test positive at an event or be found guilty of a doping related infraction (as determined by CCES), or should any other person found to be guilty of a doping or doping related infraction at an event (as determined by CCES), they will be immediately suspended from the Team.

Appeal, arbitration, and re-instatement processes shall be those as described in the CCES Standard Operating Procedures Manual found in the Canada Anti-Doping Policy (CADP). (Appendix XI)

Members of the Team are not permitted to use illicit drugs/narcotics or performance enhancing drugs and/or methods.

Social Media

The information you post is vulnerable to context, circumstance, and interpretation and comes with the same rights and responsibilities as your off-line actions. As an athlete you not only represent yourself, but also your team, your club, RNBA, and New Brunswick. Your posts are considered a part of your conduct.



If you intend to utilize social media outlets to promote your experience as a rower and athlete, please notify your head coach and/or club manager in advance to ensure accurate and appropriate distribution of information.

If you are ever in doubt of the appropriateness of your on-line material, consider whether it upholds and positively reflects your own values, as well as this Athlete's Conduct and Obligations Policy.

Examples of inappropriate online activity include but are not limited to; Photos, videos or comments of yourself or teammates if they reflect partying, drinking, or questionable behavior, particularly in team gatherings or in rowing branded clothing.

Infractions and Penalties

If an infraction occurs, it can be reported in writing by concerned individuals within 48 hours of the occurrence, to the RNBA VP Athlete Development (vphighperformance@rowingnb.ca).

Infractions

- Use of tobacco products by minor or adults at events
- Disrespectful, offensive, abusive, racist, sexist comments or behavior
- Unsportsmanlike conduct such as aggressive arguing and fighting
- Curfew violations
- Use of alcohol or cannabis by a minor at any time
- Under the influence of cannabis or alcohol while attending official Team NB functions and events as sponsored by RNBA
- Activities or behavior which disrupt competition
- Pranks, jokes or other activities which endanger the safety of others
- Criminal activities, vandalism
- Photos, videos, or comments that are of a sexual nature, or encourage unacceptable, violent, or illegal activity.
- Online activity as part of Team NB with offensive language in comments, videos, and other posts including threats of violence or derogatory comments regarding race, gender, sexual orientation, or team affiliation.
- Demeaning comments towards other athletes or teams or event organizers.



Penalties

All infractions will be reviewed by the RNBA CGS Committee and President of RNBA. A Conduct Review Meeting will be held as soon as possible after the code of conduct infraction. Disciplinary action will be based on the severity of the offense and may include but is not limited to verbal warning, written warning, written reprimand, suspension and/or dismissal from the Team. All transportation costs home from the event will be at the cost of the athlete.

Penalties will be reported to the athlete(s) by the President of RNBA.

Athlete Signature: _____

Date _____

Parent/Guardian _____

Date _____



Appendix 3 – Concept 2 Ergometer Testing Protocols

All ergometer tests will be 2000 meters.

The correct drag factor must be set before the test.

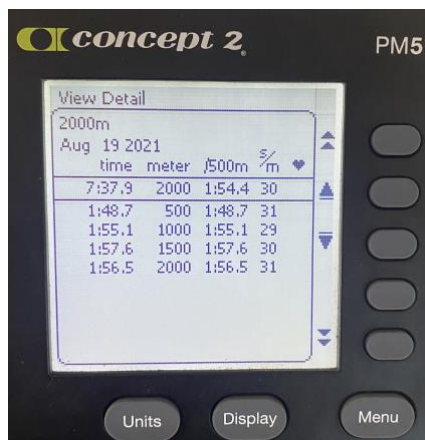
Women	110	Men	130
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Prior to starting the test, the PM3 or PM5 monitor must be set for a "Single Distance" of 2000 meters. For the PM5 use the following steps

- On the Main Menu, choose "Select Workout".
- Select "New Workout".
- Select "Single Distance".
- On the Set Distance window
 - set the "workout distance" to "2000",
 - set the "split length" to "500 m"
- Once set select the "check mark" to begin the workout.

Following the test, the athlete can recall the test information in the memory of the ergometer. The athlete is asked to take a picture of the result and send to the provincial coach (coacha@rowingnb.ca). With the picture, please indicate who the witnessing coach was.

The following picture is a sample of what data should be visible to submit.



If technical issues make the test splits unavailable, an athlete simply sends the final time, average split, rate (s/m) and witnessing coach to the provincial coach.



Appendix 4 - Coxswain Weight Classification

If a coxswain is selected weight classifications utilized are defined by the Rowing Canada Aviron (RCA) Rules of Racing. The minimum weight of a coxswain for competition is 50 kg (110 pounds).

Weigh-in Procedures during competition:

- Athletes will be weighed not less than one hour and not more than two hours before their event.
- Athletes shall be weighed in while wearing their racing clothes by at least one male and one female adult present to witness.

The health and safety of athletes is the priority for RNBA in all selection requirements. Any athlete trying out for the coxswain position must ensure that they can compete at a healthy weight. Contact a doctor or nutritionist if advice or support is required.



Appendix 5 - Coxswain Technical Skills Analysis

The following rubric has been used previously to select Coxswains for New Brunswick Canada Games teams. If a coxswain is being chosen, this rubric will be used for evaluation.

3 main points – steering, execution, technique

Goal: earn rowers trust	Goal: act as a link between the coach and the rowers	Goal: make the boat faster with the cox in it, than out
Consistently and safely gets boats out of the boathouse	Can steer to a point, stick to the point, and change when directed	Can set up turns to get best line through a course
Can do a full boat check before going on the water and make minor adjustments as needed	Can steer around objects within 3 feet of his/her blades, and he/she can steer so objects go under the riggers	Can adjust boat position to deal with head wind, tail wind, cross winds, high waves, etc.
Consistently and safely can get the crew and boat off the dock	Can reiterate the point of a drill or a practice throughout the exercise	Can make calm appropriate calls to get the boat into a stake boat start, and keep it on point during the start sequence
Consistently uses one to two-inch adjustments on the rudder	Can follow and execute a given race plan and insert one ten for a given reason	Can make calm appropriate calls to get a boat moving through a head race style running start
Stays on the correct side of the river and uses correct arch when going under bridges	Can feel an absence of leg drive and can make calls to improve it	Can bring the crew to their maximum power and rhythm output, minimizing weakness and maximizing strengths
Takes precautions to avoid collisions	Can identify and fix a sloppy catch or release	Can motivate crew to maintain maximum performance output during races, capitalize on strengths
Can turn the boat safely and quickly	Can call rowers to prepare ready for race start at the appropriate time	Can motivate crew to maintain maximum performance output during practices
Demonstrate the correct reaction to a wake	Always puts safety of people and equipment above all rowing	Can assign a drill independent of the coach to fix a technical problem
Tells the rowers clearly and concisely who	Voice control – clear, calm, powerful	Can design a race plan independent of the coach



should row and what they should do		
Use the timing device on the box to execute a practice	Able to adjust voice tone making it appropriate for the task: drills, hard work, racing, recovery, etc.	Can adapt a race plan “on the fly” to deal with the situation around them in practice or at a race
Can notice early and late rowers within the stroke cycle and corrected them	Able to use the cox box controls to best effect during practice and races	
Recognize when balance is off and makes specific handle height adjustment calls to fix it		
Can dock safely and consistently		