



2025 Canada Cup Athlete Selection Process*

Canada Cup 2025

The Canada Cup event will be for athletes born on or after January 1, 2005 and will feature provincial teams made up of 8 men and 8 women racing in singles, pairs, doubles, fours as well as mixed quads and eights. The event will be held one week following the Royal Canadian Henley Regatta in a location close to St. Catharines, Ontario and will provide a unique rowing experience in that athletes will be given the opportunity to train alongside their provincial counterparts a few days before commencement of racing.

Qualification for the Canada Cup Selection Camp

The ARA is committed to sending a strong team to represent Alberta at this event and have established erg standards to be invited to an on-water selection camp in June of 2025. The selection camp will be by invite only and will be granted to those who meet the aforementioned standards. Final selection to the team will be based via on-water performance in a 1x or 2-. In order to be invited to the on-water selection camp athletes must achieve an 2,000 erg metric as follows:

Men	6:40
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Women	7:40
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Selection Camp Details

Athletes selected to attend the camp will compete in small boat (singles and pairs) trials over 1,250m which will rank each athlete relative to their on-water boat speed. Athletes are encouraged to spend time practicing in small boats to prepare for the on-water trials. Based on the results in singles and pairs athletes will be ranked according to their on-water performance with the top eight males and top eight females being selected to the provincial team.

Coach Selection for the 2025 Canada Cup Regatta

Coach selection for the 2025 Canada Cup Regatta is intended to be an open process for qualified candidates. At minimum interested coaches will be required to have;

- Performance Coach Certification
- Demonstrated and proven record of coaching in the Learning to Compete and Training to Compete stage of the LTAD
- Complete Security Clearance Check.

Applicants who meet the minimum requirements will each be evaluated on their own merits with preference given to candidates from one or more of the designated employment equity groups; women, Aboriginals, visible minorities and people with a disability.

* Note this is our most recent athlete/coach selection document. It is very standard for how ARA works for determining provincial representation.

Regarding Umpires – they are needed to run a sanctioned regatta. It is the responsibility of the Local Organizing Comm (LOC) and also availability.