




# Canadian Sport Institute Pacific and Rowing BC Athlete and Coach Nomination Criteria

Criteria Approved February 1, 2018:

CSI Pacific Representative	
	Signature
Rowing BC Representative	Rob Richards
	Signature

## PURPOSE

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport Centre's, 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.

This template provides a standardized process to identify athletes and coaches within the Rowing BC high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / Pacific Sport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the 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 / Pacific Sport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the 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 from Podium) and future generations (9-12 years from Podium) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years from Podium) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years from Podium) of athletes and teams.

**Figure 1**

<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.

### PODIUM PATHWAY CONCEPT OVERVIEW



## 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 / Pacific Sport 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 Pacific Sport regional Centres in BC.

Canadian Sport Institute and Pacific Sport 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 Rob Richards, [rob.richards@rowingbc.ca](mailto:rob.richards@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. Rob Richards 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 targeting runs 1<sup>st</sup> of January annually and athletes are selected based on performances from the previous 12 months and targeted list confirmed by January 31. Athletes who meet criteria throughout the annual nomination cycle may be added to the Rowing BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

## ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, 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. A Canadian Sport Institute or Pacific Sport. Athletes and coaches must register with their local center in order to receive athlete or coach support.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered 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 nominated should have a designated coach who is responsible for planned programming with the coach(as)'s name and email identified on the targeted athlete list.
3. Athletes who fail to meet targeting criteria due to injury or absence, 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.

**AND;**

  - b. The athlete in question was previously nominated by Rowing BC in the previous 24 months.
4. All nominating 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. CanAmMex Team.
    - v. RCA Nextgen Program.
  - b. 2018 BC Provincial Teams
    - i. 2018 National Rowing Championships.
    - ii. 2018 Canada Cup Team.
    - iii. 2021 Canada Summer Games Team.
    - iv. 2018 BC Games.
5. Selected athletes will make themselves available for any activities as set out by the Rowing BC.
6. Athletes must complete and submit the minimum RADAR requirements as set out in RCA's athlete monitoring documents. (See Appendix 2)
7. All athletes need to have meet the minimum athlete profile standards. (See Appendix 3)

## 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)**

---

*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.

## Canadian Development

---

### *Canadian Sport Institute Criteria:*

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and 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 targeted as 'Hot prospects' defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

### *Rowing BC Sport Specific Criteria:*

- Athletes who have achieved a top 8 placing at either the U23 or Junior World Championships in past 12 months

**OR;**

- Athletes who have been identified as a HUB athlete in British Columbia.

**AND;**

- Athletes who have met the Rowing BC athlete profile for this level

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

*All Para athletes need to be classified within the past 24 months.*

- Achieve an on-water time for the distance of 1000m in the athlete's respective classification, at an RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).

On water time standard

- ASW1x - 06:10.00,
- ASM1x – 05:35.00,
- TAM1x – 05:20.00,
- TAW1x – 05:35.00.

**OR;**

- Athletes who have been identified as a HUB athlete in British Columbia

## Provincial Development Level 1

---

### *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 one of the two criteria below:

- Have competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months,

**OR;**

- Have 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.

\*Note: Athletes who are eligible for Provincial Development are typically supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

*Rowing BC Sport Specific Criteria:*

- Achieved a Top 6 finish in the 2017 National Rowing Championships (NRC) in an Open, U23 or U19 Championships event,

**OR;**

- Athletes who have been identified as a HUB athlete in British Columbia.

**AND;**

- Athletes who have met the Rowing BC athlete profile for this level.

*Rowing BC Sport Specific Criteria PARA:*

- Achieve an on-water time for the distance of 1000m in the athlete's respective classification, at an RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).

On water time standard,

- ASW1x - 06:25.00,
- ASM1x – 05:50.00,
- TAM1x – 05:35.00,
- TAW1x – 05:50.00.

- Athletes who have met the Rowing BC athlete profile for this level.

## **Provincial Development Level 2**

---

*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 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 one of the two criteria below:
  - Competed in an eligible event at the appropriate age group national championships (or equivalent level of performance standard) and/or place within the top 20% at the appropriate age group provincial championships in the previous 12 months, **OR;**
  - Competed for Team BC at Canada Summer Games or Canada Winter Games in the previous 12 months.

*Rowing BC Sport Specific Criteria:*

Have been selected to an RCA Development Project in last 12 months (CanAmMex, U21 initiatives and or FISU team in 2017).

**OR;**

- Competed for Rowing BC in the Canada Cup Regatta in past 12 months.

**OR;**

- *Athletes who have met the Rowing BC athlete profile for this level.*

*Rowing BC Sport Specific Criteria PARA:*

- Achieve an on-water time for the distance of 1000m in the athlete's respective classification, at an RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).

On Water time standards,

- ASW1x - 06:40.00,
- ASM1x – 06:05.00,
- TAM1x – 05:50.00,
- TAW1x – 06:05.00.

- Athletes who have been targeted as a Hot Prospect by Rowing BC.

## Coach Nomination

---

*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 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 level 3 NCCP Status **Or;** Performance Coach Certified Or; demonstrated progress on Performance Coach Certification.
- Able to submit athlete performance plans when asked.

## **APPENDIX 1 – Sport-Specific Benefits, Programs, and Services**

### *Rowing BC Targeted Athlete/Coach Benefits, Programs, and Services*

#### Podium / Canadian Elite (Sport Canada AAP Carded)

- [<Sport-specific athlete/coach benefits, programs, and services listed here>](#)

#### Canadian Development

- [<Sport-specific athlete/coach benefits, programs, and services listed here>](#)

#### Provincial Development Level 1

- [<Sport-specific athlete/coach benefits, programs, and services listed here>](#)

#### Provincial Development Level 2

- [<Sport-specific athlete/coach benefits, programs, and services listed here>](#)

## **APPENDIX 2- ROWING CANADA**

### Athlete monitoring

- <http://rowingcanada.org/rca-monitoring-strategy>

### RCA Hub Programing

- <http://rowingcanada.org/national-team/programs/next-gen>

### RCA Athlete Development Pathway

- <http://rowingcanada.org/sites/default/files/coach-resources/rca-adp-final-en.pdf>
- 

## **APPENDIX 3 - ROWING BC**

### Athlete Profile

-