




## Canadian Sport Institute and Canoe Kayak BC Athlete and Coach Nomination Criteria

CSI Pacific Representative	L. Jennerich'
Canoe Kayak BC Representative	
	Signature

# 2018 CKBC Performance Program and Selection Policies

*Updated: Feb 5, 2018 (Time Standards Included)*

## **GOALS**

The CKBC Performance Program will

- Produce medalists at Canadian National Championships and Canada Summer Games;
- Recognize and support athletes who have a potential to make Junior, U23 and Senior Development and National Teams, and who have shown a commitment to training to achieve this objective;
- Successfully transfer our most talented athletes from the U17 and U19 age groups to the U23 ranks, and continue this progression towards becoming Senior National Team members and then Olympic medalists; and
- Strive to deliver programs that integrate with CanoeKayak Canada, Canadian Sport Institute Pacific (CSI Pacific) and PacificSport Regional Centers.

## **PROGRAM OBJECTIVES**

- Provide sport science resources for athletes and coaches;
- Facilitate participation in appropriate Spring Training Camps;
- Support performance athletes that attend the National Team Trials and the Canadian National Championships;
- Provide and facilitate the optimum number of regattas and camps offered for all athletes at all levels of development;
- Provide support and encouragement to member clubs in developing recruitment programs and retention strategies; and
- Continue coaching development strategies;

## **ATHLETE SELECTION OBJECTIVES**

- Identify BC athletes by their level of performance;
- Compare performances of athletes in different racing ages;
- Compare performances of athletes in different disciplines;
- Compare performances of athletes in different crews;
- Be inclusive for both sexes, canoe and kayak disciplines and para-canoe representation;
- Provide project subsidies according to the athlete's level of performance (when available); and
- Provide all CKBC members with clear and transparent selection criteria that will focus on individual long-term athlete development.

## **ELIGIBILITY**

Eligibility to participate in any of CKBC's programs shall be made open to all CKBC athletes who meet and adhere to the following criteria:

- Competitive member of a CKBC affiliated Club (in good standing);
- Not currently holding an International (SR1/SR2), Senior (SR/C1), or Development (D) card;
- Athletes must race for a CKBC-affiliated Club for the current season;
- Successfully complete the CCES True Sport Clean Quiz (see below for more details); and
- Athletes receiving funding from the Performance Program are deemed to have participated in a selection process and are therefore committing to competing for the Province of British Columbia;

## **IDENTIFICATION**

Athletes may be named to the Performance Program by meeting one of the following criteria:

- National Team Selection/Identification or CKC Team Selection;
- Achieving BC Performance Standards;
- Achieving BC Performance Standards; or
- Discretion of the Technical Committee (Level 5).

### **NOTE:**

**IT IS THE RESPONSIBILITY OF THE ATHLETE TO ADVISE THE CKBC OFFICE THAT THEY HAVE ACHIEVED A PERFORMANCE STANDARD BY SENDING AN EMAIL TO [info@canoekayakbc.ca](mailto:info@canoekayakbc.ca) providing the date, location, event and time achieved. A reference (Link) to the specific competition results must also be included.**

- Athletes achieving time standards prior to the National Championships will be noted as 'pending;' however, for program funding purposes the squad nomination will be effective immediately and will include the event in which the athlete achieved the standard.

## **SELECTION CRITERIA**

### ***CSI Canadian Development:***

#### **Level 1**

- Athletes (who do not receive Sport Canada Athlete Assistance Program funding) who have competed at a 2018 Senior World Cup; OR
- Athletes who have competed at 2018 U23 World Championships

### ***CSI Provincial Development – Level 1***

#### **Level 1a**

- Athletes who have competed at U23 or Junior World Championships in the past 24 months, provided they maintain their status as a Provincial Team Athlete (see *Athlete Responsibilities and Removal Process*); OR
- Athletes who have represented Canada at an international sprint event and competed at the Canadian National Championships (provided that the international event is not at the same time as the Canadian National Championships); OR
- Arrived within the top 3 at the Canadian National Championships in a singles event
  - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 15% of all boats in the event

#### **Level 2**

- Athletes who are tracking towards Level 1a according to sport specific development pathway (LTAD) AND
- Competed at the Canadian National Championships AND
  - Arrived within the top 5 at the Canadian National Championships in a singles event
    - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 20% of all boats in the event; OR
  - Arrived within the top 5 at National Team Trials in a singles event in an “A” Final

- If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 20% of all boats in the event; OR
- Nominated to the CKC Junior Development Team.

## **CSI Provincial Development – Level 2**

### **Level 3**

- Provincial elite athletes who are tracking towards Level 2 according to sport specific development pathway (LTAD) AND
- Competed at the Canadian National Championships AND
  - Qualified for a final in a singles category at the Canadian National Championships
    - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 56% of all boats in the event). U17 athletes competing in the 6000m event are deemed to have achieved a Level 3 standard by finishing in the top 9 in the event; OR
  - Qualified for an “A” Final at National Team Trials in a singles category
    - If there are no heats, the athlete must be within the top 56% of all boats in the event; OR
  - Arrived within the top 3 in a doubles or fours category at the Canadian National Championships
    - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 20% of all boats in the event
    - In the case of women’s canoe, only U17 and U19 events will be eligible for this standard; OR
  - Achieved a Provincial Level 3 Standard listed in Appendix A at an approved event.

### **Level 4**

- Provincial athletes who are tracking towards Level 3 according to sport specific development pathway (LTAD) AND
- Competed at age appropriate Canadian National Championships AND
  - Qualified top 5 in a doubles or fours category at the Canadian National Championships
    - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 56% of all boats in the event
    - In the case of women’s canoe, only U17 and U19 events will be eligible for this standard; OR
  - Qualified for a “B” Final in Senior (with a minimum of 6 Sport Canada Carded athletes competing) or Junior singles category at National Team Trials
    - If there are only two finals, the athlete must be within the top 75% of all boats in the event; OR
  - Achieved a Level 4 Standard listed in Appendix A at an approved event.

### **Level 5**

- Provincial athletes who are tracking towards Level 4 according to sport specific development pathway (LTAD) AND
  - Competed at age appropriate Canadian National Championships in a U16, U17 or U19 category AND
  - Achieved a Level 5 Standard listed in Appendix A at an approved event;

OR

- o Nominated and approved by the Coaches Technical Committee.

**NOTE:**

- An athlete(s) nominated and approved by the Coaches Technical Committee must meet a minimum performance standard
- Athletes may only be nominated as a Level 5 athlete for one year. In subsequent years they must achieve a Level 4 status unless approved by the Coaches Technical Committee.

**NOTE: All time standards at all levels have unlimited trailing zeroes.**

**ELIGIBLE VENUES**

Each athlete will have multiple opportunities throughout the competitive season to demonstrate his/her level of performance. The following sites have been approved having hosted Nationally recognized Championships/events or International Championship events:

- National Team Trials
- Ted Houk Regatta (Seattle)
- Canada Day Regatta (Regina)
- BC Championships/National Qualifiers Regatta
- Canadian National Championships
- USACK Championships
- Canada Cup Regattas

Athletes competing at events with a valid survey certificate and not listed above, may send a letter to the Technical Committee requesting that the competition be considered.

**ATHLETE RESPONSIBILITIES AND REMOVAL PROCESS**

Athletes nominated as Performance Athletes are accountable to CKBC:

- Athletes meet the Eligibility Criteria
- Athletes must submit a signed Athlete Code of Conduct by April 1<sup>st</sup> of each year;
- Athletes under the age of 19 must also submit a Parent/Guardian's Code of Conduct prior to their first CKBC event signed by each parent/guardian;
- Athletes must complete the CCES True Sport Clean 101 Quiz and submit their certificate to the Provincial Coach (<http://cces.ca/course-outline>);
- Athletes must register and obtain a Canadian Sport Institute Pacific/PacificSport Athlete Card;
- Level 1, 1a, 2 and 3 nominated athletes must complete Canoe/Kayak Canada's functional movement screens and participate in other performance enhancing services (e.g. GA1 test, Stroke Distance Test, etc) as directed by the Provincial Coach;
- Athletes must post an updated Athlete Profile on the CKBC website by November 30<sup>th</sup> of each year;
- Training diaries must be made available upon request;
- Goals and performance tracking submissions must be completed each fall as requested;
- Participate in a year round training program with a CKBC Sprint Member Club or under the direction of the Provincial Coach; and
- Athletes are expected to participate in all CKBC events, including fall and winter testing, camps and selection events (e.g. Provincials). An athlete who is unable to participate in the CKBC event due to illness, injury or other extenuating circumstances must notify CKBC in writing, with appropriate documentation, in advance of the event in which the athlete is unable to participate

Removal decisions shall be made by the VP Performance.

An athlete who is facing removal will be officially notified, in writing, by the VP Performance about the risk of removal. This is in order to help athlete to correct the situation.

**Athlete Illness, Injury or Other Extenuating Circumstances**

An athlete who is unable to participate in a selection event due to illness, injury or other extenuating circumstances may nevertheless be considered for selection by CKBC, provided that the athlete notifies CKBC in writing, with appropriate documentation, which is satisfactory to CKBC, in advance of the event in which the athlete is unable to participate. CKBC, in its sole discretion, may approve an exemption from the selection procedure.

If an athlete selected to a team becomes ill or injured, he or she must seek immediate medical attention and report the illness or injury to CKBC. CKBC will assess the situation and make a recommendation. The assessment may involve gathering further information or conducting additional medical tests. Where it is determined by CKBC that an athlete will be replaced, the selection of the replacement will be based upon previous results in competitions and trials

**APPEALS**

Appeals must be made in writing and delivered to the CKBC Office within seven days of the posting on the CKBC website of those athletes selected to Team BC.

A panel made up of the VP Performance, the President/Flag Officer and the CKBC Athlete's Representative will hear the Appeal.

At any time during the review/appeal process, the athlete may be required to provide evidence demonstrating satisfactory achievement in each of the selection components.

**CKBC reserves the right to withhold all programming and/or funding if an athlete's training situation cannot be verified.**

**SUMMARY OF CATEGORIES**

<b>2018 CSI Levels</b>	<b>2018 CKBC Levels</b>
Canadian Development	Level 1
Provincial Development – Level 1	Level 1a
	Level 2
Provincial Development – Level 2	Level 3
	Level 4
	Level 5

# CANADIAN SPORT INSTITUTE / PACIFICSPOORT / CANOEKAYAK BC ATHLETE AND COACH NOMINATION

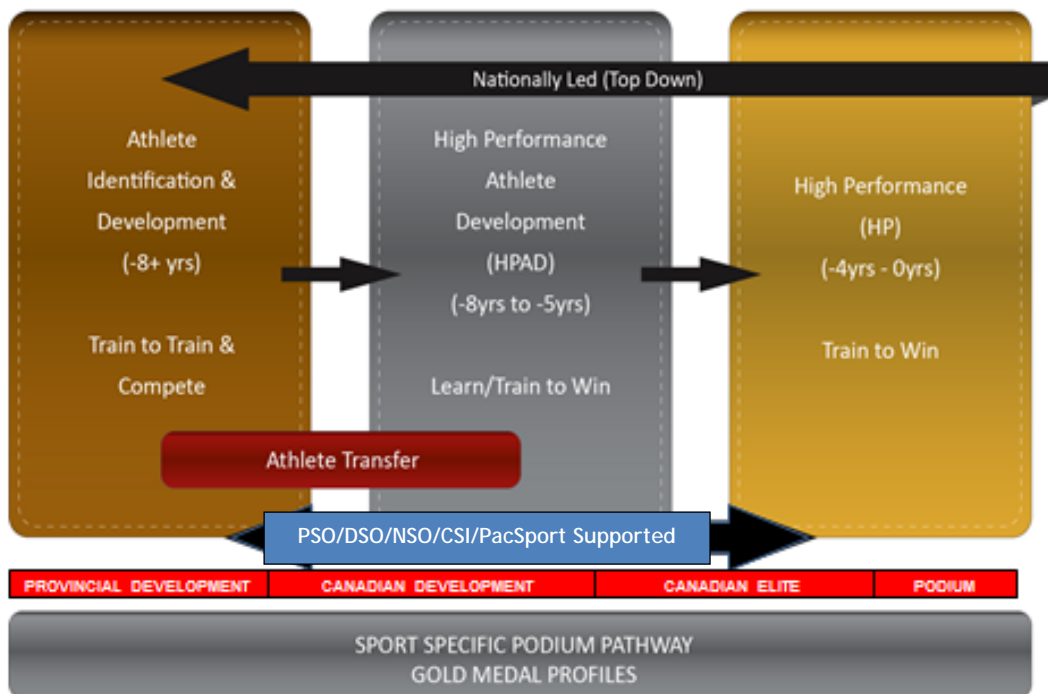
## PURPOSE

The Canadian Sport Institute, through a partnership with the Province of BC and viaSport, the network of PacificSport Centres, and CanoeKayak BC collaborates to deliver programs and services to place BC Athletes<sup>1</sup> on 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 British Columbia.

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 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) medalists. 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**

### PODIUM PATHWAY CONCEPT OVERVIEW



<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, CanoeKayak BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute/PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through the Canadian Sport Institute 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](#) eligibility, programs, and benefits.

Targeted athletes are nominated by Canoe Kayak BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Blake Dalton ([blake@canoekayakbc.ca](mailto:blake@canoekayakbc.ca)). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward CanoeKayak BC HP program benchmarks to remain targeted. Canoe Kayak BC PSO Technical Representative and the Canadian Sport Institute technical lead working with Canoe Kayak BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute/PacificSport /CanoeKayak BC targeting runs November 30<sup>th</sup> annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the Canoe Kayak BC targeted athlete list, on a case-by-case basis, by contacting the PSO Technical Representative.

## **CORE CRITERIA**

- 1) For PSO/DSO nominations, athletes must be registered and in good standing with CanoeKayak 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(es)'s name and email identified on the targeted athlete list.
- 3) Coaches discretion *may* be applied in the case of injured athletes who have previously been nominated and registered as a targeted athlete in the previous year and who were unable to compete for all or part of the competitive season.
- 4) Please refer to Canoe Kayak BC Provincial Team Selection Policy for specific details on each criteria, appeals and disputes.

## **ATHLETE/COACH REGISTRATION**

Once the athlete or coach is nominated, he or she will be notified by CanoeKayak BC and will be provided with information on how to register with his or her local Canadian Sport Institute or PacificSport Regional Centre. A Canadian Sport Institute or PacificSport Athlete Coach Services representative may contact the nominated coach to encourage athlete registration. Athletes and coaches must register with their local centre to initiate the process of receiving athlete or coach support.



# APPENDIX A - TIME STANDARDS

	U16				U17				U19				U23				>U23				
	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC	
<b>Level 3</b>																					
	Singles-1000m	04:10.5	04:49.2	04:50.2	05:38.9	04:07.9	04:43.2	04:33.9	05:41.6	03:57.5	04:39.0	04:40.8	05:45.8	03:58.8	04:16.1	04:33.6	05:17.7	03:39.4	04:04.0	04:15.6	05:05.7
	500m						02:12.4	02:43.8	01:52.9	02:08.5	02:08.8	02:42.7	01:48.8	02:03.1	02:04.2	02:37.1	01:41.2	01:53.9	01:57.8	02:20.9	
	200m	00:42.3	00:49.8	00:49.3	01:00.5	00:41.0	00:48.3	00:49.5	00:59.7	00:39.7	00:46.5	00:47.9	00:57.5	00:38.8	00:45.5	00:46.2	01:00.5	00:36.6	00:41.5	00:43.0	00:50.4
	Doubles-1000m	03:36.2	04:09.9			03:36.2	04:09.9			03:30.3	04:04.6	04:01.7	04:46.0	03:27.8	04:01.1	04:03.6	04:46.0	03:23.5	03:49.1	03:57.8	04:53.3
	500m			01:53.8	02:13.4			01:53.8	02:13.4	01:37.9	01:52.4	01:52.6	02:15.9	01:35.4	01:52.5	01:53.0	02:17.9	01:33.8	01:47.7	01:48.7	02:13.1
	200m									00:35.5	00:41.6	00:41.9	00:51.3	00:35.0	00:40.7	00:42.0	00:50.3	00:33.9	00:39.4	00:40.5	00:49.4
	1500m Run	05:00.0	06:00.0			04:50.0	05:55.0			04:45.0	05:50.0			04:40.0	05:45.0			04:35.0	05:40.0		
	Chin-ups	25	15			27	17			29*	19			N/A	N/A			N/A	N/A		
	Predicted 1RM - Pull	Mass + 10%	Mass + 5%			Mass + 15%	Mass + 10%			Mass + 20%	Mass + 15%			115 kg	80 kg			120 kg	85 kg		
	Predicted 1RM - Pres	Mass + 10%	Mass + 5%			Mass + 15%	Mass + 10%			Mass + 20%	Mass + 15%			115 kg	80 kg			120 kg	85 kg		
	Relative Strength	2.4	2			2.5	2.1			2.6	2.2			2.8	2.3			2.95	2.4		
Power (W)	600	500			700	550			800	600			900	700			1000	800			
<b>Level 4</b>																					
	Singles-1000m	04:10.5	05:01.0	04:53.2	05:56.3	04:06.8	04:33.1	04:49.0	05:43.0	04:02.3	04:44.6	04:44.8	05:45.9	03:58.3	04:34.7	04:37.4	05:39.2	03:50.2	04:21.8	04:24.7	05:12.2
	500m						02:15.7	02:43.8	01:55.9	02:13.5	02:15.7	02:45.3	01:52.9	02:07.5	02:07.5	02:44.1	01:45.3	01:57.3	01:59.2	02:22.9	
	200m	00:44.3	00:51.5	00:52.8	00:57.9	00:42.4	00:48.2	00:51.1	01:00.4	00:40.6	00:48.3	00:50.6	00:58.5	00:39.1	00:46.1	00:47.2	01:02.7	00:37.1	00:42.9	00:43.8	00:51.4
	Doubles-1000m	03:40.6	04:14.2			03:40.6	04:14.2			03:36.4	04:14.4	04:12.0	05:00.1	03:41.6	04:11.4	04:20.7	04:47.5	03:33.4	04:01.6	04:06.7	05:06.4
	500m			01:58.1	02:24.8			01:58.1	02:24.8	01:41.4	01:58.2	01:59.1	02:28.3	01:38.7	01:59.6	02:01.9	02:30.5	01:36.9	01:51.5	01:52.3	02:22.3
	200m									00:36.5	00:42.8	00:43.9	00:55.6	00:37.1	00:42.0	00:45.1	00:56.9	00:34.9	00:40.2	00:41.7	00:50.8
	1500m Run	05:05.0	06:05.0			04:55.0	06:00.0			04:50.0	05:55.0			04:45.0	05:50.0			04:40.0	05:45.0		
	Chin-ups	23	13			25	15			27	17			N/A	N/A			N/A	N/A		
	Predicted 1RM - Pull	Mass + 8%	Mass + 3%			Mass + 13%	Mass + 8%			Mass + 18%	Mass + 13%			110 kg	75 kg			115 kg	80 kg		
	Predicted 1RM - Pres	Mass + 8%	Mass + 3%			Mass + 13%	Mass + 8%			Mass + 18%	Mass + 13%			110 kg	75 kg			115 kg	80 kg		
	Relative Strength	2.3	1.9			2.4	2			2.5	2.1			2.7	2.2			2.85	2.3		
Power (W)	575	475			675	525			775	575			875	675			975	875			
<b>Level 5</b>																					
	1000m	04:19.8	05:19.2	05:06.3	06:17.8	04:17.3	05:05.2	05:07.0	06:03.0	04:11.6	04:56.9	05:00.5	06:10.5	04:02.7	04:46.9	04:52.3	05:52.8	Not Applicable			
	500m						02:25.1	02:50.3	01:59.9	02:23.4	02:22.7	02:56.1	01:49.7	02:18.0	02:19.6	02:49.2	Not Applicable				
	200m	00:45.8	00:55.1	00:55.9	01:10.7	00:44.6	00:51.0	00:54.7	02:03.6	00:41.9	00:51.0	00:55.3	01:05.3	00:40.9	00:49.0	00:52.7					01:03.6
	Doubles-1000m	03:42.9	04:29.5			03:42.9	04:29.5			03:43.1	04:27.4	04:24.3	05:16.1	03:49.6	04:32.6	04:28.4	05:22.8	Not Applicable			
	500m			02:03.6	02:26.1			02:03.6	02:26.1	01:44.2	02:04.6	02:03.4	02:47.5	01:42.4	02:07.3	02:04.3	02:45.9				
	200m									00:38.0	00:44.3	00:45.4	00:59.7	00:38.0	00:44.4	00:46.8	00:58.9	Not Applicable			
	Fours-1000m	03:33.9	04:56.9			03:33.9	04:56.9			03:27.6	04:05.6			Not Applicable							
	500m			01:56.7	02:37.7			01:56.7	02:37.7			01:57.3	2:42.1 (Bear)					Not Applicable			
	1500m Run	05:10.0	06:10.0			05:00.0	06:05.0			04:55.0	06:00.0			04:50.0	05:55.0						
	Chin-ups	21	11			23	13			25	15			N/A	N/A			Not Applicable			
	Predicted 1RM - Pull	Mass + 5%	Mass			Mass + 10%	Mass + 5%			Mass + 15%	Mass + 10%			105 kg	70 kg						
Predicted 1RM - Pres	Mass + 5%	Mass			Mass + 10%	Mass + 5%			Mass + 15%	Mass + 10%			105 kg	70 kg			Not Applicable				
Relative Strength	2.2	1.8			2.3	1.9			2.4	2			2.6	2.1							Not Applicable
Power (W)	550	450			650	500			750	550			850	650			Not Applicable				

\* For off water standards - athletes must meet 3 of the benchmarks to meet the standard

\* Athletes must meet age standard (e.g. U16 can't meet U17, U19, Junior, Senior)

