





**Canadian Sport Institute Pacific
And BC- Sliding Development Centre,
Bobsleigh and Skeleton
Athlete and Coach Nomination Criteria**

Criteria Approved July 15, 2018:

CSI Pacific Representative Candice Drouin	
BC-SDC Representative Katelyn Jopson	
	Signature

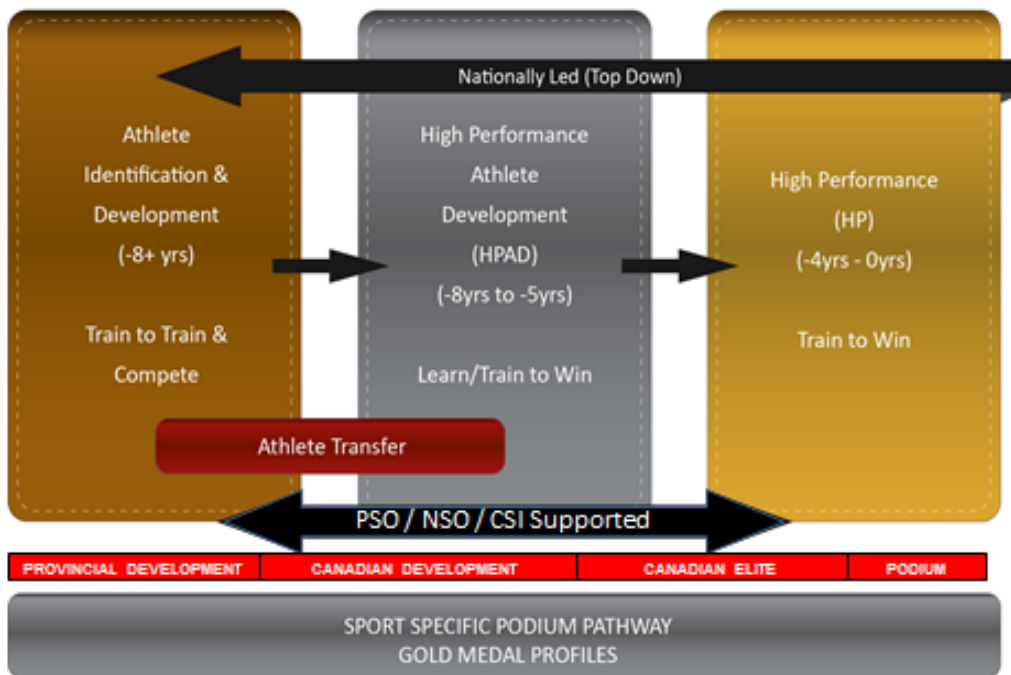
PURPOSE

The Canadian Sport Institute, through a partnership with the Province of BC and ViaSport, the network of PacificSport Centres, and BC-Sliding Development Centre (BC-SDC) collaborates to deliver programs and services to place BC Athletes¹ 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 towards 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



¹ In general a BC athlete is defined as an athlete born in, lives in or trains in BC

DETAILS

Through the above partnership, and with the above purpose in mind, BC-SDC 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 B.C.

Canadian Sport Institute & 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 generic eligibility, programs, and benefits. Please see Appendix A for an outline of BC-SDC targeted athlete benefits, programs and services as delivered through BC-SDC.

Targeted athletes are nominated by BC-SDC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Katelyn Jopson, PSO Technical Representative, kjopson@whistlersportlegacies.com. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking towards BC-SDC High Performance program benchmarks to remain targeted. BC-SDC PSO Technical Representative and the Canadian Sport Institute Athlete Development Advisor working with BC-SDC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC-SDC targeting runs to July 31st annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet Canadian Development criteria throughout the annual nomination cycle may be added to the BC-SDC targeted athlete list, on a case by case basis, by contacting the PSO Technical Representative.

GENERAL CRITERIA

- 1) For PSO nominations athletes must be registered and in good standing with BC-SDC 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 coaches' name and email identified on the targeted athlete list.
- 3) All nominees must be enrolled in BC-SDC's full time training program with the goal to progress them along the athlete pathway.
- 4) In general, a BC athlete is defined as a BC resident is a permanent resident, a landed immigrant or Canadian citizen and has trained for a minimum of three months in BC. Athletes who chose to represent other countries at international events will not be eligible for CSI Pacific/PacSport registration until further review by BC-SDC.
- 5) Coach's 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.

ATHLETE / COACH ENROLLMENT

Once the athlete or coach is nominated, he or she will be notified by BC-SDC, 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 center to initiate the process of receiving athlete or coach support.

NOMINATION CRITERIA:

Please note the Canadian Sport Institute generic, and the BC-SDC sport specific criteria

Canadian Development (Equivalent to former level 1, 1a)

Canadian Sport Institute Generic Criteria:

- Athletes who compete on the senior national team in eligible events and who do not receive Sport Canada Athlete Assistance program funding, **OR**;
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway, as identified by the NSO (including Gold Medal Profile). If the NSO does not have an approved Podium Pathway, the following criteria will be used:
 1. 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 which is verified by the NSO.

BC-SDC Specific Criteria:

- **Athletes named to the WC Bobsleigh Team according to [Bobsleigh Canada’s Selection Criteria](#) and NOT receiving AAP Sport Canada funding.**
- **Athletes must meet the minimum BCS Elite level [Physical Standards](#) as outlined in Appendix B AND;**
- **Athletes must be invited by the NSO to a [BCS prospect pathway event](#)**
OR
- **Athlete must have competed in a World Cup, World Championships in the last 12 months or in the last Winter Olympic Games held.**

Provincial Development / Level 1 (Equivalent to former level 2)

Canadian Sport Institute Generic Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, as identified by the NSO, and who are tracking towards the HP Athlete Development stage according to the NSO specific Podium Pathway and Gold Medal profile. Athletes must meet the criteria for the development team as per the criteria in Appendix B. If the NSO does not have an approved Podium Pathway, the athlete must be tracking towards Canadian Development and meet one of the two criteria below;
 1. Have competed at the U23 or Junior World Championships in an eligible event (or equivalent International Developmental Event) in the past 24 months, or;
 2. 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.

Notes: Athletes who are eligible for Provincial Development are normally supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

BC-SDC Specific Criteria:

- Athletes must have competed in NAC, ICC, Europa Cup or Junior World Championship in the last 12 months OR named to National Development Team – North American Cup (NAC) Europa Cup (EC)
And

Athletes must meet the criteria of a BC-SDC BC Team athlete as per the Appendix A

Provincial Development Level 2 (Equivalent to former level 3)

Canadian Sport Institute / PacificSport Generic Criteria:

- Athletes who are tracking towards Provincial Development (Level 1) status (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;
 1. 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;
 2. Competed for Team BC in Canada Games or Canada Winter Games in the previous 12 months. ²

BC-SDC Specific Criteria:

- Athletes must meet the criteria of a BC-SDC development athlete as per the Appendix A
OR;
- Athletes must have competed in 2 or more BC Cups, a BC Championship or a Canadian Championship, placing in the top 50% within their gender, in the last 12 months, OR;
- Athlete must have competed in an NAC, ICC within the last 12 months.

Coach Nomination:

Canadian Sport Institute / PacificSport Generic Criteria:

Coaches are nominated by having his or her name included in the Targeted Athlete List for an athlete who achieves designated criteria. The PSO may nominate up to two coaches per athlete in cases where a personal coach may have significant impact on the athlete's training program. While not required, it is highly recommended that PSO nominated coaches meet one of the following criteria;

1. Be the lead person designing and implementing an annual training program for the athlete, or,
2. Be designated as Provincial or Regional coach by the PSO, or,
3. Be designated as a National Development / Senior coach by NSO, or,
4. Be designated as athlete's coach of record based on sport specific criteria below.

BC-SDC Specific Criteria: (Optional)

- Coaches must be in good standing with BC-SDC

Appendix A: BC-SDC Physical Testing Standards

BC-SDC Bobsleigh

BC-SDC Physical Testing Standards Bobsleigh		
	Men	Women
Sprint (30m) (seconds)	<4.10 sec	<4.45 sec
Standing Long Jump	>2.48 m	>2.12 m
UHF heave	>15 m	>11 m
Power Clean (Kg)	>100 kg	>60 kg
Bench Press (kg)	>80 kg	>45 kg

BC-SDC Skeleton

BC-SDC Physical Testing Standards Skeleton		
	Men	Women
Sprint (30m) (seconds)	<4.10 sec	<4.45 sec
Standing Long Jump	>2.48 m	>2.12 m
UHF heave	>15 m	>11 m
Power Clean (Kg)	>100 kg	>60 kg
Bench Press (kg)	>80 kg	>45 kg

APPENDIX B: Physical Testing Standards Bobsleigh Canada Skeleton

Physical Testing Standards

Men	Height* (cm)	Weight* (kg)	15m (sec)	30m (sec)	SLJ (m)	UHF (m)
Elite	190-155	110-100	2.05-2.15	3.55-3.65	3.35-3.15	20.00-17.50
Development	190-155	99-75	2.16-2.40	3.66-3.90	3.14-2.43	17.49-11.50

Women	Height* (cm)	Weight* (kg)	15m (sec)	30m (sec)	SLJ (m)	UHF (m)
Elite	178-148	78-73	2.20-2.30	3.90-4.00	3.00-2.70	15.50-14.50
Development	178-148	72-63	2.31-2.50	4.01-4.20	2.69-2.30	14.49-12.50

*Height and Weight are *guidelines only*

SLJ - Standing Long Jump

UHF - Underhand Forward Throw

Medicine ball (Men: 5kg, Women: 4kg)