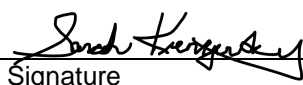



BC NETBALL

Canadian Sport Institute and **BC Netball Association** Athlete and Coach Nomination Criteria

Criteria Approved **September 25, 2018:**

CSI Pacific Representative	
	Signature
BC Netball Representative	
	Signature

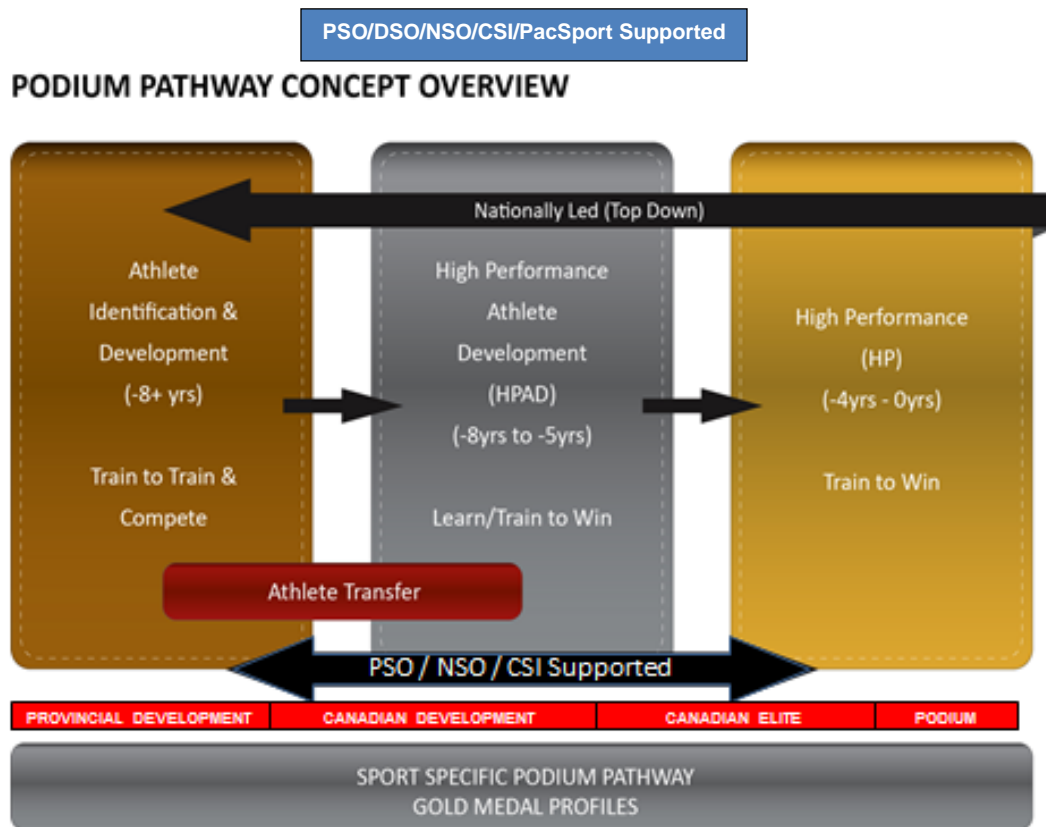
CANADIAN SPORT INSTITUTE / PACIFICSPO / BC NETBALL ATHLETE AND COACH NOMINATION

PURPOSE

The Canadian Sport Institute, through a partnership with the Province of BC and viaSport, the network of PacificSport Centres, and BC Netball 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 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



¹ 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, **BC Netball** 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. Please see Appendix 1 for an outline of **BC Netball** targeted athlete benefits, programs, and services as delivered through **BC Netball**

Targeted athletes are nominated by **BC Netball** based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to **BC Netball Technical Representative Ann Willcocks** annwillcocks@shaw.ca. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward **BC Netball** HP program benchmarks to remain targeted. **BC Netball** PSO/DSO Technical Representative and the Canadian Sport Institute technical lead working with **BC Netball** have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / **BC Netball** targeting runs **September 30th** 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 **BC Netball** targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

CORE CRITERIA

- 1) For PSO/DSO nominations, athletes must be registered and in good standing with **BC Netball** 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 due to injury or other extenuating event.
- 4) Athletes must complete application designating coach and declaration to comply with standards.
- 5) Athletes must be qualified to compete for BC and Canada under the rules and regulations of the International Netball Federation and the Canadian Commonwealth Games Association.
- 6) Athletes must meet all fitness requirements as set out by BC Netball. (Please see appendix B)
- 7) Athletes must be participating in the High Performance Netball Program of BC.(please see appendix C)
- 8) Athletes must be certified by a doctor (in writing) to be fully fit and able to participate in an athletic program at a high level.
- 9) Athletes must have parental consent if under the age of 18
- 10) Athletes must be born or developed in BC as set out by BC Netball

ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by BC Netball 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.

NOMINATION CRITERIA

Please note the Canadian Sport Institute generic and the **BC Netball** sport-specific criteria:

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

Canadian Sport Institute Core 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:
 - 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 Netball Sport Specific Criteria:

Athletes must:

- Have played for Team Canada in a minimum of one international competition in the previous 12 months
OR
- Have attended the Western Canadian National Training Camp and the Senior National Training Camp, and are part of Team Canada Athlete Pool as verified by Netball Canada

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

Canadian Sport Institute Core 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. 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:
 - 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 normally supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

BC Netball Sport Specific Criteria:

Athletes must:

- Competed for Team Canada U21 in a minimum of one international competition in the previous 12 months.
OR
- Have been selected to and participated in the U21 Western National Canadian Training Camp AND Team Canada Training Camp as verified by the NSO.
OR
- Selected to the High Performance Program for Team BC Open Athletes (please see appendix C) AND have competed for Team BC Open at the National Championships in the last 12 months

Provincial Development – Level 2 (Equivalent to former level 3)

Canadian Sport Institute / PacificSport Core 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:
 - 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 in Canada Summer Games or Canada Winter Games in the previous 12 months.²

BC Netball Sport Specific Criteria:

Athletes must:

- Is selected to the Team BC High Performance Program for U18, U21 or U23 Athletes (please see appendix B)
AND
- Have competed for Team BC in the U18, U21 or U23 Western Championships in the last 12 months

Coach Nomination

Canadian Sport Institute / PacificSport Core 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/DSO 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/DSO nominated coaches meet one of the following criteria:

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

BC Netball Sport Specific Criteria: (Optional)

- Coach must sign athlete application and be registered and in good standing with BC Netball and coaching at BC Netball registered club.
- Provide BC Netball with information related to athlete progress and or assessment as directed by BC Netball.

² Recommended that PSOs/DSOs include "Long listed athletes for upcoming competition at Canada Games" in their Sport Specific Criteria.

Appendix A – Athlete Application



Application to be included in the Pacific Sport Program

Name of Athlete:	
Contact Information:	
➤	Email address: Home phone number: Cell phone number:
➤	
➤	
Netball Club:	

Name of Coach:	
Contact information for coach:	
➤	Email address: Home phone number: Cell phone number:
➤	
➤	

Player Information:
Playing experience:

Fitness Results:

I agree to comply with the standards of fitness, behaviour and expectations as set out by BC Netball Association.	
➤	Signature of Athlete:
➤	Signature of Coach:
➤	Date signed:

BC Netball Targeted Athlete Criteria**APPENDIX B Fitness Standards****Muscular Strength Endurance Test**

Plank	All Players
Under 18	1.00 minute
Under 21	1.45 minute
seniors	2.30 minute

Lower Body Leg Power Test

Double Leg Verticle Jump	All Players
Under 18	40 cms
Under 21	45 cms
Senior	50 cms

Speed Acceleration and Agility

	Under 18	Under 21	senior
5 metre	< 1.12	< 1.10	< 1.08
10 metre	< 1.95	< 1.90	< 1.85
T - Test	< 11.5	< 10.5	< 9.5

Aerobic Capacity

Test			
Yo-Yo test	GS/GA	C/WA/WD	GK/GD
Under 18	15.1	16.1	17.1
Under 21/seniors	16.1	17.5	18.5

Also as a BC Elite Athlete you will be required to provide sufficient evidence demonstrating that you:

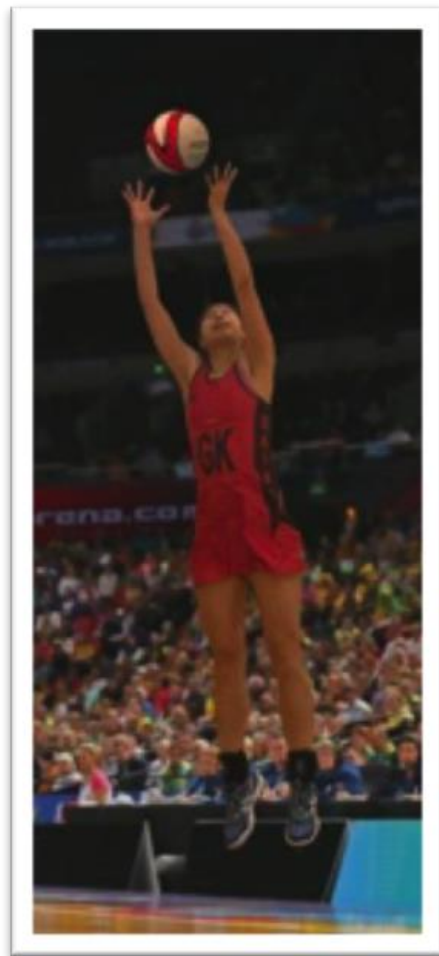
- Are a registered athlete with BC Netball High Performance Program.
- Meet all physical testing standards.
- Have been available for selection to the BC Teams competing in the national tournament for the last 2 years
- Attended 85% of Provincial Technical camps that are made available throughout the year

BC and Canada Netball High Performance Program

Appendix C



High Performance Program



General overview

The high performance program is to provide players with the best possible coaching in all aspects of their development. The individual players are required to perform the skills of the game to the best of their ability. It is about doing the simple things well. Players must have the ability to complete all the required expectations.

Knowing the athletes their potential and what they need to become a Canadian National Team member is fundamental to our player development program. Our program will be flexible for athlete movement to ensure a place for athletes in the program whether they be early or late entry into the game. A player profile will be developed for each player to help:

- Better understand the athletes
- Better understand the development needs of the athletes
- Design a player – centred approach for development
- Identify and address the gaps in high performance coaching and program

There will be three components to the program. The physical preparation which will focus on netball and position specific fitness. Technical preparation which will focus on core netball skills and position specific requirements. Tactical preparation which will focus on the tactical requirements that influence the ability to deliver technical skills under pressure and to adjust to the opposition. These components will result in the wellbeing of the athlete that embraces:

- Physical
- Mental and emotional
- Social
- Spiritual (personal beliefs)

Players will be well balanced and successful.
Athlete identification starts at U18

Events

U18	U21 and Open
Provincial Championships	Western Canadian Championships
	FISU
Winter Games	National Championships
Western Canadian Championships	American Federation of Netball Associations(AFNA) Regional Qualifying Championships (For World Cup) and Regional Championships
U21 National Team	World Youth Cup
World Youth Cup	Nations Cup
	World Championships
	Commonwealth Games

Key Performance Areas/ Skills to be achieved.**Individual Movement Skills**

- Good footwork and change of direction
- Acceleration and deceleration
- High work rate
- Balance and control without the ball
- Balance and control with the ball
- Speed, agility, endurance, elevation
- Body type, athletic ability, body control and coordination

Ball Skills

- Good basic ball handling skills under pressure
- Good pass selection options under pressure
- Selection of ball delivery finesse and touch
- Accuracy of pass
- Catching ability – two hands, one hand

Attacking skills

- Ability to make appropriate decisions
- Effective use of space
- Timing
- Vision

Defending skills

- Good one on one defence
- Defence of pass

Strategies

- Recognises and adapts to attacking/defensive strategy changes by position

Netball Knowledge

- Court craft – ability to read play
- Creativity
- Ability to combine
- Involvement in the game
- Knowledge of the rules and adjustment to umpire/position specifics
- Accuracy of shot

Character

- Consistency of performance
- Temperament, aggressiveness, competitiveness, Intensity
- Ability to concentrate
- Coachability – understanding and application of coaching direction
- Commitment and reliability
- Ability to accept responsibility of actions
- Listening skills
- Reaction skills How do they react in certain situation
- Social skills

Skills Criteria**Movement Skills**

Skills		Under 18	Under 21	Open
Take – Off	Demonstrate efficient technique from a stationary and moving start <ul style="list-style-type: none"> • Straight movement forward and backward • Diagonal movement right and left. 	X	X	X
Footwork	Demonstrate efficient running technique <ul style="list-style-type: none"> • Ability to sprint and change direction • Side step • Speed of footwork • Recovery footwork • Working a number of combinations • Turning from a sprint movement 	X	X	X
Jumping	Demonstrate effective technique <ul style="list-style-type: none"> • Able to jump of left and right foot • Able to jump from both feet simultaneously • Able to turn in the air 	X	X	X
Landing	Demonstrate safe and balanced technique <ul style="list-style-type: none"> • Able to land on right and left foot • Able to land on both feet simultaneously • Able to pivot in all directions with outside turn • Safe technique afer a sprint 	X	X	X

Ball Skills

Skills		Under 18	Under 21	Open
Catching	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Strong catch and snatch • Two hands • One hand control – both hands • 	X	X	X
	One handed control – both hands <ul style="list-style-type: none"> • Able to catch a high and low ball with one hand • Hooking the ball into catch with either right or left hand • 		X	X
Throwing	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Shoulder pass • Chest pass • Bounce pass • Lob pass • Able to use either side of the body • Two handed over head pass • Introduce fake pass 	X	X	X

	<ul style="list-style-type: none"> • Hip pass • Step around pass • Consistency on placement of pass • Timing the release of pass • Variation of timing of release of pass • Using a variety of options under pressure 			
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Shooting

Skills	Under 18	Under 21	Open
Demonstrate a correct and accurate technique <ul style="list-style-type: none"> • Stationary short / medium/ long • Step forward • Step back • Side step • Jump shot • In and out shot 	X	X	X
Variation on timing and release of shot		X	X
Screens		X	X
Rebounding	X	X	X
Working together in and out of the circle	X	X	X
Work rate and shot	X	X	X
Communication skills	X	X	X

Attacking Skills

skills	Under 18	Under 21	Open
Straight leads	X	X	X
Diagonal leads	X	X	X
Dodge	X	X	X
Double dodge	X	X	X
Change of direction	X	X	X
Front cuts	X	X	X
Holds	X	X	X
Lunges	X	X	X
Drive – Stop - Lung back		X	X
Half roll and full roll		X	X
Change of pace		X	X
Double play		X	X
Up and back <ul style="list-style-type: none"> • up and back – • straight and diagonal 		X	X
Two leads	X	X	X
Creating space <ul style="list-style-type: none"> • clearing leads • clearing leads and drives • clearing leads and reoffer 	X	X	X
Screens		X	X
Vision	X	X	X
Decision Making	X	X	X
Space Awareness	X	X	X
Communication skills	X	X	X

Defending Skills

Skills	Under 18	Under 21	Open
Defensive footwork – shadowing	X	X	X
Body control and repositioning <ul style="list-style-type: none"> recovery step 	X	X	X
One on One defending <ul style="list-style-type: none"> front position side position back position 	X	X	X
Two on one defending		X	X
Adjusting body position as ball approaches	X	X	X
Intercepting <ul style="list-style-type: none"> attack the ball 	X	X	X
Hands over the ball - adjust body position to force ball wide		X	X
Delay and deny		X	X
Sagging		X	X
Communication skills	X	X	X
Working together in and out of the circle	X	X	X
Split circle		X	X

Strategies

Skills	Under 18	Under 21	Open
Centre Pass Attack <ul style="list-style-type: none"> Simple set up positions - one on one/ two on one Greater variety on initial set up – screens Delivery of centre pass Accurate and consistent delivery of centre pass 	X	X	X
Centre Pass Defence <ul style="list-style-type: none"> One on one Two on one Working as a unit Communication skillss Wall Forcing the attack wide Keeping attackers off the edge of the circle 		X	X
Base Line Throw – In Attack <ul style="list-style-type: none"> Simple back line throw in Greater variety in start positions and movement 	X	X	X

<ul style="list-style-type: none"> Ability to read the play - space awareness/ decision making Vision 			
Base – Line Throw in Defence <ul style="list-style-type: none"> One on one Two on one Dictating space Area/zone Dictating and restricting Communication skills Working as a unit 		X	X

Key Performance Areas

Key performance areas are rated on a scale of 1-5 in relation to the selection criteria for the player's age group.

Movement

Scale/Score	Descriptors
5. - Exceptional	Outstanding physical ability to accelerate, change direction, recover, has great balance, coordination and agility
4.- Excellent	Excellent agility and change of direction and is well balanced and able to recover
3.- Good	Good physical ability and recovery
2. – Marginal	Able to change direction but does not have agility or balance to work in small areas
1. - Poor	Reacts slowly when change of direction is required

Catching

Scale/Score	Descriptors
5. - Exceptional	Outstanding catching under pressure, able to catch difficult balls in one and two hands and moves the ball quickly into passing position.
4.- Excellent	Sometimes fumbles difficult passes but is in control
3.- Good	Occasionally fumbles balls but generally is in control and maintains ball
2. – Marginal	Fumbles when pass is on extension or under pressure
1. - Poor	Regularly fumbles passes

Throwing

Scale/Score	Descriptors
5. - Exceptional	Outstanding peripheral vision and depth perception executing with accuracy over all distances. Varies timing and makes excellent decisions. Can use non-dominant hand
4.- Excellent	Accurate and an excellent decision maker, occasionally makes an error under pressure. Can use non- dominant hand for short passing options.
3.- Good	Demonstrates correct technique and accurate execution. Rarely makes fundamental errors
2. – Marginal	Sound technique with most passes but sometimes makes poor decisions
1. - Poor	Technical problems and makes poor decisions

Attacking Ability

Scale/Score	Descriptors
5. - Exceptional	Great vision and space awareness, reads play consistently well, uses full variety of attacking moves to either gain possession of the ball or create space for her team mates.
4.- Excellent	Smart reader of the play with excellent vision and space awareness, uses full variety of attacking moves to gain possession of the ball.
3.- Good	Good vision and space awareness although occasionally crowds the area, uses a variety of attacking moves
2. – Marginal	At times lacks vision and awareness, relies on basic attacking skills
1. - Poor	Limited attacking skills, lacks space awareness

Defending Ability

Scale/Score	Descriptors
5. - Exceptional	Reads play consistently well, positions for interceptions or force turn overs
4.- Excellent	Smart reader of the play, can cover multiple moves.
3.- Good	Good defensive ability, recovery and can cover multiple moves
2. – Marginal	Takes eyes off ball or allows opponent easy access to ball and cannot cover multiple moves
1. - Poor	Chases opponent, is beaten on preliminary moves

Positional

Scale/Score	Descriptors
5. - Exceptional	Able to execute all skills and strategies required for the position at an exceptional standard
4.- Excellent	Executes skills and strategies required for position
3.- Good	Executes skills and strategies for the position, lacks some strategic understanding
2. – Marginal	Good grasp of basic skills required for the position, lacks strategic understanding
1. - Poor	Basic positional skills are still being developed, lacks strategic understanding.

Team Strategies

Scale/Score	Descriptors
5. - Exceptional	Able to execute all strategies at an exceptional standard
4.- Excellent	Able to execute all strategies
3.- Good	Appears to understand strategies although at times not always executed
2. – Marginal	Lacks some strategic understanding
1. - Poor	Does not appear to understand strategies

Character/ Mental Skills

Scale/Score	Descriptors
5. - Exceptional	Outstanding work ethic, extremely coachable, and desires to improve. Plays best against the best and is always competitive.
4.- Excellent	Plays and trains at a high level of mental and physical intensity. Always remains competitive.
3.- Good	Prepares well and desires to improve.
2. – Marginal	Works hard in games but could improve at training. Can reduce level of competitiveness when confidence is low.
1. - Poor	Has natural ability but does not prepare at training which reflect in match work ethic. Not competitive.

Netball Smarts

Scale/Score	Descriptors
5. - Exceptional	Outstanding decision maker who chooses correct option with or without the ball. Has a great understanding of the game.
4.- Excellent	Excellent decision maker with or without the ball
3.- Good	Understands the game and usually chooses correct option
2. – Marginal	Occasionally makes decision errors
1. - Poor	Not a smart player

Leadership and Self Discipline

Scale/Score	Descriptors
5. - Exceptional	Leads through example at games and training. Gives positive feedback to other team members, is a good role model and stays in control
4.- Excellent	Only occasionally below exceptional standard
3.- Good	Can positively influence groups of players
2. – Marginal	Lacks in leadership and self discipline at times
1. - Poor	Lacks self discipline, does not lead, is a negative influence

Criteria for Inclusion in the High Performance Program.

Under 18

- **Must achieve a minimum score of 3 in each category**

Under 21

- **Must achieve a minimum score of 4 in each category**

Open

- **Must achieve a minimum of 4/5 in each category**

Athlete Feedback

Name:	Coach:
-------	--------

Coach Feedback

Individual Movement	
Ball skills	
Attacking	
Defending	
Position specific	
Team strategies	
Decision making	
Self evaluation	

Notes

Core Criteria.

Athlete Eligibility

A Player Shall:

1. Be a Canadian Citizen or have permanent resident status
2. Be a registered member in good standing of the British Columbia Netball Association
3. Be qualified to compete for Canada under the rules and regulations of the International Netball Federation and the Canadian Commonwealth Games Association
4. Be born or developed in British Columbia
5. Be a member of the High Performance Program in BC
6. Must be certified in writing by a doctor to be fully fit and able to participate in an athletic program
7. Be training in BC for a minimum of three months a year
8. Have parental consent if under the age of 18
9. Must be committed to training and attend 100% of practices
10. Complete all fitness tests and requirements as set out by the program.
11. Meet a standard of behaviour acceptable to the Association

Physical Fitness

Players are required to follow a physical fitness program. They are tested regularly. They are required to achieve a minimum standard of fitness to be accepted into the program. During the program they will be required to improve their results at intervals throughout their training. The tests chosen are ones that have no cost required to administer them.

The Purpose of Fitness Testing.

- To assess the physical strengths and weaknesses of the players at various stages throughout the season so that appropriate training can be incorporated
- To determine whether or not a player is ready for the physical demands of representative play in tournament situations where there is play on consecutive days
- To assess whether a player has returned to adequate fitness levels following an injury or period away from training

What to test

Tests that can be done without cost but still measure the components needed for netball are the tests that have been chosen for the high performance program. The following tests will be used:

- Aerobic capacity test -- yo-yo test
- Muscular strength endurance test -- prone bridge(plank)
- Lower body leg power test -- vertical and broad jump
- Speed, acceleration and agility -- 5m 10m sprint, T-test

Standards

Aerobic Capacity Test

Test			
Yo-Yo test	GS/GA	C/WA/WD	GK/GD
Under 18	15.1	16.1	17.1
Under 21/seniors	16.1	17.5	18.5

Muscular Strength Endurance Test

Plank	All Players
Under 18	1.00 minute
Under 21	1.45 minute
seniors	2.30 minute

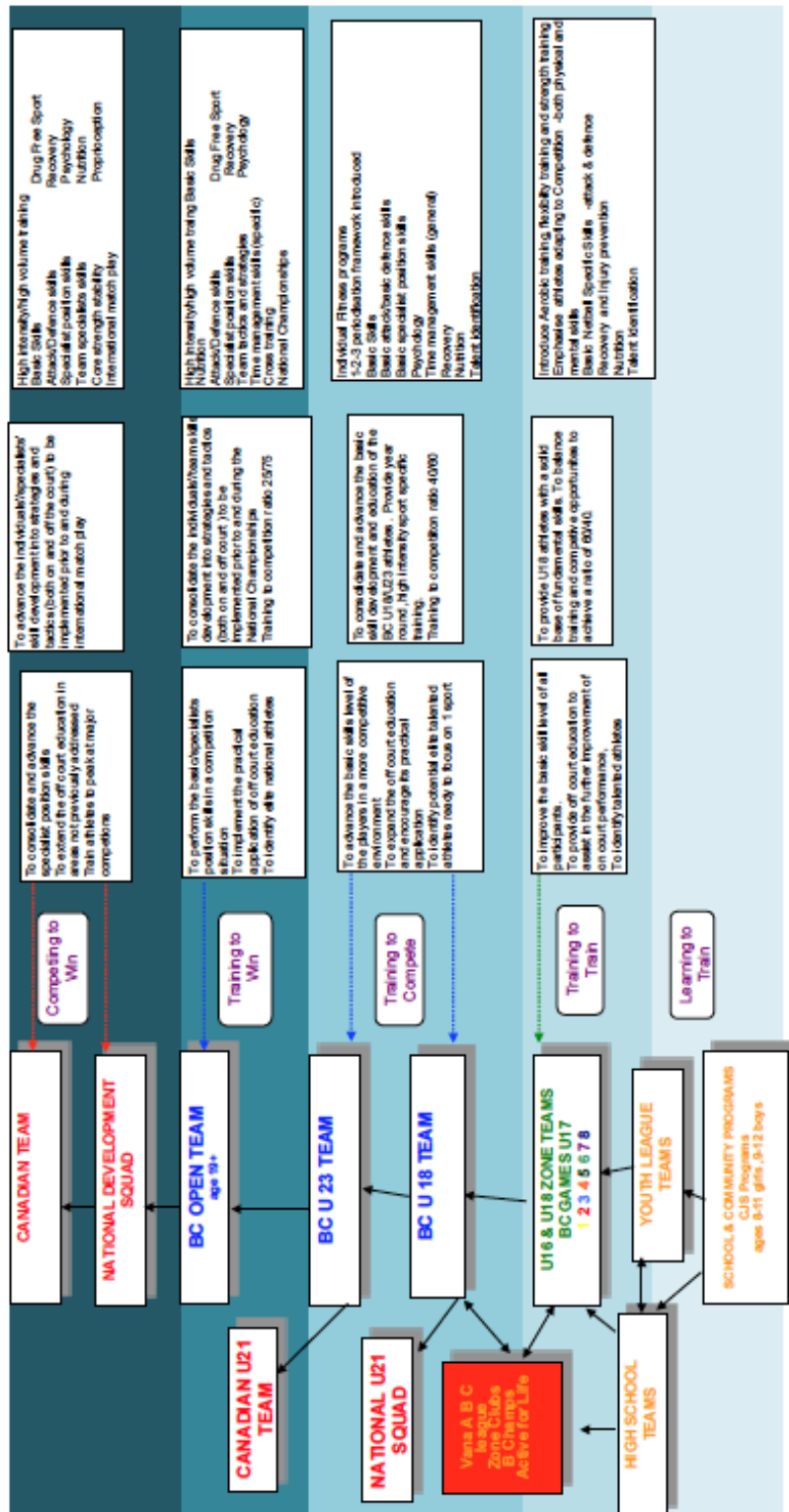
Lower Body Leg Power Test

Double Leg Verticle Jump	All Players
Under 18	40 cms
Under 21	45 cms
Senior	50 cms

Speed Acceleration and Agility

	Under 18	Under 21	senior
5 metre	< 1.12	< 1.10	< 1.08
10 metre	< 1.95	< 1.90	< 1.85
T - Test	< 11.5	< 10.5	< 9.5

Appendix C



B.C. Netball Sport System: Athlete Path

BC Athlete/ Coach/ Umpire and Competition Model

Appendix D

QuickTime™ and a
decompressor
are needed to see this picture.