



Canadian Sport Institute Pacific and British Columbia Archery Association Athlete and Coach Nomination Criteria

Criteria Approved October 26th, 2018:

CSI Pacific Representative Drew Todd Athlete Services Lead	
	Signature
PSO Representative Linda Price Athlete Development VP	
	Signature

PURPOSE

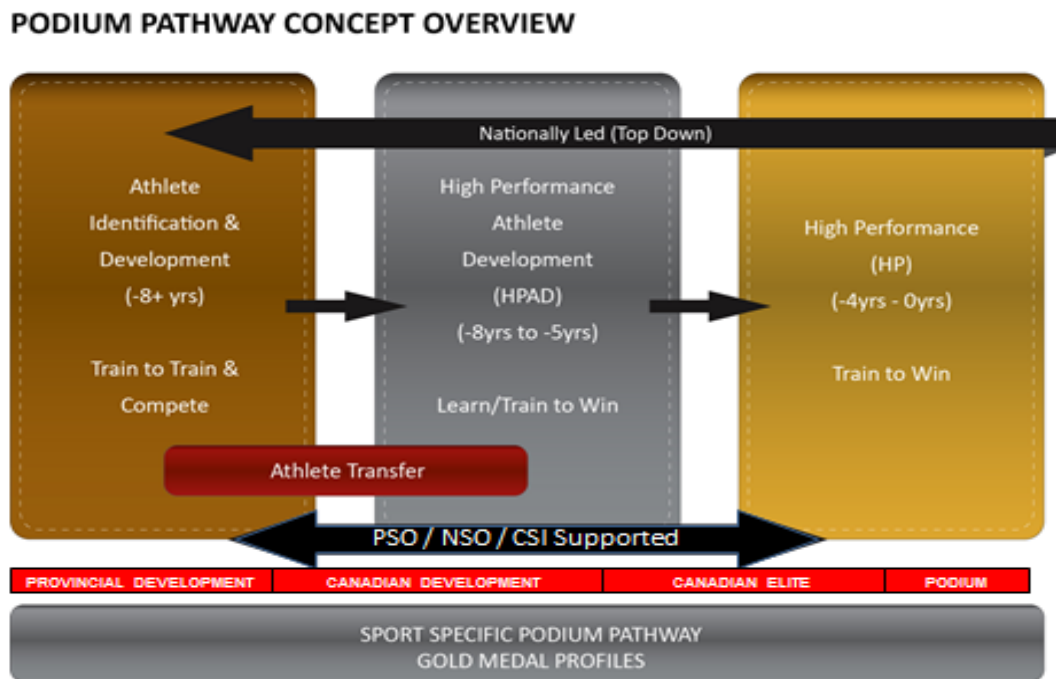
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Archery Association collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every 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 BC Archery Association 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 / PacificSport 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 / 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) 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



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 Archery Association may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport 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 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 benefits, programs, and services. Please see Appendix 1 for an outline of BC Archery Association targeted athlete benefits, programs, and services as delivered through BC Archery Association.

Targeted athletes are nominated by BC Archery Association based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to BC Archery Association Technical Representative- Linda Price, athlete-dev@bcarchery.ca As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Archery Association high performance program benchmarks to remain targeted. Linda Price and the Canadian Sport Institute technical lead working with BC Archery Association have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Archery Association targeting runs December 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 Archery Association 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 BC Archery Association and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre 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 BC Archery Association 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. Athletes who fail to meet targeting criteria due to injury or absence, may remain on BC Archery Association's nomination list at coach's discretion 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 BC Archery Association in the previous 24 months.
4. Athletes must comply with all standards outlined in the Gold Medal Profile based on the stage in which they were nominated (see Appendix 4).

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Archery Association 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**Outdoor Recurve and Compound****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.

BC Archery Association Sport-Specific Criteria:

It is expected that these athletes are crossing into the Shoot to Excel pathway of the LTAD and tracking towards, or have been selected by, Archery Canada to a Senior National Team.

- Athletes who appear on the Red or Gold AC Ranking List.
- OR**
- Senior level athletes who were selected to a National Team (**Compound** or **Recurve**) within the previous 24 months.
- OR**
- Athletes who have met performance benchmark listed below (based on age); **AND**
 - Must have participated at a tournament with an elimination round eligible for performance points within the previous 12 months.

		Recurve				
		Can Dev				
		Women		Men		
		Outdoor		Outdoor		
		Age	Avg Score -2	Avg Score -2		
			60M	70M	60M	70M
Cadet	17		594	558	604	572
Junior	18			588		596
	19			596		604
	20			596		614
	21			602		624
Senior	22			608		634
	23			612		642
	24			616		646
	25			620		650
	26			622		652
	27			626		652

		Compound		
		Can Dev		
		Women	Men	
		Outdoor	Outdoor	
		Age	Score-2	Score-2
			50M	50M
Cadet	17		647	660
Junior	18		646	663
	19		646	663
	20		646	663
	21		664	679
Senior	22		664	679
	23		664	679
	24		664	679
	25		664	679
	26		664	679
	27		664	679

Provincial Development Level 1**Outdoor Recurve and Compound****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).

BC Archery Association Sport-Specific Criteria:

It is expected that these athletes are in the Train to Compete phase of the LTAD and are tracking towards, or have been selected for, a Youth or Junior World Outdoor event.

- Athletes who were selected to a Youth or Junior World outdoor event (**Compound** or **Recurve**) within the previous 12 months.

OR

- Athletes ranked on Archery Canada website; **AND**
- Must have met performance benchmark listed below on at least three of the ranking scores (based on age); **AND**
- Must have participated at a tournament with an elimination round eligible for performance points within the previous 12 months.

		Recurve				
		Prov L1				
		Women		Men		
		Outdoor		Outdoor		
		Age	Avg Score -3		Avg Score -3	
			60M	70M	60M	70M
Cadet	15		530		572	
	16		556	514	582	544
	17		558	518	584	548
Junior	18			550		572
	19			558		576
	20			566		588
Senior	21			576		602
	22			586		616
	23			592		628
	24			598		632
	25			604		636

		Compound		
		Prov L1		
		Women		Men
		Outdoor		Outdoor
		Age	Score -3	
			50M	50M
Cadet	15		634	646
	16		634	646
	17		634	646
Junior	18		633	650
	19		633	650
	20		633	650
Senior	21		651	665
	22		651	665
	23		651	665
	24		651	665
	25		651	665

Provincial Development Level 2**Indoor/Outdoor Recurve and Compound****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.

BC Archery Association Sport-Specific Criteria:

It is expected that these athletes are in the Train to Train and Train to Compete phase of the LTAD.

- Athletes who have posted on Archery Canada or USA Archery website at least three benchmark outdoor 720 scores listed below (based on age) with at least one score obtained at an eligible event; **OR**
- Athletes who have posted on Archery Canada website at least three benchmark indoor 18m scores listed below (based on age) with at least one score obtained at an eligible event.

Eligible Events

- Archery Canada Target Nationals
- Any registered event which includes an elimination round (e.g. Canada Cup, Spring Classic)
- Any international indoor or outdoor championships following World Archery rules
- Archery Canada Regional Indoors
- MICA
- Canada Winter Games
- BC Winter Games
- BC Provincial Indoors
- BC Provincial Outdoors (not including JOP)

		Recurve										
		Prov L2										
		Women					Men					
		Indoor		Outdoor			Indoor		Outdoor			
		Age	Score -4	Score -4	Avg Score -4			Score -4	Score -4	Avg Score -4		
			18m-60cm	18m-40cm	50M	60M	70M	18m-60cm	18m-40cm	50M	60M	70M
Cub	13		485	414	482			523	469	552		
	14		490	419	488			530	482	568		
Cadet	15			460		486			502		550	
	16			478		514	464		505		556	514
	17			482		520	472		507		558	518
Junior	18			505			514		522			544
	19			510			524		525			550
	20			515			534		528			556

		Compound			
		Prov L2			
		WOMEN		MEN	
		Indoor	Outdoor	Indoor	Outdoor
	Age	Score -4	Score -4	Score -4	Score -4
		18m (40cm)	50M	18m (40cm)	50M
Cub	13	537	588	542	598
	14	537	588	542	598
Cadet	15	547	614	552	626
	16	547	614	552	626
	17	547	614	552	626
Junior	18	546	613	553	629
	19	546	613	553	629
	20	546	613	553	629

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.

BC Archery Association Sport-Specific Criteria:

- Must be certified at, or actively pursuing, NCCP Competition-Development status.

Appendix 1



British Columbia Archery Association

LTAD and the High Performance Pathway					
Coaching Development old Pathway NCCP	Group classes & Club setting Level 1 Instruction of Beginner	Groups and individual support Level 2 Instruction of Intermediate Competition Introduction	Teams and one to one Level 3 Competition Development	One to one Level 4 and Level 5 Advanced Coaching Diploma Graduate Certificate in HP Coaching	
CS4L-LTAD	<i>Learn to Train</i>	<i>Train to Train</i>	<i>Train to Compete</i>	<i>Train to Win</i>	<i>Active for Life</i>
Archery Long Term Athlete Development LTAD	Learn to Shoot 1-4 years in Archery	Train to Shoot 2-6 years in Archery	Train to Compete 4-10 years in Archery	Shoot to Excel 7+ years in Archery	Shoot for Life
	LTS	TTS	TTC	STE	SFL
Athlete Development	JOP Program (Target/3D) JOP Indoor Champs JOP Outdoor Champs Learning Technical Skills	Pacific Sport-Targeted Athlete BCWG Local Indoor Tournaments Local Outdoor Tournaments Provincial Indoor Champs Provincial Outdoor Champs 3-D Provincial Championships AC Indoor Mail Match MICA Developing Technical Skills Intro to Psychological Prep Intro to Nutritional needs Building Fitness Training Learn Equipment/Maintenance Intro to Pre-Comp planning Intro to Training Plans	Pacific Sport-Targeted Athlete CWG AC Ranking (720 rounds) AC Outdoor Mail Match Elimination Rounds Target Nationals 3D Nationals [Western Games] USA JOAD and USA Nationals BC Performance Program 3D Performance Program AC TOP Program Fine tuning Technical Skills Psychological Preparation Nutrition/recovery plan Optimize Fitness Training Maintain equipment Pre-Comp Planning Intro to IST* Development of Training Plans	Archery Canada Carding AC Ranking (720 rounds) World Ranking International Competition Olympics Worlds Fine tuning Technical Skills Psychological Maintenance Nutrition/recovery plan Optimized Fitness Training Maintain equipment Pre-Comp Routines Established IST* Detailed Training Plans	Local Tournaments 55+ Games Masters Games
Coach-Athlete Development					

* Integrated Support Team

Appendix 3 Compound PRT Integration

2018	NSO Archery Canada	Worlds	National Team											NSO Archery Canada	Worlds	National Team							
	PSO BC Archery			Can Dev	Prov L1	Prov L2	World	AC	98.4	97%	95%	92%		PSO BC Archery			Can Dev	Prov L1	Prov L2				
WOMEN													18m Round 60 arrows										
ISV- Skill Level													18m Round 60 arrows										
Age	PRT	PRT-1	PRT-2	PRT-3	PRT-4	Score	Score-1	Score-2	Score-3	Score-4	Distance	Age	Score	Score-1	Score-2	Score-3	Score-4	Distance					
						50M	50M	50M	50M	50M			18m	18m	18m	18m	18m						
Cub	13										50	13							18	Cub			
	14	93	90	87	84	79.5	639	629	620	607	588	50	14	557	553	549	544	537	18				
Cadet	15										50	15							18	Cadet			
	16	107	102	95	91	85.5	678	667	647	634	614	50	16	573	567	559	555	547	18				
Junior	17										50	17							18	Junior			
	18										50	18							18				
Senior	19	105.5	102	95	85.5	85	675	666	646	633	613	50	19	571	567	559	554	546	18	Senior			
	20										50	20							18				
	21										50	21							18				
	22										50	22							18				
	23										50	23							18				
	24										50	24							18				
	25	116.5	110.5	101.5	96.5	90	696	685	664	651	630	50	25	584	577	567	561	553	18				
26											50	26						18					
27											50	27						18					
MEN													18m Round 60 arrows										
ISV- Skill Level													18m Round 60 arrows										
Age	PRT	PRT-1	PRT-2	PRT-3	PRT-4	Score	Score-1	Score-2	Score-3	Score-4	Distance	Age	Score	Score-1	Score-2	Score-3	Score-4	Distance					
						50M	50M	50M	50M	50M			18m	18m	18m	18m	18m						
Cub	13										50	13							18	Cub			
	14	96.5	93	90.5	86.5	82	650	640	631	618	598	50	14	561	557	554	549	542	18				
Cadet	15										50	15							18	Cadet			
	16	112	108.5	99.5	95	89	688	680	660	646	626	50	16	579	575	565	559	552	18				
Junior	17										50	17							18	Junior			
	18										50	18							18				
Senior	19	110.5	110	100.5	96.5	89.5	685	684	663	650	629	50	19	577	576	566	561	553	18	Senior			
	20										50	20							18				
	21										50	21							18				
	22										50	22							18				
	23										50	23							18				
	24										50	24							18				
	25	124.5	119	107.5	101.5	94	708	700	679	665	644	50	25	592	587	574	567	558	18				
26											50	26						18					
27											50	27						18					

Appendix 4 Gold Medal Profile

Benchmark or KPI (key Performance Indicator)	NSO	TOP (Target Objective Performance)	Identification Squad	Development Squad	National Training Squad	National Team
	PSO	Provincial Development L2	Provincial Development L1	Canadian Development	Canadian Elite	
LTAD Category		Train to Shoot Train to Compete	Train to Compete	Train to Compete Shoot to Excel	Shoot to Excel	Shoot to Excel
Training Camps/Clinics		1/yr	1/yr	2/yr -1 National	2/yr National	2/yr National
Follows a Training Plan		generic	personalized	personalized	personalized	personalized
Coached DTE		12hr/month	18hr/month	24hr/month-HP coach	30hr/month -HP coach	30hr/month-HP coach
High Performance Environment		2 Provincial/yr	4 High Level/year	4 weeks/year	5 weeks/year	6 weeks/year
Arrow volumes (average)		500/wk	800/wk	1000/wk	1200/wk	1500/wk
Sport Psych services		webnar	webnar	suggest personalized	required	required
Score		Refer to chart	Refer to chart	Refer to chart	Refer to chart	Refer to chart
Physical Training		min 2 days/wk	min 3 days/wk	tailored program	tailored program	tailored program
Physical Abilities		Follows a Physical Training Plan	Self Reporting	Annual Testing	Annual Testing	Twice a year testing
Yo Yo Endurance Test				75% of Blue Standard	Blue Standard	Blue Standard
Planks			50% of Blue Standard	75% of Blue Standard	Blue Standard	Blue Standard
Side Plank			50% of Blue Standard	75% of Blue Standard	Blue Standard	Blue Standard
Hand Grip				75% of Blue Standard	Blue Standard	Blue Standard
Bench Pull			50% of Blue Standard	75% of Blue Standard	Blue Standard	Blue Standard
Signed Athlete Agreement		required	required	required	required	required
CCES Drug Free Sport-untracked		Annual	Annual	Annual	Annual	Annual