




Canadian Sport Institute Pacific And **Field Hockey BC** Athlete and Coach Nomination Criteria

Criteria Approved **December 3, 2018:**

CSI Pacific Representative	
	Signature
Field Hockey BC Representative	Melody Haddow, Athlete Program Mgr.
	Signature

PURPOSE

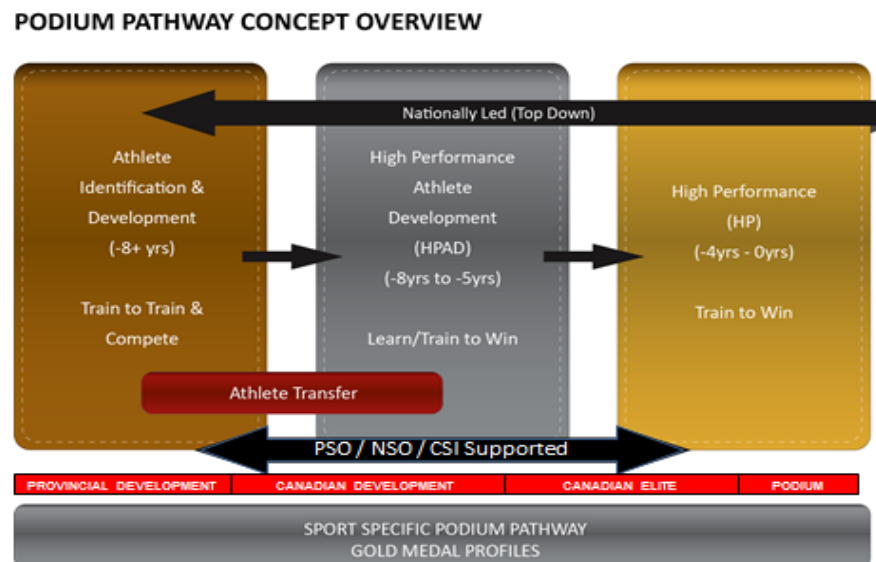
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSportcentres, and Field Hockey BC, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage 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 Field Hockey 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 / 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, **Field Hockey BC** 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 **Field Hockey BC** targeted athlete benefits, programs, and services as delivered through **Field Hockey BC**.

Targeted athletes are nominated by **Field Hockey BC** based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to **Melody Haddow**, melody@fieldhockeybc.com a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward **Field Hockey BC** high performance program benchmarks to remain targeted. Melody Haddow and the Canadian Sport Institute technical lead working with **Field Hockey BC** have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / **Field Hockey BC** targeting runs **December 1 to November 30** 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 **Field Hockey 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 **Field Hockey BC** 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 **Field Hockey 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. Athletes who fail to meet targeting criteria due to injury or absence, may remain on **Field Hockey BC**'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 **Field Hockey BC** in the previous 24 months.
4. Athletes have completed FHBC fitness testing in the past 12 months (See Appendix A).

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the **Field Hockey 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.

Field Hockey BC Sport-Specific Criteria:

- Athletes who are named to the Senior National **Men's** or **Women's** team (not receiving Sport Canada AAP Funding) and take part in at least one of national team competitions (International exhibitions, Zone qualifiers, World Championships, or Olympics) in the past 12 months

OR

- Athletes selected to Senior National Development Squad (**men** or **women**), who are identified by the NSO as being in the National Senior Team Pool for current Olympic quadrennial within the next 24 months.

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).

Field Hockey BC Sport-Specific Criteria:

- Provincial elite athletes who are tracking towards Canadian Development according to sport specific development pathway (LTFHD) and have competed on Field Hockey Canada Junior Development Teams in last 24 months.

OR

- USPORT and NCAA University athletes who train in BC for a minimum of three months and have been invited to participate in National Team Prospects /Identification Camp, as confirmed by Field Hockey Canada, or are on National Development Team long list.

OR

- Provincial elite athletes who are on the National Development Team long list and/or are invited to participate in National Team Prospects/Identification camp in the last 12 months, and named to the Field Hockey BC Train to Compete Program ([Men](#) or [Women](#))

AND

- Played for BC on a Provincial representative team during the current spring/summer season in a national tournament or recognized competitive event (injured athletes & National Team commitments accepted)

See Field Hockey Team BC Specific Selection Criteria [here](#)

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.

Field Hockey BC Sport-Specific Criteria:

- Identified top prospect regional *train to compete* athletes who have met Field Hockey BC Train to Compete Provincial selection criteria (See Appendix B).

AND

- played for BC on a Provincial representative team during the current spring/summer season in a recognized competitive event (injured athletes & National Team commitments accepted)

See Field Hockey Team BC Specific Selection Criteria [here](#)

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.

Field Hockey BC Sport-Specific Criteria:

- Coaches must be Competition Development / Trained to Compete Advanced (T2C / L2W) trained
OR
- Level 3 and working towards Competition Development / Trained to Compete Advanced (T2C / L2W) certification
OR
- You have Competition Development / Level 3 equivalency from another country and are actively pursuing a challenge to, or learning opportunity within the Canadian system.

Appendix A: Fitness Testing Policy**FIELD HOCKEY BC**

FITNESS TEST POLICY
2018

**YO-YO FITNESS TEST**

As part of the selection process for programs and tournaments, athletes must pass the fitness test.

To be eligible for the...	Athletes must...	When?
Regional Program	<ul style="list-style-type: none"> meet or exceed the minimum regional Yo-Yo fitness test standard 	<ul style="list-style-type: none"> at the regional trial
Regional Tournament (Spring)	<ul style="list-style-type: none"> obtain a minimum of two recorded Yo-Yo scores 	<ul style="list-style-type: none"> during the regional program
Provincial Program (Team BC - summer)	<ul style="list-style-type: none"> have at least one recorded score which meets or exceeds the minimum provincial Yo-Yo fitness test standard. 	<ul style="list-style-type: none"> during the Regional Program

FAQs**1. How many testing opportunities will be delivered?**

In a 40-hour program, athletes typically receive 4 opportunities, the first of which is at the trial. The timing of the remaining tests will depend upon facility and coach availability, program needs, weather, or other factors.

2. If I am away, sick, injured (or other) and miss a test, will the test be rescheduled to another day for me? No. Testing is not provided for individual athletes. It is understandable that athletes may miss testing due to unforeseen circumstances, which is why the number of opportunities exceeds the minimum number of recorded scores required for eligibility.

3. I exceeded the provincial standard on my first try. Do I need to run a second test?

Yes. Two scores must be recorded during the season.

4. If I met the Fitness Policy at the second testing opportunity, do I need to be tested at the 3rd and 4th opportunities?

Athletes should be prepared to run the Yo-Yo test whenever it is scheduled for their group. The goal is to reach the minimum standard and maintain or improve fitness throughout the seasons. FHBC wants to see athletes maintain, progress, and improve!

5. Will Yo-Yo tests be scheduled during training time?

Testing may be scheduled within or outside of the training schedule. In the case of testing taking place outside of regular training times, notification will be issued ahead of time with testing location, time, date, and expectations.

More below!

FIELD HOCKEY BC

FITNESS TEST POLICY
2018

Yo-Yo Fitness Test Standard Scores

		FEMALE	MALE
T2T	Regional Level	14.1	14.6
	BC Level	14.8	15.6
	GOAL KEEERS Regional Level	12.1	14.2
	GOAL KEEERS BC Level	13.4	15.1
T2C	Regional Level	14.6	17.5
	BC Level	15.8	18
	GOAL KEEERS Regional Level	13.3	16
	GOAL KEEERS BC Level	14.1	16.5

The only acceptable score is from a test supervised by an approved FHBC Coach. Yo-Yo scores obtained outside of the FHBC Regional Program are not eligible. Yo-Yo testing delivered by Field Hockey Canada may be considered.

Please see the Fitness Test Protocol for more information on *how to prepare, what the results mean and why the Yo-Yo test is used as an objective fitness testing method.*

NOTE:

The standards for the FHBC Regional Program are set within the VO₂ max range which is considered normal for normal, healthy youth (ages 13-18), not elite youth. All athletes entering FHBC Regional Programs are expected to be able to achieve the minimum fitness standard.

Wilmore and Costell (2005) note these VO₂ max ranges for non-athletes are:

- Males aged 10-19 = 47 – 56 ml/kg/min
- Females aged 10 – 19 = 38 – 46 ml/kg/min

Reference

Wilmore, J.H and Costell, D.L. (2005). *Physiology of Sport and Exercise* (6th Edition). Human Kinetics.

FIELD HOCKEY BC

FITNESS TEST POLICY
2018



Appendix B: Player Evaluation Matrix

Field Player Evaluation Tool		
#1 Passing Skills		
Below Average	0	Poor skill- frequently turns the ball over due to
Average	1	Turns the ball over under pressure when forcing the pass.
Above Average	2	Maintains possession under pressure and makes fairly good decisions.
Excellent	3	Always maintains possession under pressure - very limited turnovers.
#2 Receiving Skills		
Below Average	0	Turns the ball over under pressure when forcing the pass.
Average	1	Inconsistent with receptions and closes off passing options.
Above Average	2	Consistent with receptions in open/closed spaces and makes good decisions.
Excellent	3	Has the ability to make receptions under pressure and make good decisions.
#3 Tackling Skills		
Below Average	0	Easily eliminated and makes poor decisions.
Average	1	Good defensive positioning but inconsistent under pressure.
Above Average	2	Good defensive positioning and consistently makes tackles under pressure.
Excellent	3	Rarely gets eliminated in pressure situations and wins the ball.
Interception Skills		
Below Average	0	Poor positioning and timing.
Average	1	Inconsistent with positioning and occasionally runs the wrong line.
Above Average	2	Good positioning and able to intercept fairly well.
Excellent	3	Great anticipation skills and ability to intercept the ball.
Possession Skills		
Below Average	0	Lacks stick skills and turns the ball over under pressure.
Average	1	Average stick skills/occasionally able to maintain possession under pressure.
Above Average	2	Good stick skills and consistently maintains possession under pressure.
Excellent	3	Great stick skills and always maintains possession under pressure.
#4 Elimination Skills		
Below Average	0	Lacks confidence and has frequent turnovers.
Average	1	Inconsistent and has occasional turnovers.
Above Average	2	Consistent with eliminations skills both 1v1 and odd man situations.
Excellent	3	Highly effective outcomes in 1v1 and odd man situations.
Off-ball Awareness		
Below Average	0	Easily distracted and ball watches.
Average	1	Inconsistent off ball movement and awareness.
Above Average	2	Good awareness and able to provide passing options.
Excellent	3	Reads/understands the game very well and always provides passing options.
Game Effectiveness		
Below Average	0	Has no impact on the game.
Average	1	Has little impact on the game due to being inconsistent
Above Average	2	Consistent play-maker on the pitch
Excellent	3	Key playmaker on the pitch
#5 Fitness (Speed)		
Below Average	0	Lacks speed / speed endurance.
Average	1	Average speed, explosiveness, and speed endurance.
Above Average	2	Good speed, explosiveness, and speed endurance.
Excellent	3	Great speed, explosiveness, and speed endurance.
#6 Fitness (Strength / Endurance Capability)		

Below Average	0	Lacks strength and stamina.
Average	1	Average strength and stamina.
Above Average	2	Good strength and stamina.
Excellent	3	Great strength and stamina.
Leadership & Communication Skills		
Below Average	0	Rarely contributes to the group.
Average	1	Inconsistent contributor - shuts down under pressure.
Above Average	2	Consistent contributor and communicates under pressure.
Excellent	3	Makes effective decisions, instills confidence and takes control under pressure.
#7 Attitude and Work Ethic		
Below Average	0	Poor attitude and work ethic.
Average	1	Good attitude and work ethic.
Above Average	2	Great attitude and work ethic.
Excellent	3	Amazing attitude and outstanding work ethic.
Special Skills		
Below Average	0	No special skill set.
Average	1	Has a single speciality skill.
Above Average	2	Has a couple of specialty skills.
Excellent	3	An assortment of speciality skills.
Coping with Pressure		
Below Average	0	Cannot cope under pressure - gives ball up / makes poor decisions
Average	1	Performs inconsistently when under pressure
Above Average	2	Able to make correct decisions some of the time and execute skills under pressure
Excellent	3	Able to make correct decisions in most instances and execute skills under pressure
#8 Personality / Coachability		
Below Average	0	Not open towards fellow players or to receiving input from staff
Average	1	Sometimes open and approachable
Above Average	2	Usually open and approachable
Excellent	3	Open and approachable towards staff and other players