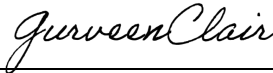





**Canadian Sport Institute Pacific  
and **British Columbia Netball Association**  
Athlete and Coach Nomination Criteria**

Criteria Approved **September 2020**:

CSI Pacific Representative	
	Signature
<b>BC Netball</b> Representative Rosemary Ann Willcocks	
	Signature

## PURPOSE

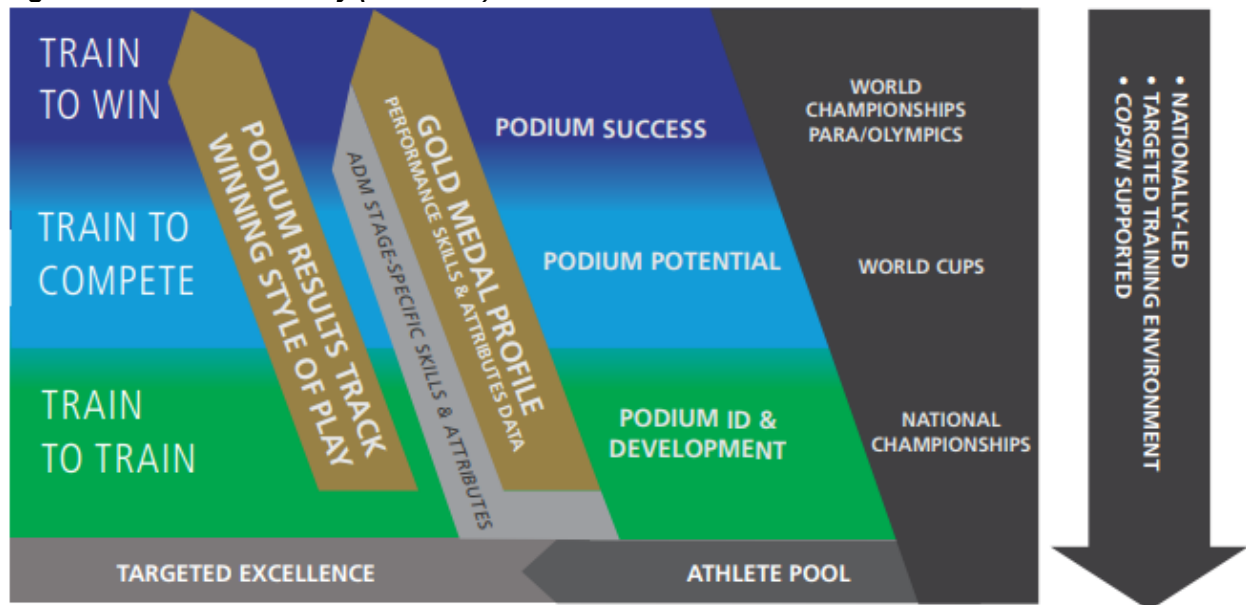
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and **BC Netball**, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have 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 Netball** 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 international 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 international 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 away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

**Figure 1 – Podium Pathway (LTAD 3.0)**



<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, **BC Netball** 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 Netball's** 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 **Ann Willcocks Technical Representative BC Netball Technical Representative [annwillcocks@shaw.ca](mailto:annwillcocks@shaw.ca)**. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward **BC Netball** high performance program benchmarks to remain targeted. **Ann Willcocks** 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 **October 1<sup>st</sup> to September 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 **BC Netball** 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 Netball** 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 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. Athletes who fail to meet targeting criteria due to injury or absence, may remain on BC Netball'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 Netball** in the previous 24 months.
4. 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.
5. Athletes must meet all fitness requirements as set out by BC Netball – See High Performance Program.
6. Athletes must be certified by a doctor (in writing) to be fully fit and capable of participating in an athletic activity at a high level.

## LEVEL-SPECIFIC CRITERIA

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

### **Podium / Canadian Elite (Sport Canada AAP Carded)**

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*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.

*\*Note, it is the responsibility of **BC Netball**, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

### **Canadian Development**

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*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 “NextGen” defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

*BC Netball Association Sport-Specific Criteria:*

Must have played for Canada in a minimum of one of the following international competitions in the last 24 months:

- Nations Cup.
- World Championships.
- Commonwealth Games.
- CanAm Cup.
- AFNA Regional Championships.

AND

- Must have attended both the Western Canadian and National Canadian Training Camps in the last 24 months.
- Must be a member of the High Performance Program.

## **Provincial Development Level 1**

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*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 the criteria below:
    - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
- AND**
- Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
  - 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, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

*BC Netball Association Sport-Specific Criteria:*

- Competed for Team Canada U21 Team in a minimum of one international competition in the last 24 months.
- OR
- Competed for Team Canada U21 Team in the International Development Tour in the previous 24 months.
- OR
- Must have been selected or participated in BOTH the Western and National Training Camps.
- OR
- Selected to the High Performance program for Team BC and have competed for Team BC at the National Championships.

## **Provincial Development Level 2**

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*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 the criteria below:
    - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
- AND**
- Competed in an eligible event at the appropriate<sup>2</sup> age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
  - Won a medal in an eligible event at their appropriate age group provincial championships in the previous 12 months, **OR**;

*BC Netball Association Sport-Specific Criteria*

:

- Must have been selected to Team BC High Performance Program for U18/U21/U23 athletes.
- AND
- Have competed for Team BC U18/U21/23 on both the Western and Canadian Championships in the last 24 months.

## **Coach Nomination**

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<sup>2</sup> Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

*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 Netball Association Sport-Specific Criteria: (Optional):*

- **Must be a coach in the High Performance Program.**
- **Must be a coach at the scheduled provincial training camps.**

## **APPENDIX 1 – Sport-Specific Benefits, Programs, and Services**

*BC Netball Targeted Athlete/Coach Benefits, Programs, and Services*

### **Podium / Canadian Elite (Sport Canada AAP Carded)**

#### **Canadian Development**

##### **Core Benefits**

- Gymworks
- Foodstuff
- Community Partners
- Medical Resources
- Grants and Bursaries
- Sport Speaker Program
- Anti-doping Information

#### **Provincial Development Level 1**

##### **Core Benefits**

- Gymworks
- Foodstuff
- Community Partners
- Medical Resources
- Grants and Bursaries
- Sport Speaker Program
- Anti-doping Information

#### **Provincial Development Level 2**

##### **Core Benefits**

- Gymworks
- Foodstuff
- Community Partners
- Medical Resources
- Grants and Bursaries
- Sport Speaker Program
- Anti-doping Information



Appendix A



**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/U23 and Open
Provincial Championships	Western Canadian Championships
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
	CanAM Cup

## **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 - reaction in certain situations
- 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"> <li>• Straight movement forward and backward</li> <li>• Diagonal movement right and left.</li> </ul>	X	X	X
Footwork	Demonstrate efficient running technique <ul style="list-style-type: none"> <li>• Ability to sprint and change direction</li> <li>• Side step</li> <li>• Speed of footwork</li> <li>• Recovery footwork</li> <li>• Working a number of combinations</li> <li>• Turning from a sprint movement</li> </ul>	X	X	X
Jumping	Demonstrate effective technique <ul style="list-style-type: none"> <li>• Able to jump of left and right foot</li> <li>• Able to jump from both feet simultaneously</li> <li>• Able to turn in the air</li> </ul>	X	X	X
Landing	Demonstrate safe and balanced technique <ul style="list-style-type: none"> <li>• Able to land on right and left foot</li> <li>• Able to land on both feet simultaneously</li> <li>• Able to pivot in all directions with outside turn</li> <li>• Safe technique after a sprint</li> </ul>	X	X	X

### Ball Skills

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

	<ul style="list-style-type: none"> <li>• Lob pass</li> <li>• Able to use either side of the body</li> <li>• Two handed over head pass</li> <li>• Introduce fake pass</li> <li>• Hip pass</li> <li>• Step around pass</li> <li>• Consistency on placement of pass</li> <li>• Timing the release of pass</li> <li>• Variation of timing of release of pass</li> <li>• Using a variety of options under pressure</li> </ul>			
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### Shooting

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

**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"> <li>• Up and back –</li> <li>• straight and diagonal</li> </ul>		X	X
Two leads	X	X	X
Creating space <ul style="list-style-type: none"> <li>• clearing leads</li> <li>• clearing leads and drives</li> <li>• clearing leads and reoffer</li> </ul>	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"> <li>recovery step</li> </ul>	X	X	X
One on One defending <ul style="list-style-type: none"> <li>front position</li> <li>side position</li> <li>back position</li> </ul>	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"> <li>attack the ball</li> <li></li> </ul>	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"> <li>Simple set up positions - one on one/ two on one</li> <li>Greater variety on initial set up – screens</li> <li>Delivery of centre pass</li> <li>Accurate and consistent delivery of centre pass</li> </ul>	X	X	X
Centre Pass Defence <ul style="list-style-type: none"> <li>One on one</li> <li>Two on one</li> <li>Working as a unit</li> <li>Communication skills</li> <li>Wall</li> <li>Forcing the attack wide</li> </ul>		X	X

<ul style="list-style-type: none"> <li>Keeping attackers off the edge of the circle</li> </ul>			
<b>Base Line Throw – In Attack</b> <ul style="list-style-type: none"> <li>Simple back line throw in</li> <li>Greater variety in start positions and movement</li> <li>Ability to read the play - space awareness/ decision making</li> <li>Vision</li> </ul>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Base – Line Throw in Defense</b> <ul style="list-style-type: none"> <li>One on one</li> <li>Two on one</li> <li>Dictating space</li> <li>Area/zone</li> <li>Dictating and restricting</li> <li>Communication skills</li> <li>Working as a unit</li> </ul>		<b>X</b>	<b>X</b>

### 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 pass 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**

<b>Scale/Score</b>	<b>Descriptors</b>
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**

<b>Scale/Score</b>	<b>Descriptors</b>
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 basis attacking skills
1. - Poor	Limited attacking skills, lacks space awareness

**Defending Ability**

<b>Scale/Score</b>	<b>Descriptors</b>
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**

<b>Scale/Score</b>	<b>Descriptors</b>
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**

<b>Scale/Score</b>	<b>Descriptors</b>
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**

<b>Scale/Score</b>	<b>Descriptors</b>
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**

<b>Scale/Score</b>	<b>Descriptors</b>
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**

<b>Scale/Score</b>	<b>Descriptors</b>
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:
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**Coach Feedback**

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

Notes
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**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/WAWD	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 Vertical Jump	All Players
Under 18	40 cms
Under 21	45 cms
Senior	50 cms

**Speed Acceleration and Agility**

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



**BC Netball – 2020 - 2021 PacificSport Application Form**  
**To be completed and returned to BC Netball**

**Applicant Information**

Athlete Name:			
Club:			
Address	Street	City	Postal
	Email	Phone	
BC Team represented:		Date (mm / yyyy)	Result
Provincial/Club Coach Name:			
Coach Declaration	<p>By signing this application as the athlete's coach I declare that:</p> <ul style="list-style-type: none"> <li>• I regularly coach the athlete structured netball program over 6 months in duration</li> <li>• The athlete attends training regularly and is available for games.</li> <li>• The athlete has above average training habits and work ethic (Fitness, netball, health)</li> <li>• The athlete is able to play more than 2 positions (Age grade athletes only)</li> <li>• I agree to provide BC Netball progress reports on athlete</li> <li>• I will be nominated as the athletes coach and <u>may</u> be eligible to receive benefits from PacificSport Centre. (minimum eligibility requirements apply)</li> </ul>		
Coach	Signature	Date	
	<p>By signing this application I declare that:</p> <ul style="list-style-type: none"> <li>• I am registered in a structured BC netball program over 6 months in duration</li> <li>• I will be available for selection to BC netball sanctioned representative teams</li> <li>• I will attend necessary camps / workshops required by BC netball</li> <li>• I attend netball training regularly and committed to ongoing fitness outside of netball training.</li> <li>• I am able to play more than 2 positions (Age grade athletes only)</li> </ul>		
Applicants Signature:	Signature	Date	

Please send application to:  
 Maria Hodgins  
 High Performance Director  
 3468 Triumph  
 Vancouver V5K1T8