





Canadian Sport Institute Pacific and Rowing BC Athlete and Coach Eligibility Criteria

Criteria Approved January 21, 2021:

CSI Pacific Representative	David Hill
	Signature 
Rowing BC Representative	Rob Richards
	Signature 

IMPORTANT NOTES:

Entry into this program is byway of an athlete application process. All interested athletes must complete the application by the indicated date listed within.

PURPOSE

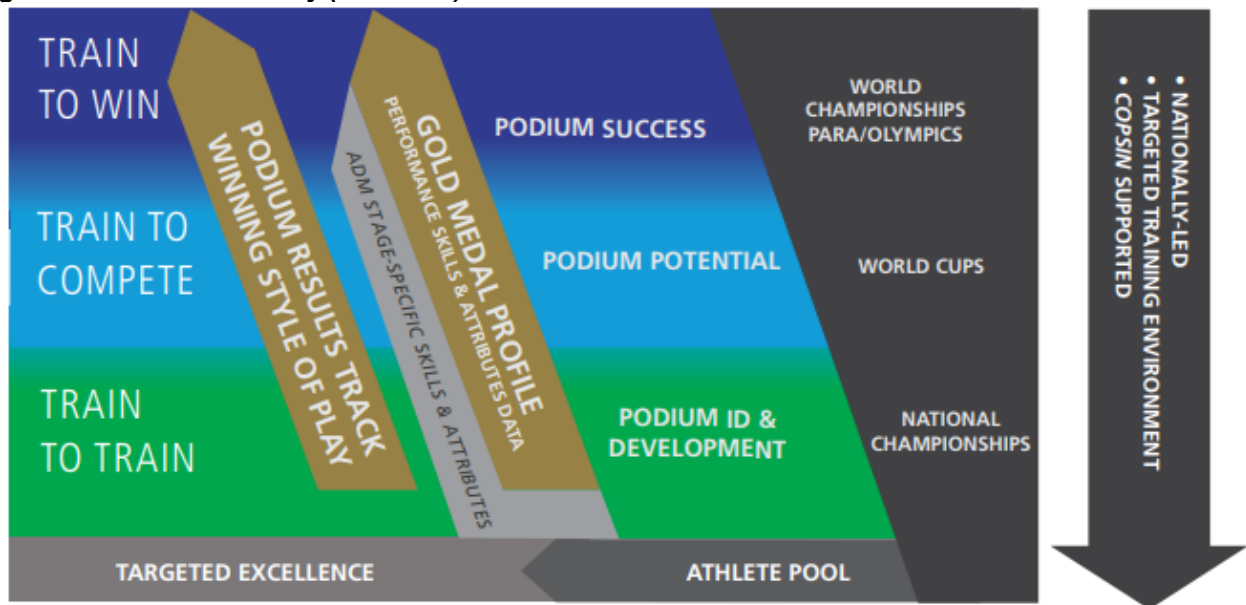
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and <PSO/DSO NAME HERE>, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every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



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, Rowing 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 Rowing BC targeted athlete benefits, programs, and services as delivered through Rowing BC.

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

The athlete and coach Application cycle for Canadian Sport Institute / Pacific Sport / Rowing BC runs 1st of January annually and athletes are selected based on performances from the previous 12 (or 24²) months and targeted list confirmed by January 31. Athletes who meet criteria throughout the annual application and review will be added to the Rowing BC targeted athlete list.

ATHLETE/COACH APPLICATION.

Application for CSI & Rowing BC support will be open following the National Rowing Championship each year and Close on the 31st of December.

Once the athlete has submitted an application and has met the requirements listed within the document, he or she will be notified by Rowing BC and will be provided with information on how to register with his or her local Canadian Sport Institute campus or Pacific Sport regional Centre.

Athletes and coaches must register with their local center by the **15st of March 2021** in order to receive athlete or coach support.

CORE CRITERIA

1. For PSO/DSO to submit nominations, athletes must be in good standing (at the discretion of the PSO/DSO) with Rowing BC as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes selected 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. All athletes selected must have completed True Sport Clean 101 program before they can be registered with CSI and Rowing BC. See link <https://cces.ca/course-outline>

² Time frame to demonstrate competition results during COVID may be adjusted to the previous 24 months, however, sport-specific training standards should be achieved in 12 months.

4. All athletes applying must complete Safe Sport online training module at <https://thelocker.coach.ca/>
 5. Athletes who fail to meet targeting criteria due to injury, long term illness, pregnancy may remain on Rowing BC's nomination list at the discretion of Rowing BC when:
 - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred.
 6. All nominating athletes are to be seeking selection into one of the following teams
 - a. RCA National Team Program
 - i. Rowing Canada Senior Team
 - ii. Rowing Canada U23 Team
 - iii. Rowing Canada U21 Team
 - iv. Rowing Canada Junior Team
 - v. Rowing Canada CanAmMex Team
 - vi. Rowing Canada FISU Team
 - b. BC Provincial Teams
 - i. 2021 National Rowing Championships.
 - ii. 2021 Canada Cup Team.
 - iii. 2022 Canada Summer Games Team.
 7. Selected athletes will make themselves available for any activities as set out below by Rowing BC.
 - a. 2021 National Rowing Championships & Canada Cup.
 - b. Develop Camps.
 - c. Promotional Events.
 8. Athletes must complete and submit the minimum RADAR requirements as set out in RCA's athlete monitoring documents.
 9. 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).
 10. Para athletes must at minimum have been classified by a National Classification Panel approved by Rowing Canada Aviron. Athletes requiring information regarding classification should contact Rowing BC Para Coach, Martin George, at paracoach@rowingbc.ca
 11. Lightweight Athletes. Lightweight athletes are required to demonstrate the ability to achieve the FISA weight requirements.
 12. Out of province athletes training in BC are able to apply if they meet the following criteria:
 - a. Be a resident of British Columbia for more than 3 months.
 - b. Meet the Canada Development minimum standards.
 - c. Are targeted by RCA as a Next Gen Athlete.
- Note- Out of province athletes are not able to receive financial support from Rowing BC.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the Rowing 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.

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

Canadian Development- National Next Gen

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

Rowing BC Sport Specific Criteria:

- Athletes who have to achieve a top 8 placing at either the U23 or Junior World Championships in past 12 months
- OR;**
- Athletes who have achieved the following on water performances at the 2019 RCA Speed Orders or the 2019 RCA National Rowing Championships.

Percentage (%) off winner

	Junior athlete	U21 Athletes	U23 Athletes	Senior Athletes
% off winner	8%	7%	6%	5%

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

AND;

- Athletes who have achieved the following age appropriate 2km erg scores during 2020.

	16	17	18	19	20	21	23	24+
Men	6:21	6:16	6:13	6:09	6:06	6:03	5:58	5:56
LWT Men	N/A	N/A	6:33	6:27	6:22	6:19	6:14	6:12

Women	7:22	7:15	7:08	7:02	6:59	6:56	6:51	6:49
LWT Women	N/A	N/A	7:28	7:22	7:19	7:16	7:11	7:09

Rowing BC Sport Specific Criteria Para:

- Athletes who have achieved the following on water performances over 2000m, in the athlete's respective classification, at a 2019 RCA sanctioned event. (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).
 - ⊖ PR1W1x - 12:20.00
 - ⊖ PR1M1x - 11:03.00
 - ⊖ PR2M1x - 09:55.00
 - ⊖ PR2W1x - 11:10.00

AND,

- Athletes who have achieved the following 2km erg scores in 2020

PR1W1x	PR1M1x	PR2M1x	PR2M1x
11:40.00	10:08.00	08:34.00	09:38.00

Provincial Development Level 1- Provincial Next Gen**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).*

Rowing BC Sport Specific Criteria:

- Have competed at the U23 World Championships or Junior World Championships in an eligible event in the past 24 months,

OR,

- Achieved a 1st place finish at the 2019 BC Junior Championships Regatta

OR,

- Athletes who have achieved the following on water performances at the 2019 RCA Speed Orders or the 2019 RCA National Rowing Championships.

Percentage (%) off winner

	Junior Athletes	U21 Athletes	U23 Athletes	Senior Athletes
% off winner	10%	9%	8%	6%

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

AND,

- Athletes who have achieved the following age appropriate 2km erg scores within +/- 2 seconds during 2020.

	16	17	18	19	20	21	23
Men	6:29	6:26	6:22	6:18	6:15	6:12	6:05
LWT Men	N/A	N/A	6:39	6:33	6:27	6:22	6:17
Women	7:25	7:22	7:18	7:15	7:12	7:09	7:03
LWT Women	N/A	N/A	7:35	7:28	7:22	7:19	7:14

Rowing BC Sport Specific Criteria Para:

- Athletes who have achieved the following on water performances over 2000m in the athlete's respective classification, at a 2019 RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).
 - PR1W1x - 12:55.00
 - PR1M1x - 11:35.00
 - PR2M1x - 10:20.00
 - PR2W1x - 11:40.00

AND,

- Athletes who have achieved the following 2km erg scores within +/- 2 seconds during 2020.

PR1W1x	PR1M1x	PR2M1x	PR2W1x
12:10.00	10:34.00	08:56.00	09:54.00

Provincial Development Level 2 – Provincial Next Gen

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 appropriate³ 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,

Rowing BC Sport Specific Criteria:

- Have been selected to an RCA development team in last 24 months (RCA CanAmMex team and or RCA U21 Trans-Tasman Team or RCA FISU team in 2019)

OR,

- Achieved a 2nd to 6th place finish at 2019 BC Junior Championships.

OR,

- Athletes who have achieved the following on water performances at the 2019 RCA Speed Orders or the 2019 RCA National Rowing Championships.

Percentage (%) off winner

	Junior Athletes	U21 Athletes	U23 Athletes	Senior Athletes
% off winner	11%	10%	9%	7%

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

AND,

- Athletes who have achieved the following age appropriate 2km erg scores within +/- 2 seconds during 2020.

	16	17	18	19	20	21	U23
Men	6:35	6:30	6:26	6:22	6:19	6:15	6:09
LWT Men	N/A	N/A	6:45	6:39	6:33	6:27	6:19
Women	7:35	7:30	7:26	7:22	7:19	7:15	7:09
LWT Women	N/A	N/A	7:42	7:35	7:28	7:22	7:16

Rowing BC Sport Specific Criteria Para:

³ 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.

- Athletes who have achieved the following on water performances over 2000m in the athlete's respective classification, at a 2019 RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).
 - PR1W1x - 13:20.00
 - PR1M1x - 12:00.00
 - PR2M1x - 10:50.00
 - PR2W1x - 12:10.00

OR,

- Athletes who have achieved the following 2km erg scores within +/- 2 seconds during 2020.

PR1W1x	PR1M1x	PR2M1x	PR2W1x
12:40.00	11:00.00	09:18.00	10:30.00

Coach Nomination – Next Gen Coach

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 to 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.

Rowing BC Sport Specific Criteria: (Optional)

- Hold a minimum Performance Coach Status (or Level 3)
- Or;**
- Working towards obtaining Performance Coach
- And**
- Able to submit athlete performance plans when asked

