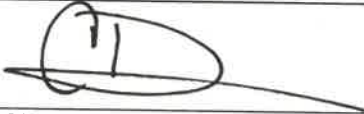
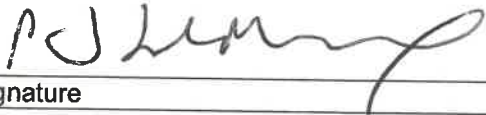




Canadian Sport Institute Pacific and British Columbia Weightlifting Association Athlete and Coach Nomination Criteria

Criteria Approved: March 31, 2021

CSI Pacific Representative Candice Drouin	 Signature
British Columbia Weightlifting Association Representative Paul Goldberg	 Signature

PURPOSE

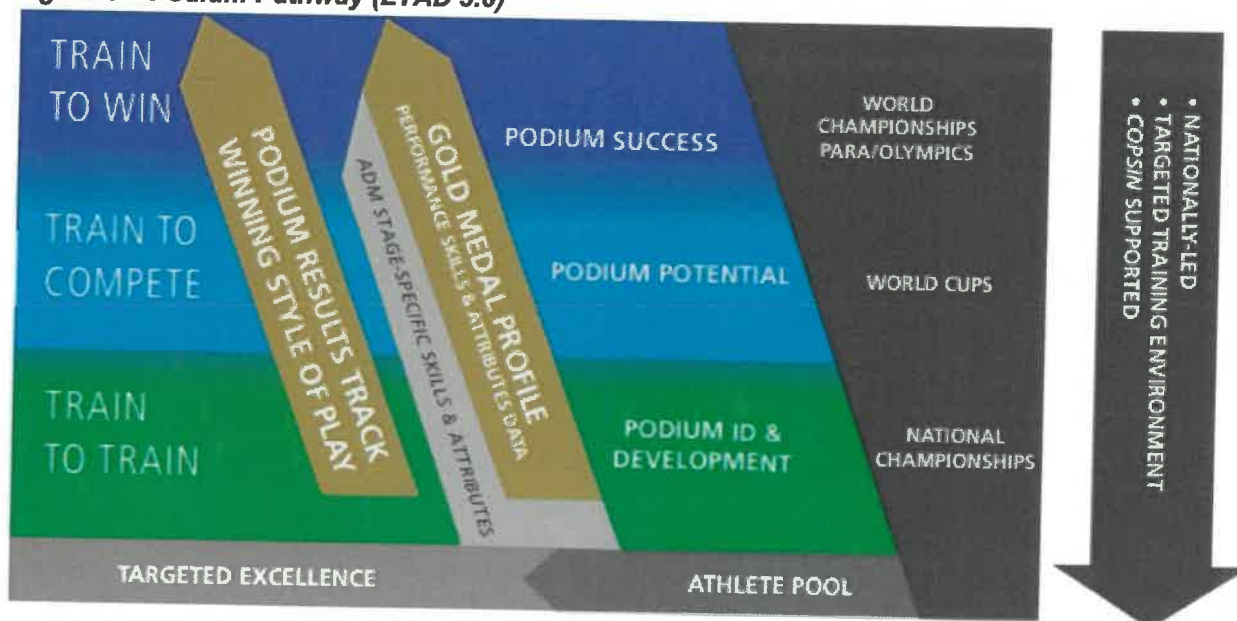
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and British Columbia Weightlifting Association, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes 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 British Columbia Weightlifting 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 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, British Columbia Weightlifting 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 British Columbia Weightlifting Association targeted athlete benefits, programs, and services as delivered through British Columbia Weightlifting Association.

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / British Columbia Weightlifting Association targeting runs April 1 to March 31 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 British Columbia Weightlifting 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 British Columbia Weightlifting 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 British Columbia Weightlifting 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 British Columbia Weightlifting 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 British Columbia Weightlifting Association in the previous 24 months.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the British Columbia Weightlifting 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.

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

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

British Columbia Weightlifting Association Sport-Specific Criteria:

- Member of the Senior national team and not Sport Canada carded or funded and named to a sanctioned CWFHC international event in the past 12 months; **OR**
- Athletes who have competed on the Canadian Weightlifting senior national team, including the Commonwealth Games, World Championships, or the Olympics within the past 12 months; **OR**
- Athletes who have competed at the Junior World Championships within the past 12 months.

AND

- Athlete must coordinate with their coach to develop an acceptable Yearly Training Plan (YTP) with the quality designed to meet the standards of competing internationally, or at a level consistent with the standards of the CWFHC, as a National team member.

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 the criteria below:

- 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).*

British Columbia Weightlifting Association Sport-Specific Criteria:

- Athletes who have medaled in a CWFHC sanctioned event either at the Canadian Weightlifting Championships - Senior, U23, or CWFHC Junior national championships within the past 12 months. **OR**;
- Athletes who have medaled at an IWF sanctioned event including the Pan American Games or World University Games.

AND

- Athlete must coordinate with their coach to develop an acceptable Yearly Training Plan (YTP) with the quality designed to meet the standards of competing and medaling at the National championships, Senior or Junior.

****Due to the cancellations of many key competitions in 2020, athletes that were on the list last year will remain on the list for 2021-2022 list.**

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 the criteria below:
 - Competed in an eligible event at the appropriate² 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**;

British Columbia Weightlifting Association Sport-Specific Criteria:

- Athletes who have qualified with a "National" ranking based on CWFHC's system for qualifying for the Senior national championships within the past 12 months, Refer to <https://bcweightlifting.ca/qualifying-standards-cwfhc-classification/> for qualification standards for the "National" standard (see Appendix 2), **OR**;

² 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 competed in the CWFHC Senior national championships within the past 12 months. Refer to <https://bcweightlifting.ca/qualifying-standards-cwfhc-classification/> for qualification standards for the "National" standard.

AND

- Athlete must coordinate with their coach to develop an acceptable Yearly Training Plan (YTP) with the quality designed to meet the standards of competing at the National championships, Senior or Junior.

****Due to the cancellations of many key competitions in 2020, athletes that were on the list last year will remain on the list for 2021-2022 list.**

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.

British Columbia Weightlifting Association Sport-Specific Criteria):

- Coaches who are the designated club leader for athletes belonging to that club and have qualified themselves on the Targeted Athlete List, **OR**;
- Coaches designated by the club leader as being the targeted athlete's coach of record, **OR**;
- In cases where a targeted athlete does not belong to a club, the lead person designing and implementing an annual training program for the athlete.

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

British Columbia Weightlifting Association Targeted Athlete/Coach Benefits, Programs, and Services

Podium / Canadian Elite (Sport Canada AAP Carded)

- Funding for entry fees, travel and coaching, based on financial availability

Canadian Development

- Funding for entry fees, travel and coaching, based on financial availability

Provincial Development Level 1

- Funding for entry fees, travel and coaching, based on financial availability

Provincial Development Level 2

- Funding for entry fees, travel and coaching, based on financial availability

APPENDIX 2 – B.C. WEIGHTLIFTING ASSOCIATION – PERFORMANCE CRITERIA

Men's Qualification Standards – Snatch + Clean and Jerk lifts (in Kilograms)					
<u>Wt. Class</u>	<u>Marker</u>	<u>BC Champs</u>	<u>Cdn Champs*</u>	<u>International+</u>	<u>Top World</u>
			<u>Prov Dev Lev 2</u>		
55kg	267.760	161	190	228	254
61kg	294.698	177	208	250	280
67kg	321.137	193	231	273	305
73kg	341.282	205	248	290	324
81kg	360.677	216	262	307	343
89kg	375.421	225	275	319	357
96kg	386.855	232	284	329	368
102kg	395.980	238	289	337	376
109kg	405.859	244	296	345	386
+109kg	433.771	260	310	369	412

Women's Qualification Standards – Snatch + Clean and Jerk lifts (in Kilograms)					
<u>Wt. Class</u>	<u>Marker</u>	<u>BC Champs</u>	<u>Cdn Champs*</u>	<u>International+</u>	<u>Top World</u>
			<u>Prov Dev Lev 2</u>		
45kg	179.383	99	126	152	179
49kg	191.067	105	135	162	191
55kg	210.333	116	150	179	210
59kg	223.600	123	159	190	224
64kg	232.702	128	168	198	233
71kg	243.660	134	176	207	244
76kg	251.628	138	182	214	252
81kg	258.621	142	187	220	259
87kg	267.012	147	191	227	267
+87kg	278.550	153	200	237	279

* - medalling at this level places the athlete into the Provincial Development Level 1 category

+ - participating in World, Olympic or Commonwealth championships, or being selected to the Canadian National team places the athlete into the Canadian Development Level 1 category

APPENDIX 3 – B.C. WEIGHTLIFTING ASSOCIATION – EXERCISE ASSESSMENT STANDARDS

Lift Targets Based on Overall Snatch + Clean and Jerk Total								
<u>Lift</u>	<u>100kg</u>	<u>125kg</u>	<u>150kg</u>	<u>175kg</u>	<u>200kg</u>	<u>225kg</u>	<u>250kg</u>	<u>300kg</u>
Total	100	125	150	175	200	225	250	300
Snatch	44	55	66	77	88	99	110	132
Clean & Jerk	56	70	84	98	112	126	140	168
Power Snatch	36	45	54	63	72	81	90	108
Power Clean	46	58	69	81	92	104	115	138
Power Jerk	53	66	80	93	106	119	133	159
Front Squat	62	78	93	109	124	140	155	186
Back Squat	72	90	108	126	144	162	180	216
Pull	75	94	113	131	150	169	188	225