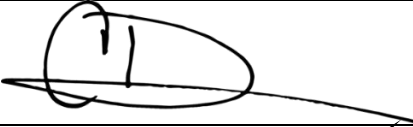





Canadian Sport Institute Pacific and BC Alpine Athlete and Coach Nomination Criteria

Criteria Approved July 22, 2021:

CSI Pacific Representative Candice Drouin	
Signature	
BC Alpine Representative Johnny Crichton	
Signature	

PURPOSE

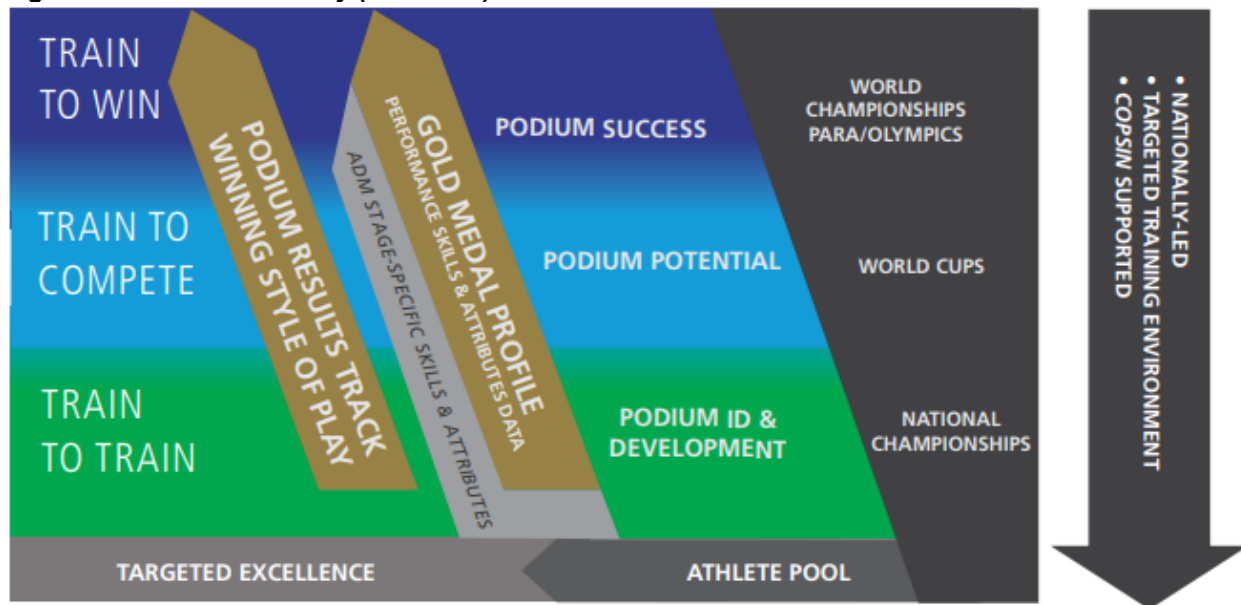
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Alpine, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage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

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Alpine targeting runs August 1st to July 31st 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 Alpine 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 Alpine 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 Alpine 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 Alpine'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 Alpine in the previous 24 months.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Alpine 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 BC Alpine, 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.

BC Alpine Specific Criteria:

- Athletes are eligible following 2nd year of FIS racing. **AND**
- Athletes whose FIS points are below 42 in one event or below 47 in 2 events (points must be scored in the current year) **AND/ OR**
- Athletes who have achieved a top 10 Nor Am result in any discipline in the competitive season **AND / OR**
- Athletes who have achieved a top 15 world ranking by age and younger in any discipline.
- Ski cross athletes can be nominated by Alpine Canada for Ski Cross NextGen. or other national development programs

**Note that athletes who decide to pursue education through an NCAA school may be eligible for Canadian Development carding provided they meet the above criteria. NCAA athletes are not eligible for Provincial level 1 or 2 carding.*

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:
 - 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 Alpine Sport-Specific Criteria:

- Athletes attending the BCST Invitee Camp have an opportunity to be selected to the BCST Training Group based on the selection criteria and the evaluation of the BCST staff.

Note: The final selection of BCST Training Group athletes will be announced at the BC Alpine Coaches Meeting in the spring.

Final List: The BCST staff will evaluate the nominated athletes to create a final Invitee list to attend the Spring BCST Invitee Camp which will be distributed after Nationals 2017.

- If an athlete doesn't meet hard criteria, Head to Head results may be considered (legitimacy determined and selected by BCST Staff) and be asked to attend the BCST invitee Camp.
- NRBA will be considered. See Section 2.4 Head to Head races, including:
 1. Nor-Am
 2. National Championships
 3. BC and Alberta Cups
- Outstanding "X Factors" moving into 1st year FIS may be given an invite to the Invitee camp for an evaluation.

BCST Invitee Camp:

- Athletes to be considered for the Spring BCST Invitee Camp will be evaluated by the BCST coaches. All considered must be registered Alpine Canada athletes. All athletes must make hard criteria (see 2.2.1) with possible exception (see 2.4)
- Prior to National Championships, club head coaches or club FIS coaches must submit nominations for evaluation, based on the following:
 - Following the first year of FIS - the expected average National Rank by Age (NRBA) and younger in two (2) disciplines (must include a minimum of one technical event) should be five (5) or lower from the most current FIS list available at the time of team selections, **OR** average of 2 top 50 International Rank by age and younger. (Must include a minimum of one technical event). Super Combined and DH are excluded.
 - If **hard criteria** are met following National Championships or spring series, that athlete will be invited to a few days on snow if they were not in attendance at the first invitee camp.
 - For athletes with more than one year of FIS racing - the expected average (NRBA) and younger in two (2) disciplines (must include a minimum of one technical event) should be seven (7) or lower from the most current FIS list available at the time of team selections **OR** average of two top 75 International Rank by age.

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:
 - 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 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**;

BC Alpine Sport-Specific Criteria:

- FIS registered athletes whose average NRBA and younger in two disciplines (must be a minimum of one technical event) is ten (+1) or lower (excludes alpine combined), **OR**;
- BC Cup series overall podium winners, **OR**;
- Athletes who have demonstrated potential to move to provincial ski team through performance at the U16 level. Four athletes per gender moving from U16 to FIS will be nominated for Provincial Level 2 carding status. Best 3/7 results scored in the provincial ranking system (PRS) no more than 2 results from 1 discipline, AND OR a top 10 at U16 Nationals or Whistler Cup automatically ensures eligibility for carding. See http://bcalpine.com/files/Coaching_Files/PRS/, **OR**;
- High Performance identified FIS athlete and member in good standing of a BCA supported FIS Regional Team* **OR**;
- FIS Athletes in their 2nd year and older have a point profile better than 300 in at least one discipline. 1st years are exempt from points restrictions at time of nomination.
- Ski Cross athletes are eligible for provincial level 2 carding provided they meet the criteria above for alpine disciplines or they have a ski cross world rank better than 150,

***Due to the COVID-19 Pandemic athletes that were on the 2020-2021 list will remain on the list for 2021-22 competition season. Due to the lack of available competition, athletes that meet the benchmarks in Appendix 2 will be added to the list.**

*Regional Teams: Whistler Mountain Ski Club, Okanagan Ski Team, Kootenay Zone Team, Vancouver Ski Team, Sun Peaks Alpine Club

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.

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 Alpine Sport-Specific Criteria:

BC Alpine coaches may be targeted and included as a secondary coach on the targeted athletes list who are:

- Level 3 certified, Trained Performance Coach, or possess current exemption letter **OR**
- Previously coached targeted athlete at juvenile level, or head coach of development club of targeted athlete **OR**
- Selected to attend BC Alpine High Performance camp and provide coaching to targeted athlete (s).

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

BC Alpine Targeted Athlete/Coach Benefits, Programs, and Services

Canadian Development

- Eligible NCAA athletes invited to train with BC Ski Team through the off-season (at coaches discretion and subject to available resources).
- Eligible NCAA athletes will receive programming for off-snow training in the off-season.
- Eligible NCAA athletes will have access IST services on a user-pay basis.
- Eligible athletes who are selected to BCST (not NCAA) and who make the 'Canadian Development' criteria will have access to all BCST training and services.

Provincial Development – Level 1

- Year-round coaching and competitive program as per BCST program (pending final selections in November).
- Access to all IST services provided by BC Alpine.

Provincial Development – Level 2

- Possible invitation to the BCST annual selection / TID Camp
- 1 x HP dryland camp p/year
- Possible train/race up during competitive season if the athlete's performance warrants it and resources permit (at coach's discretion).

APPENDIX 2 – Sport-Specific KPI nomination benchmark chart.

Links to selections and services:

BCST Selection

https://bcalpine.com/files/Coaching_Files/BCST/

Canadian Development

http://acs.csipacific.ca/?action=form&Level_CanaDeve=Canadian+Development&sort=Name

Provincial Development Level 1 and 2

http://acs.csipacific.ca/?action=form&Level_ProvDeve=Provincial+Development&lastGroupLevel=

FIS Website

<https://www.fis-ski.com/>

Points

<https://www.fis-ski.com/DB/alpine-skiing/fis-points-lists.html>

Biographies

<https://www.fis-ski.com/DB/general/biographies.html>

Appendix 2.

BC Alpine Benchmarks

Category	Benchmark /KPI	Provincial Development 2	Provincial Development 1	Canadian Development
IST	Attendance	Scat 5 +Fis Medical	Elite Performance Refection sessions +vision +Scat 5 + Fis Med	Lab testing
Dryland training	S/C Program	80% of available camps	100% of available camps	100% of available camps
on snow training	attendance	10 days of pre comp	30 days of pre comp	45 days of pre comp
Race	Alpine Multiple Disciplines SX Heat Tracking	Alpine Min 10 starts 2 different disciplines SX FIS Podium	Alpine Min 30 starts 3 different disciplines SX NorAm Podium	Starts at 3 different disciplines at NorAms SX NorAm wins
Monitoring	Athlete Performance tracking	FIS Points	FIS Points	FIS Points
FMS	FMS Mobility Test	Score 13+	Score 14+	Score 15+
Squats	Sub Max Back Squat of Body Weight	M10+ at 75% of BW F6+ at 75% ZBW	M10+ at 100% of BW F6+ at 100% of BW	M10+ at 125% BW F6+125% of BW
Box	Box test side to side	M 70+ F55+	M80+ F65+	M90+ F75+