




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

Criteria Approved July 23, 2021:

CSI Pacific Representative	
Candice Drouin Manager, Performance Pathway	Signature
Curl BC Representative	<i>Melissa K Soligo</i>
Melissa K. Soligo	Signature

PURPOSE

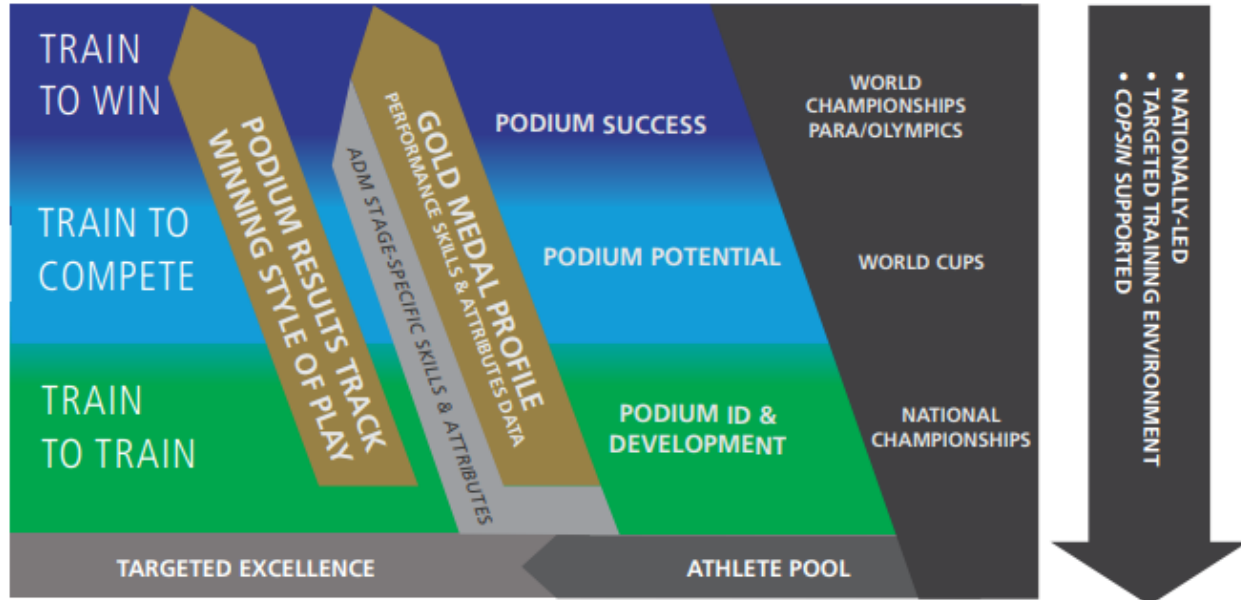
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Curl BC, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage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

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Curl BC targeting runs August 1st – 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 Curl 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 Curl 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 Curl 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 Curl 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 Curl BC in the previous 24 months.
4. Athletes must be accepted into the current Curl BC High Performance Program. <https://www.curlbc.ca/programs/high-performance/>
5. MUST be on a team for the upcoming year and striving to compete at a National Event (Brier, Scotties, U21, U18, CWG, CCAA, USport, Mixed Doubles, Wheelchair).

LEVEL-SPECIFIC CRITERIA

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

Curl BC Sport-Specific Criteria:

- Athletes who are ranked top-15 in the previous year’s final CTRS rankings, **OR;**
- Athletes who medalled at the previous year’s Senior National Championship, **OR;**
- Curling Canada NextGen targeted athletes training in BC.

*****COVID AMENDMENT CRITERIA:**

Due to the 2021 competitive season being cancelled, all athletes that were carded for the 2021 season will retain their current carding level for the 2022 season as long as they have been accepted into the Curling Canada Programs:

- National Team Program – Men’s, Women’s, Mixed Doubles
- Next Gen Program – Men’s, Women’s, Mixed Doubles
- National/Paralympic Wheelchair Program

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).*

Curl BC Sport-Specific Criteria:

- Athletes who have met **all** the program requirements (as per the application process) and have been accepted into the current High-Performance Program by the Curl BC High Performance Director: physical testing, mental assessment, gap analysis, action plan, Functional Movement Screen,
- Athletes must meet all subsequent KPI's (Appendix C) as outlined in the High-Performance Program expectations

AND

- Nominated athletes must meet the physical benchmarks (Appendix A) by their second required fitness test – deadline is August 15th of current programming year.
- Curl BC's testing protocols (see Appendix B).

OR

- Athletes who have met **one** of the criteria below:
 - Athletes who medalled at the Senior Nationals, Usport Nationals, or CCAA Nationals in the previous two years.
 - Athletes who medalled at the U21 World Junior Championships in the previous two years.
 - Athletes who medalled at the U21 Canadian Junior Championships in the previous two years.
 - Athletes who were part of the top-3 ranked Senior teams in BC in the previous two years.
 - Athletes who are ranked top-50 in the previous two years' final CTRS rankings (<https://www.curling.ca/team-canada/>).
 - Athletes who medalled at the National Wheelchair Championships in the previous two years.
 - Athletes who medalled at the National Mixed Doubles Championships in the previous two years.

*****COVID AMENDMENT CRITERIA:**

Due to the 2021 competitive season being cancelled, all athletes that were carded for the 2021 season will retain their current carding level for the 2022 season if they continue to meet the following conditions:

- Athletes must complete all program requirements AND be accepted into program as per Curl BC HP Director
- Provincial Level 1 and 2 athletes must be training in BC

- 2021/22 Competition Calendar must be submitted by August 15th

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**;

Curl BC Sport-Specific Criteria:

- Athletes who have met **all** the program requirements (as per the application process) and have been accepted into the current High-Performance Program by the Curl BC High Performance Director: physical testing, mental assessment, gap analysis, action plan, Functional Movement Screen,

AND

- Nominated athletes must meet the physical benchmarks (Appendix A) by their second required fitness test – deadline is August 15th of current programming year.
- Curl BC's testing protocols (see Appendix B).
- Athletes must meet all subsequent KPI's (Appendix C) as outlined in the High-Performance Program expectations

OR

- Athletes who have met **one** of the criteria below:
 - Athletes who won the most recent CWG qualifier and plan to compete at the upcoming Canada Winter Games (if within one year).
 - Athletes who won the most recent U18 Provincial Championships.
 - Athletes part of the top-3 ranked Junior (U21) teams in BC the previous two years who have competed in at least two BC Curling Tour events.
 - Athletes who are top-3 ranked U18 teams in BC the previous two years who have competed in at least two BC Curling Tour events.
 - Athletes who are ranked top-50 in the Curl BC Ranking List who have competed in the Provincial Championships at least once in the previous two years.
 - Athletes who medalled at the most recent BC Wheelchair Provincial Championships in the previous year.
 - Athletes who have medalled at the most recent BCWG event in the last 2 years.

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 won the most recent BC Mixed Doubles Championships in the previous year who have competed in at least two Mixed Doubles events.

***COVID AMENDMENT CRITERIA:

Due to the 2021 competitive season being cancelled, all athletes that were carded for the 2021 season will retain their current carding level for the 2022 season if they continue to meet the following conditions:

- Athletes must complete all program requirements AND be accepted into program as per Curl BC HP Director
- Provincial Level 1 and 2 athletes must be training in BC
- 2021/22 Competition Calendar must be submitted by August 15th

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.

APPENDIX A – Curl BC FITNESS BENCHMARKS**PD1**

Women	Beep Test	Push Ups	Single Leg Leap R (cm)	Single Leg Leap L (cm)	Pull-Ups	Plank (seconds)
U35*	Level 6	10	110	110	3	120
U25	Level 5.5	8	105	105	2	105
Men	Beep Test	Push Ups	Single Leg Leap R (cm)	Single Leg Leap L (cm)	Pull-Ups	Plank (seconds)
U35*	Level 8	22	130	130	8	120
U25	Level 6	20	120	120	7	105

*Athletes over the age of 35 that meet all criteria must also meet the U35 physical benchmarks.

PD2

Women	Beep Test	Push Ups	Single Leg Leap R (cm)	Single Leg Leap L (cm)	Pull-Ups	Plank (seconds)
U21	Level 5	6	100	100	1	90
U18	Level 4	5	90	90	1	60
Men	Beep Test	Push Ups	Single Leg Leap R (cm)	Single Leg Leap L (cm)	Pull-Ups	Plank (seconds)
U21	Level 5	18	110	110	5	75
U18	Level 4	15	100	100	4	60

APPENDIX B – Curl BC Fitness Testing Protocols

	Exercise	Equipment	Component Measured
1	20 meter shuttle run/beep test	Cones, 25 m space, beep test mp4/audio	Aerobic Capacity
2	Push-ups	Stopwatch, counter	Sweeping push stroke
3	Single Leg Leap	Measuring tape	Push from hack
4	Pull-ups/chin ups	Pull up bar	Sweeping pull stroke
5	Plank	Stopwatch, counter	Sweeping simulation/core strength
6	Warrior 3 Balance Test	Stopwatch, counter	Balance

1. The Leger 20m Shuttle Run Test to measure aerobic capacity

Equipment

Tape measure, cones, and instructional audio cues
The audio can be found on youtube or in dropbox

Protocol

Measure 20m distance on a flat surface and mark with cones
Perform a thorough warm up and stretch
Begin the audio for the shuttle run

This test involves continuous running between two lines 20m apart in time to recorded beeps. The subjects stand behind one of the lines facing the second line, and begin running when instructed by the recording. The subject continues running between the two lines, turning when signalled by the recorded beeps. After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. The initial stage (track 4) begins at 8km per hour and increases by 0.5km per hour every minute. This continues each minute (level). If the line is reached before the beep sounds, the subject must wait until the beep sounds before continuing. If the line is not reached before the beep sounds, the subject is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more 'beeps'. The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive ends after a warning.

Scoring – the last full line is recorded (in quarters).

2. **Paced push ups** to measure the muscular endurance of upper body

Equipment required: 2 inch foam pad/other object

Protocol: The athlete must touch their chest to the push-up tester/object at the beat of the metronome (if available) while maintaining an aligned body position. The time between push-ups should be 2 - 3 seconds.

The athlete begins with the fingers pointing forward and thumbs aligned with the inside of the shoulders. The arms are fully extended. The feet are on the toes and shoulder-width apart. If the athlete is unable to perform a push-up on their toes, they can choose to rest their knees and toes on the ground shoulder-width apart. The body is positioned to be in a straight line from the shoulders to the rear point of contact with the ground (knees or toes). The athlete performs as many push-ups as possible within the guidelines.

One deviation from neutral posture or missed touching the pad is allowed and the athlete will be told to correct this for the next repetition. If the deviation in posture is not corrected, the test is over. If it is corrected, they can continue. Any subsequent misses in touching the pad, is not counted.

Scoring - total number of push-ups recorded

(Athlete must retain posture and pace during test)

3. SINGLE LEG LEAP

leg power

Equipment: One measuring tape or an alternative to secure measuring tape to the ground

Protocol:

- The athlete starts with the toes of the front foot (the foot that is producing the leaping force) at zero of the measuring tape.
- The athlete lunges back with the opposite foot and then leaps forward as far as possible, landing on the foot opposite to the foot that produced the leaping force at the zero mark. (Leap off one foot, land on the other)
- The athlete must land and hold the position of the front foot, but may place the back foot on the ground to maintain balance and foot position.
- The front foot must not be moved until a measurement is taken. If the front foot is moved before a measurement is taken, the athlete must perform the test again.
- 2 jumps per leg
- Repeat the test on the opposite foot.

Scoring: The distance is measured from the back of the front foot in centimeters

4. Paced Pull Up/Chin Up

to measure upper body strength (pull stroke)

Equipment: pull up bar

Protocol:

- Start with arms extended
- grip bar with palms facing towards you, with hands placed shoulder width apart
- perform as many pull ups as possible
- chin needs to go as high as bar

One deviation from neutral posture or chin not reaching the bar is allowed and the athlete will be told to correct this for the next repetition. If the deviation is not corrected, the test is over. If it is corrected, they can continue. Any subsequent misses are not counted.

Scoring - total number of pull ups recorded

Athlete must retain posture and pace during test

5. Plank

core strength (while sweeping)

Equipment: mat, stopwatch

Protocol

- perform the plank on a mat for as long as you can hold it
- hands shoulder width apart, back and legs straight

Scoring: timed, record how long the athlete can do this test while maintaining appropriate body position

6. Balance Test (similar to Warrior 3)

**Equipment:****stopwatch, counter****Protocol:**

1. The athlete begins by standing tall with feet shoulder-width apart.
2. The athlete raises one leg (hack leg) off ground and extends it backwards while bending forward at hips and arms extended forward. The other leg (sliding leg) has a slight flex
3. The athlete holds this position for 5 seconds and then returns to vertical position (do not put leg on ground) for 5 seconds
4. Repeat same action, as many times as possible
5. The test is over when the athlete loses balance and foot touches ground, or position not held in control for 5 seconds

Scoring:

- Time the entire exercise from start to finish and record that number
- Count the number of times the athlete completes the exercise in their time (one complete is when athlete returns to vertical position)

APPENDIX C – Curl BC Additional KPI's

Athlete Category	Provincial Level 1 and 2
KPI's	Compete in a minimum of 3 events
	Attend 2 Speaker Series webinars
	Attend 1 Curl BC Webinar
	Complete 3 quarterly Action Plans
	Complete 3 Fitness tests
	Coaches – complete Safe Sport module
	Athletes – complete True Sport