
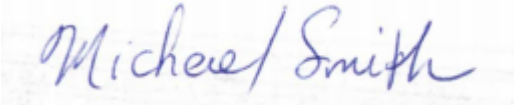




Canadian Sport Institute Pacific and **Softball BC** Athlete and Coach Nomination Criteria

Criteria Approved : July 5, 2021

CSI Pacific Representative David Hill CSI Pacific Representative	
Signature	
Softball BC Representative Michael Smith Technical Coordinator	
Signature	

COVID-19 PREFACE

Covid-19 has had an extraordinary impact on all sectors of society, including sport. The pandemic has significantly limited the ability of athletes to compete provincially or farther afield and has had a significant impact on the daily training environment and available support for athletes. As such, current Softball BC/Canadian Sports Institute Pacific targeted athletes who registered in 2020 are invited to reapply to remain on the targeted athlete list, with the understanding that these athletes have been and continue to prepare for the 2021/2022 season and pursue long-term goals. Upon returning to competition, Softball BC will endeavour to add athletes who meet the below criteria to the registered athlete list as soon as is practical.

PURPOSE

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and **Softball 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.

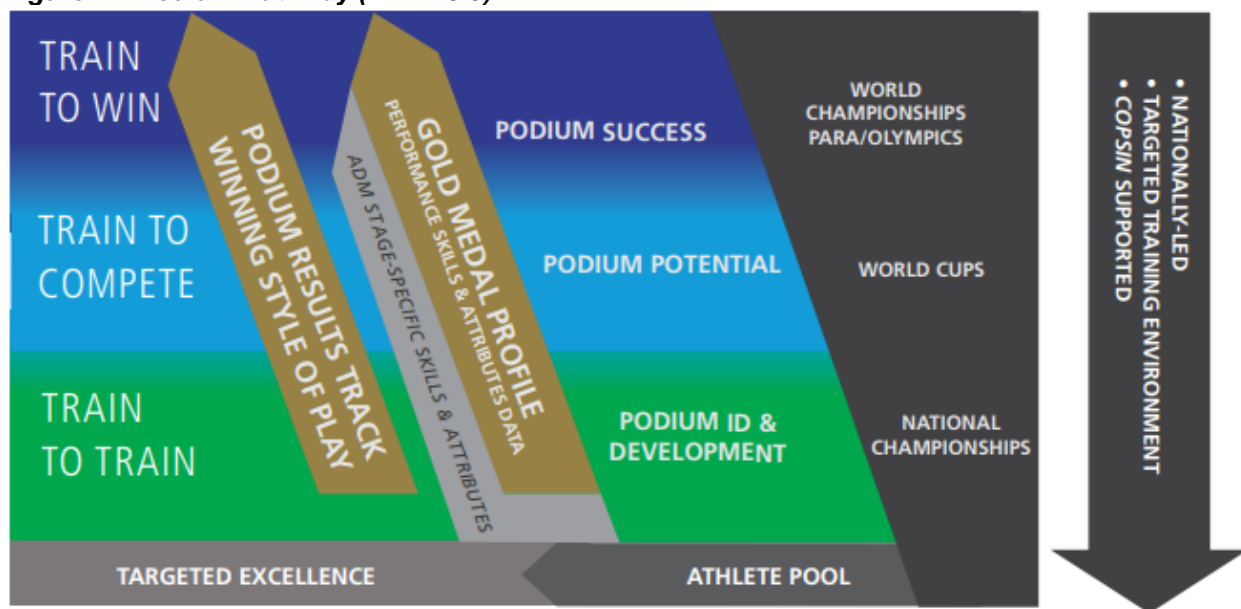
This template provides a standardized process to identify athletes and coaches within the **Softball BC** high-performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across 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 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 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 from Podium) and future generations (9-12 years from Podium) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years from Podium) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years from Podium) of athletes and teams.

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.

Figure 1 – Podium Pathway (LTAD 3.0)



DETAILS

Through the above partnership, and with the above purpose in mind, **Softball 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 **Softball BC** targeted athlete benefits, programs, and services as delivered through **Softball BC**.

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / **Softball BC** targeting runs **July 1 – June 30** 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 **Softball 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 **Softball 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 **Softball 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 **Softball BC's** nomination list at the coach's discretion when:
 - a. There is an expectation the athlete in question would have met the criteria if no injury or absence had occurred. **AND;**
 - b. The athlete in question was previously nominated by **Softball BC** in the previous 24 months.
4. Athletes must apply for nomination and declare that they are available to participate in age-appropriate **Softball BC** programming (if applicable), including Targeted Athlete POD's, Provincial Team, and Centre for Performance; and committed to necessary training and programming to progress in the High-Performance Pathway.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the **Softball 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.

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

Softball BC Sport-Specific Criteria:

- Athletes on Senior National Team roster in previous 24 months who are not currently Sport Canada AAP carded (<https://softball.ca/programs/national-teams>).

OR

- U Sport / NCAA athletes who train in BC for a minimum of three months, verified by the NSO as being in the Senior National Team pool for the current Olympic quadrennial.

OR

- Athletes selected to the Junior National team, identified by the NSO as being in the Senior National Team pool, and invited to Softball Canada's offseason selection camp in preparation for international competition within the previous 24 months.

*Refer to Appendix A for National Team Selection Criteria Standards.

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 one of the two criteria below:
 - Have competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months

*Note: 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).

Softball BC Sport-Specific Criteria:

- Provincial Development athletes who have been named to Softball Canada's Junior National Team athlete pool or attended an NSO ID camp in the previous 24 months.

OR

- U Sport / NCAA athletes who train in BC for a minimum of three months and have been invited to participate in a Junior National Team identification and/or selection camp.

OR

- U Sport / NCAA athletes who train in BC for a minimum of three months, verified by the NSO as being in the National Development Team athlete pool.

*See Appendix A for National Team Selection Criteria Standards.

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 one of the two criteria below:
- Participate in Softball BC provincial programming within the previous 24 months.

*Softball BC Sport-Specific Criteria:***Criteria 1**

- Medal winners from the most recent U19 Canadian Championships.

OR

- Gold or Silver medal winners from the most recent U16 Canadian Championships providing they meet Softball BC's Gold Medal Profile technical and physical selection criteria standards (see Appendix C).

AND

- Registered with the Canadian Sport Institute Pacific in 2019 and 2020.
- Submit a current yearly training plan (YTP) indicating training and competition days.
- Participate in Softball BC provincial programming within the previous 24 months.

OR**Criteria 2**

- **Softball BC Gold Medal Profile Athletes providing**
 - Athletes scoring between 22% - 33% on Softball BC –Gold Medal Profile Evaluations Ranking**;
 - Submit a current yearly training plan (YTP) indicating training and competition days.
 - Participate in Softball BC provincial programming within the previous 24 months.

**See Appendix C and D Softball BC Gold Medal Profile and Assessment Matrix

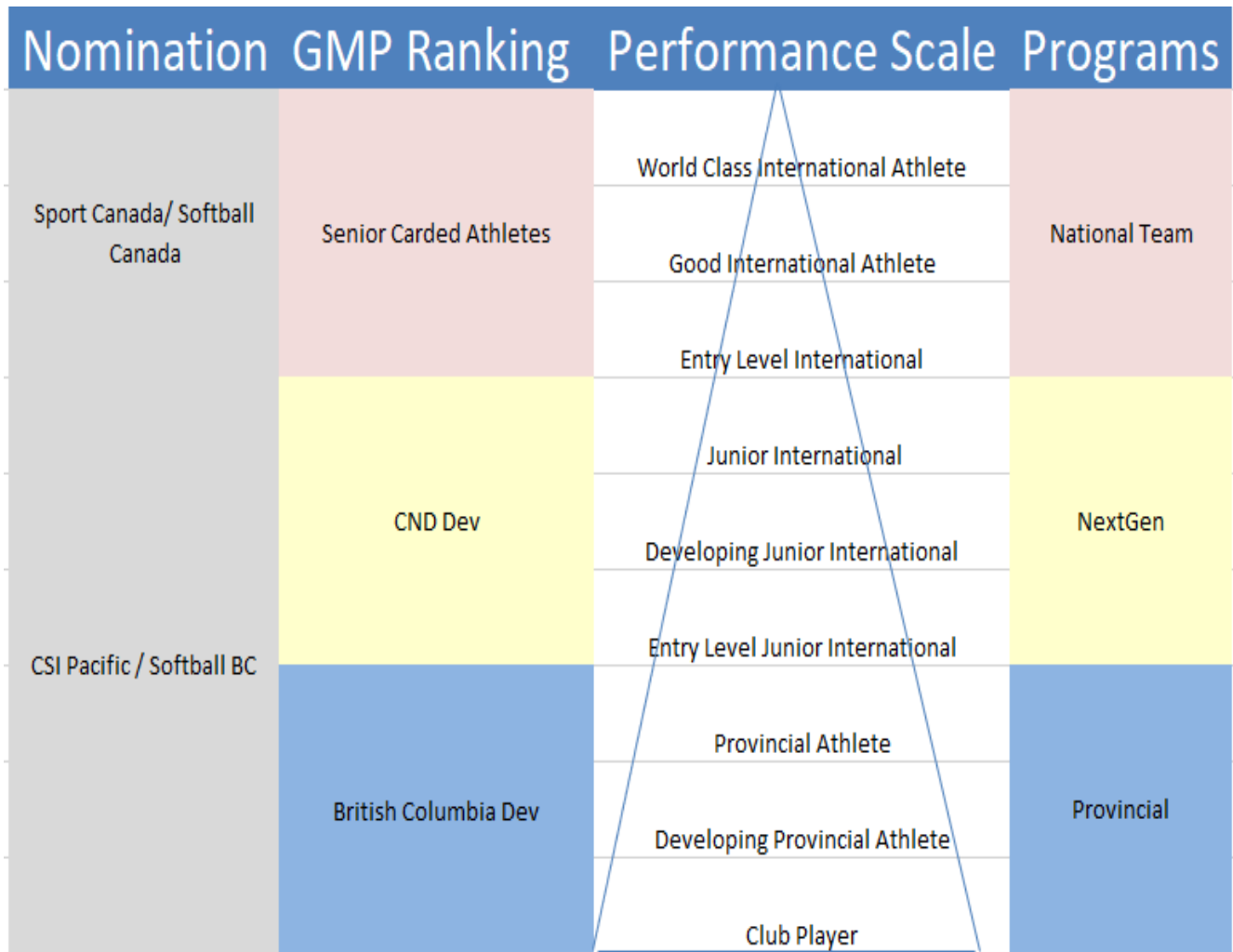
Coach Nomination

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 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.

Softball Podium Pathway



APPENDIX A – National Team Selection Criteria StandardsSenior Men's - <https://softball.ca/mnt/rosters.htm>

National Team Best	
<i>Pitchers</i>	
Rise Ball	79 mph
Drop	84 mph
Change Up	15-20 mph slower
<i>Catchers</i>	
Throw Home to 2 nd	1.70 sec
Glove to Glove Release	0.80 sec
<i>General Fitness</i>	
Throwing Speed (overhand)	88 mph
Plank	8 min
Beep Test Score (Leger)	12
Broad Jump	9.2 ft.
Crunches	60 in 1 min
Push Ups	60 in 1 min
Home to 1B – Run	3.0 sec
Home to 2B – Run	5.4 sec

Senior Women's - <https://softball.ca/wnt/rosters.htm>

National Team Best	
<i>Pitchers</i>	
Fastball	65 mph
Change-Up	15-18 mph slower than max
Any (2) of the following	
Rise Ball	60 mph
Drop	60 mph
Screw Ball	62 mph
<i>Catchers</i>	
Throw Home to 2 nd	1.84 sec
Glove to Glove Release	0.80 sec
<i>General Fitness</i>	
Throwing Speed (overhand)	65 mph
Plank	3 min
Beep Test Score (Leger)	Level 8.5
Pro Agility	5.0
Crunches	60 in 1 min
Push Ups	25 in 1 min

Appendix B – Team BC Selection Criteria StandardsTeam BC Men's: <https://softball.bc.ca/team-bc-selection-criteria-men/>

Team BC Minimum Standard	
<i>Pitchers</i>	
Rise Ball	73 mph
Drop	76 mph
Change Up	15-20 mph slower
<i>Catchers</i>	
Throw Home to 2 nd	2.00 sec
Throw Home to 3 rd	1.50 sec
Glove to Glove Release	0.95 sec
<i>General Fitness</i>	
Throwing Speed (overhand)	70 mph
Trunk Rotation throw	35 ft.
Plank	3 min
Beep Test Score (Leger)	10
Broad Jump	7 ft.
Crunches	40 in 1 min
Push Ups	40 in 1 min
Home to 1B – Run	3.50 sec
Home to 2B – Run	6.2 sec

Team BC Women's: <https://softball.bc.ca/team-bc-selection-criteria-women/>

Team BC Minimum Standard	
<i>Pitchers</i>	
Fastball	58 mph
Change-Up	15-18 mph slower
Any (2) of the following	
Rise Ball	56 mph
Curve	56 mph
Screw Ball	58 mph
<i>Catchers</i>	
Throw Home to 2 nd	<2.00 sec
Glove to Glove Release	<0.95 sec
<i>General Fitness</i>	
Throwing Speed (overhand)	55 mph
Plank	2 min
Beep Test Score (Leger)	Level 6
Pro Agility	6.0
Crunches	30 in 1 min
Push Ups	15 in 1 min

The 2021 assessments will act as a baseline for future minimum standards: thus, athlete assessments scores (appendix D) for physical and technical skills will be based on the statistical analysis of mean, standard deviation from the mean, and confidence intervals.

Appendix C – Non-Team BC Selection Criteria Standards

Gold Medal Profile (Non-Team BC Women)

Pitchers

	All Players		Fielders		All Players		All Players								
	Physical/Technical		Tech Skills		Intangibles		Tactical								
Flexibility	Home to first	5-10-5 Pro Agility	Vertical Jump	Throw Velocity	Batting -- Ball Exit Speed	Glove to glove 2nd Base	Glove to glove Release	Glove to glove fly ball to Home	Effort	Potential	Poise Under Pressure	Offence	Defence	Total out of 126	Percent

Fielders

Flexibility	All Players	
	Physical/Technical	
	Home to first	
	5-10-5 Pro Agility	
	Vertical Jump	
Throw Velocity		
	Batting -- Ball Exit Speed	
Glove to glove 2nd Base	Fielders	
	Tech Skills	
	Glove to glove Release	
Glove to glove fly ball to Home		
Effort	All Players	
	Intangibles	
	Potential	
Poise Under Pressure		
Offence	All Players	
	Tactical	
Defence		
Total out of 126		
	Percent	

Catchers

Flexibility	All Players	
	Physical/Technical	
	Home to first	
	5-10-5 Pro Agility	
	Vertical Jump	
Throw Velocity		
	Batting -- Ball Exit Speed	
Glove to glove 2nd Base	Catchers	
	Catching	
	Glove to glove Release	
Blocking		
Effort	All Players	
	Intangibles	
	Potential	
Poise Under Pressure		
Offence	All Players	
	Tactical	
Defence		
Total out of 126		
	Percent	

Gold Medal Profile (Non-Team BC Men)

Pitchers

	All Players		Fielders		All Players		All Players	
Flexibility	Physical/Technical		Tech Skills		Intangibles		Tactical	
Home to first	5-10-5 Pro Agility		Glove to glove 2nd Base		Effort		Offence	Total out of 126
Vertical Jump	Throw Velocity		Glove to glove Release		Potential	Defence	Percent	
Batting -- Ball Exit Speed			Glove to glove fly ball to Home		Poise Under Pressure			

Fielders





	All Players		Fielders		All Players		All Players	
Flexibility	Physical/Technical		Tech Skills		Intangibles		Tactical	
Home to first	5-10-5 Pro Agility		Glove to glove 2nd Base		Effort		Offence	Total out of 126
Vertical Jump	Throw Velocity		Glove to glove Release		Potential	Defence	Percent	
Batting -- Ball Exit Speed			Glove to glove fly ball to Home		Poise Under Pressure			

Catchers

		All Players		Catchers		All Players	All Players								
		Physical/Technical		Catching		Intangibles	Tactical								
Flexibility	Home to first	5-10-5 Pro Agility	Vertical Jump	Throw Velocity	Batting -- Ball Exit Speed	Glove to glove 2nd Base	Glove to glove Release	Blocking	Effort	Potential	Poise Under Pressure	Offence	Defence	Total out of 126	Percent

Appendix D – Example – Softball BC – GMP Evaluation Outline

Assessment Grading Scale for BC Gold Medal Profile

 Competition Level 	Senior International (High Pressure) SWNT/SMNT Olympics/Worlds	7 Sufficient set of skills Reliable execution under high pressure Entry Level International	8 Advanced set of skills Perfect choice and execution under high pressure International Player	9 Advanced set of skills Perfect choice and execution under high pressure World Class
	U17 or U21 International (Moderate Pressure) JWNT/JMNT NextGEN	4 Sufficient set of skills Sporadic execution under moderate pressure Entry Level Junior. International	5 Sufficient set of skills Reliable execution under moderate pressure Developing Junior International	6 Advanced set of skills Reliable execution under moderate pressure Junior International
	Domestic Competition (Limited Pressure) Canada Games National Championships	1 Limited set of skills Sporadic execution under limited pressure A-Ball Club Player	2 Limited set of skills, Moderate execution under limited pressure Entry Level Provincial	3 Limited set of skills Reliable execution under limited pressure Provincial Player
		0 Limited set of skills Seldom execution under limited pressure		
 Execution 				

Appendix D – Example – Softball BC – GMP Evaluation Outline

Performance Matrix		Scoring Scale	Score
Provincial Level	Seldom		0
Limited Pressure	Sporadic		1
Domestic Competition	Moderate		2
	Reliable		3

Category	KPI	Score
Technical	Throw Velocity	2
	Exit Speed	1
	Glove to Glove	2
	Glove to Release	2
	Position Specific Skill	2
Tactical	Defense	2
	Offense	2
	Effort	3
Psychological	Potential	2
	Performance -- ID Camp Competition	3
Physiological	Poise under Pressure	3
	Flexibility	3
	Pro Agility 5-10-5	2
	Second to Home	2
	Vertical Jump	2
Catcher # 1 Assessment		
	Total Score	30
	Maximum Points (14 KPI * 9 pts)	126
	GMP Ranking	24%

