




Canadian Sport Institute Pacific and Canoe Kayak BC Athlete and Coach Nomination Criteria Flatwater Sprint

**Criteria Approved:
July 11, 2023**

<p>CSI Pacific Representative David Hill</p>	
<p>Canoe Kayak BC Representative Stanislav Marek</p>	<p>Signature</p>  <p>Signature</p>

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Canadian Sport Institute Pacific and Canoe Kayak BC Athlete and Coach Nomination Criteria

Canoe Kayak BC (CKBC) will follow the evolution of the coronavirus (COVID-19) and how it may impact the 2022-2023 Provincial Team Selection Criteria. CKBC reserves the right to modify this document based on the best available information. Any modifications will be made promptly and will be communicated to all affected individuals as soon as possible

PURPOSE

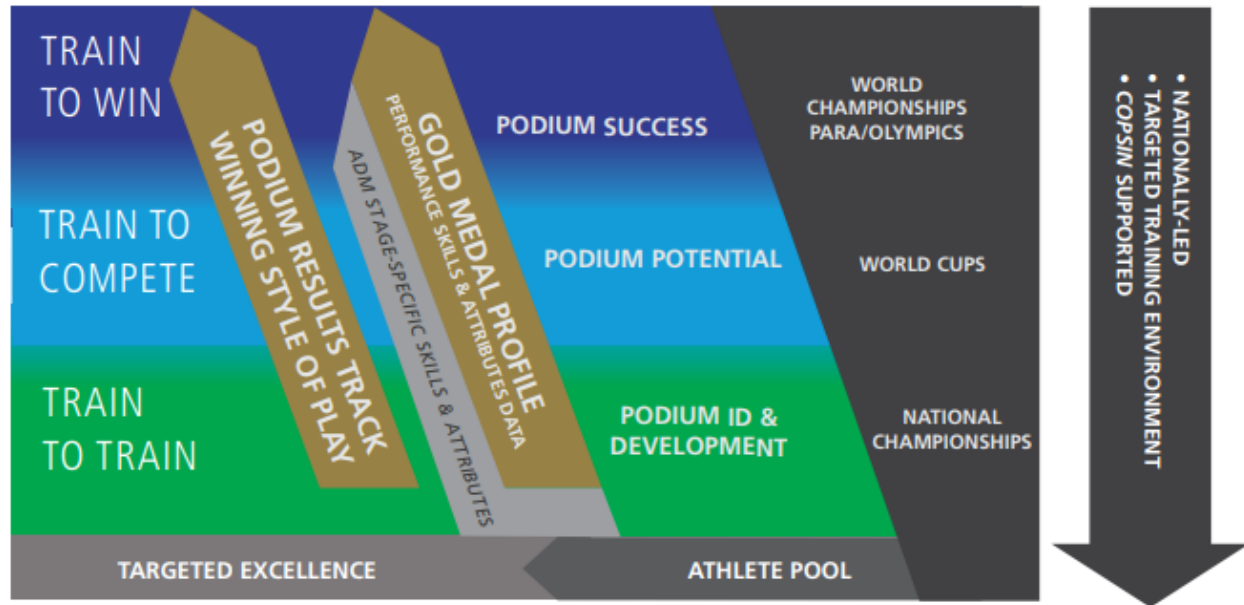
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Canoe Kayak BC (CKBC), collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every 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 CKBC 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.

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, CKBC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon enrolling, 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: <http://www.csipacific.ca/athletes/eligibility/>. CKBC levels are divided into six levels. This ensures that athlete support is commensurate with their level of performance. Details of athlete support can be found in Appendix 3.

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / CKBC targeting runs December 1st to November 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 CKBC 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 CKBC and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / PacificSport Center in order to receive athlete or coach supports and benefits

2023-2024 CKBC PERFORMANCE PROGRAM SELECTION POLICIES

1. GOALS

- Produce medalists at Canadian National Championships and Canada Summer Games; **AND**
- Recognize and support athletes who have a potential to make Junior, U23 and Senior Development and National Teams, and who have shown a commitment to training to achieve this objective; **AND**
- Successfully transfer our most talented athletes from the U16 and U18 age groups to the U23 ranks, and continue this progression towards becoming Senior National Team members and then Olympic medalists; **AND**
- Strive to deliver programs that integrate with CanoeKayak Canada, Canadian Sport Institute - Pacific (CSI-P) and PacificSport Regional Centers; **AND**
- Implement Long Term Athlete Development (LTAD) principles and ideas:
Educate athletes and parents about the benefit of sport as a long term and life-lasting pathway.
Sport significantly contributes towards quality of life and creates healthy and strong communities.

2. PROGRAM OBJECTIVES

- Provide and facilitate the optimum number of regattas and camps offered for all athletes at all levels of development; **AND**
- Provide support and encouragement to member clubs in developing recruitment programs and retention strategies; **AND**
- Continue athlete (e.g. RBC Training Ground/Para Search) and coaching development strategies; **AND**
- Support and encourage athletes in IGNITE program engagement and participation; **AND**
- Provide sport science resources for athletes and coaches; **AND**
- Ensure athletes have access to resources contributing towards athletes' short and long term physical and mental wellness
(Motto: Healthy body in healthy mind & Healthy mind in healthy body); **AND**
- Support athletes that attend National Team Trials, Canadian National Championships, World Cups and Championships and other international regattas, such as the Olympic Hopes Regatta.

3. ATHLETE SELECTION OBJECTIVES

- Identify BC athletes by their level of Sport Specific and General Performance; **AND**
- Compare performances of athletes in different racing ages; **AND**
- Compare performances of athletes in different disciplines; **AND**
- Compare performances of athletes in different crews; **AND**
- Be inclusive for both sexes, canoe and kayak disciplines and para-canoe representation; **AND**
- Provide project subsidies according to the athlete's level of performance (when available); **AND**
- Provide all CKBC members with clear and transparent selection criteria that will focus on individual long-term athlete development.

4. ELIGIBILITY

Eligibility to participate in any of CKBC's programs shall be made open to all CKBC athletes who meet and adhere to ALL of the following criteria:

- Competitive member of a CKBC affiliated Club that is in good standing;
- Participate in a year round training program with a CKBC member club or under the direction or approval of the Technical Director
- Athletes must race for a CKBC-affiliated Club for the current season or club approved by the Technical Director
- Does not have any outstanding accounts with CKBC that are more than 30-days in arrears or are without an approved payment plan;
- Not be serving a period of ineligibility pursuant to the Canadian Anti-Doping Program and/or pursuant to the ICF's Anti-Doping Rules.

Note: Athletes receiving funding from the Performance Program are deemed to have participated in a selection process and are therefore committing to competing for the Province of British Columbia;

5. IDENTIFICATION

Athletes **MAY BE** named to the Provincial Team by meeting both the On-water and Off-water Criteria (see *Core Selection Criteria* below for specifics):

1. ON-WATER:

- National Team Selection/Identification or CKC Team Selection;
OR
- Achieving any **two (2)** BC Performance Standards in the SAME performance level (e.g. An athlete meets the Level 3 Performance Standard while placing top 3 at Nationals in U16 Men's K1 200m & 1000m);
OR
- Achieving **one (1)** BC Performance Standard together with **multiple** BC Performance Time Standards of Level 5 (see further description in section 7. Core Selection Criteria);
OR
- Arriving within **top 3** of a combined rank of ALL single disciplines at BC Provincial Team Trials together with **multiple** BC Performance Time Standards of Level 5 (see further description in section 7. Core Selection Criteria);
OR
- Achieving multiple BC Performance Time Standards of Level 5;

Note: BC Performance Time Standards of Level 5 shall be achieved at ANY DISTANCE OR DISCIPLINE DURING ANY PHASE OF COMPETITION IN APPROVED VENUES LISTED IN SECTION 8.

AND

2. OFF-WATER:

- Achieving "Minimum OFF-water Performance Standards" (**Appendix 5**)

6. APPLICATION FOR SELECTION

It is the responsibility of the athlete to apply for selection to the Provincial Team by completing and submitting the following by the applicable deadline:

1. Provincial Team Application Form
 - a. Form includes details on the athlete, which performance standard achieved, 2023 season debrief, goals and objectives for the 2024 season
 - b. Form can be found at <https://zfrmz.com/im9XLgF9ZvyJYnTc18Dz>
2. Technical video submission
 - a. Kayakers:
 - i. 15-20" video from each side + 15-20" video from behind
 - b. Canoers:
 - i. 15-20" video of the athlete's paddling side + 15-20" video from behind

Note: individual technical debrief will be scheduled after the Spring Camp/prior to the main part of the racing season

3. Mental performance report

Note: Mental performance report to be filled out 3x per term - fall, spring and beginning of the summer to help the athletes with mental aspects of training, competing and combining "real life with sport life".

4. GAP Analysis

Note: GAP analysis to be done 3x per year - fall, spring and summer. Individual addition to the athletes' training plan will be provided to coaches/athletes based on identified gaps.

5. Functional Movement Screening (FMS)
 - a. Completion of FMS

Note: FMS will be scheduled during the Fall Provincial Camp. A Self-Care report will be provided to athletes. Additional FMS might be scheduled for all PT athletes during the spring.

6. Completion of the CCES True Sport Clean 101 Quiz and NCCP Safe Sport Training
 - a. The Quiz and Training are free and can be completed at the following:
 - i. CCES True Sport Clean 101 Quiz: <http://cces.ca/course-outline>
 - ii. NCCP Safe Sport Training: <https://safesport.coach.ca/participants-training>

Additional:

The above information will help inform CKBC in athlete selection and will also assist in creating (or updating) an athlete profile for each selected athlete.

Documents, videos and certificates of completion can be sent to techdiretor@canoekayakbc.ca

**** Deadline for final submission of all the parts: October 31, 2023 unless approved by the Technical Director ****

7. CORE SELECTION CRITERIA

CKBC Level 1 / CSIP Podium / Canadian Elite (Sport Canada AAP Carded)

- 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 CKBC, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

CKBC Level 2 / CSIP Canadian Development

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and are **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**.

CKBC Level 3 / CSIP Provincial Development Level 1

- 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 CKC's Podium Pathway and Gold Medal Profile and meet the criteria below:
 - Athletes who have competed at U23 or Junior World Championships in the past 24 months, provided they maintain their status as a Provincial Team Athlete (see Section 9. Athlete Responsibilities and Section 13. Removal Process);

OR

- Nominated to the CKC Junior Development Team (e.g. Olympic Hopes Team) or U23 Development Team.

OR

- Achieving **two (2)** BC Performance Level 3 Standards listed below

OR

- Achieving **one (1)** BC Performance Level 3 Standard listed below **AND three (3)** BC Performance Time Standards of Level 5

AND

- Meeting 3 out of 4 "Minimum Off-Water Performance Standards" results (**Appendix 5**)

BC Performance Standard CKBC Level 3:

- Arriving within the **top three (3) in an “A Final”** at the Canadian National Championships or National Team Trials in a **singles event**.
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the **top 15%** of all boats in the event

**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).*

CKBC Level 4 / CSIP Provincial Development Level 2

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to CKC's Podium Pathway and Gold Medal profile and meet the criteria below:
 - Achieving **two (2)** BC Performance Level 4 Standards listed below

OR

 - Achieving **one (1)** BC Performance Level 4 Standard listed below **AND two (2)** BC Performance Time Standards of Level 5;

AND

 - Meeting 3 out of 4 “Minimum Off-Water Performance Standards” results (**Appendix 5**)

BC Performance Standard CKBC Level 4:

- Arriving within the **top six (6) in an “A Final”** at the Canadian National Championships or National Team Trials in a **singles event**
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the **top 25%** of all boats in the event

OR
- Arriving within the **top 1 (winning) in a doubles or fours** category at the Canadian National Championships
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the **top 25%** of all boats in the event

CKBC Level 5 / CSIP Provincial Development Level 2

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to CKC's Podium Pathway and Gold Medal profile and meet the criteria below:

- o **Competed at the Canadian National Championships**

AND

- o Achieving **two (2)** BC Performance Level 5 Standards listed below

OR

- o Achieving **one (1)** BC Performance Level 5 Standard listed below **AND one (1)** BC Performance Time Standards of Level 5;

OR

- o Arriving within **top 3** of a combined rank of ALL single disciplines at **BC Provincial Team Trials** together with **one (1)** BC Performance Time Standards of Level 5

OR

- o Meeting **three (3)** BC Performance Time Standards of Level 5 (any distance or discipline during any phase of competition in approved venues listed in Section 8).

AND

- o Meeting 3 out of 4 "Minimum Off-Water Performance Standards" results (**Appendix 5**)

BC Performance Standard CKBC Level 5:

- Qualified for a **final (A Final) in a singles** category at the Canadian National Championships or National Team Trials
 - o If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top **33%** of all boats in the event).

OR

- Arrived within the **top three (3) in a doubles or fours** category at the Canadian National Championships
 - o If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top **33%** of all boats in the event

Coach Nomination

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. CKBC 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.

Nominated coaches must:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as athlete's coach of record based on sport-specific criteria above.
- Safe Sport Screened and Trained, including CAC Making Ethical Decisions certified.
- Submit their YTP as well as the Pro-D plan
- Participate in 50% of all CKBC coach development workshops
 - If unable to meet this target, the coach must demonstrate that they are continuing their development through other coach education opportunities (e.g. NCCP courses, post-secondary courses/studies, participation in CKC projects or equivalent).
- Coaches must be NCCP Competition - Development Certified
 - An exemption may be granted, however the exemption is only valid for two years.

8. ELIGIBLE VENUES

Each athlete will have multiple opportunities throughout the competitive season to demonstrate his/her/their level of performance. The following sites have been approved having hosted Nationally recognized Championships/events or International Championship events:

- Provincial Team Trials, Canada Games Trials (Burnaby Lake, Kamloops - Shumway Lake)
- Ted Houk Regatta (Seattle, Green Lake)
- BC Championships/National Qualifiers Regatta (Burnaby Lake, Kamloops - Shumway Lake)
- Canada Summer Games
- Canadian National Championships
- National Team Trials
- Canada Cup Regattas

Athletes competing at events with a valid survey certificate and not listed above may send a letter to the Technical Committee requesting that the competition be considered.

9. ATHLETE RESPONSIBILITIES

Athletes nominated as Performance Athletes are accountable to CKBC. Specific athlete responsibilities are as follows:

The Athlete will:

- (a) participate in a year-round training program with a CKBC member club or under the direction or approval of the Technical Director
 - this includes training at least six (6) times per week;
- (b) participate in all CKBC and Provincial Team events, including fall and winter testing, training camps, selection events and webinars/workshops;
- (c) complete and submit goals and performance tracking documents each year or as requested by the Technical Director;
- (d) make training diaries available as requested;
- (e) Complete NCCP Safe Sport Module Training; and
- (f) Complete CCES True Sport Clean 101 and send certificate to the Technical Director

10. PERFORMANCE EXPECTATION AND PROGRESSION

All athletes are expected to meet the following specific performance objectives:

1. Total number of session for the week
2. Total on-water volume for the week or month
3. Functional movement screening
4. Mental performance report
5. Community services and engagements
6. Athletes *must attend at minimum, unless approved by the Technical Director:*
 1. **Provincially:** Provincial Team Trials and Provincial Championship
 2. **Nationally:** Canadian National Championship
7. Participate and engage in CKBC Provincial Team events and tasks, such as:
 1. CKBC regattas
 2. CKBC training camps and clinics
 3. CKBC On-water and Off water Performance testing

4. CKBC online meetings, education events/webinars
8. Working on Monitoring sheets/logs regularly as per instructions of the Technical Director

In addition, all athletes are expected to demonstrate evidence of their **ONGOING PERFORMANCE PROGRESSION** tracking toward CKC's Gold Medal Profile to remain targeted.

1. Off-water performance testing as scheduled by PSO and/or club

AND

2. On-water performance testing as scheduled by PSO and club

Factors that will be considered when assessing performance progression can include:

- **Physical**
 - % differential from CKC's Gold Medal Profile (On Water Indicators)
 - % differential from CKC's Gold Medal Profile (Dryland Indicators)
 - Competition, testing and time control results
- **Technical**
 - Technical improvement using CKC's Four Stage Technical Model
- **Tactical**
 - Tactical improvements using CKC's Tactical Skills Matrix
- **Psychological**
 - Psychological improvements using CKBC Mental Performance report
- **Lifestyle**

11. ATHLETE ILLNESS, INJURY OR OTHER EXTENUATING CIRCUMSTANCES

An athlete who is unable to participate in a selection event due to illness, injury or other extenuating circumstances may nevertheless be considered for selection by CKBC, provided that the athlete notifies CKBC in writing, with appropriate documentation, which is satisfactory to CKBC, in advance of the event in which the athlete is unable to participate. There is an expectation the athlete in question would have met the performance standards stated above if no injury, illness or absence had occurred and the athlete was previously nominated to the Provincial Team in the previous 24 months. CKBC, in its sole discretion, may approve an exemption from the selection procedure.

If an athlete selected to a team becomes ill or injured, he or she must seek immediate medical attention and report the illness or injury to CKBC. CKBC will assess the situation and make a recommendation. The assessment may involve gathering further information or conducting additional medical tests. Where it is determined by CKBC that an athlete will be replaced, the selection of the replacement will be based upon previous results in competitions and trials.

12. UNFORESEEN CIRCUMSTANCES

Situations may arise where unforeseen circumstances or circumstances beyond the control of CKBC do not allow racing or team selection to take place in a fair manner. In the event of such unforeseen circumstances as determined by the Technical Director and Executive Director, in their sole discretion, will determine if the circumstances justify selection to take place in an alternative manner. In such circumstances, the alternative selection will be posted on the CKBC website one week after the competition in question.

13. REMOVAL

Any selected athlete may have their selection status reviewed by the Technical Director if any of the requirements listed in section 8 (Athlete Responsibilities) or section 9 (Athlete Progression) are not met. The Technical Director will notify the athlete in writing as to why their Provincial Team status is under review. The athlete shall be given a reasonable opportunity (no more than seven days) to provide reasons why they should not be removed from the Provincial Team. The Technical Director may request a meeting with the athlete and their coach to discuss the training level required to remain on the Provincial Team.

If the athlete receiving the notice remedies the breach within the specified time or provides satisfactory justification for the breach to the Technical Director, the dispute shall be resolved.

If the athlete fails to remedy the breach within 14 days of receiving the first written notice, the athlete shall be notified, in writing, by the Technical Director of their removal from the Provincial Team.

14. APPEALS

Appeals must be made in writing and delivered to the CKBC Office within seven days of the posting on the CKBC website of those athletes selected to the Provincial Team or within seven days of being notified that the athlete has been removed from the Provincial Team.

Notification of an appeal must contain the participant's name, contact information and the complete details of the appeal issue.

A panel made up of the Executive Director, Sprint Chair and a person appointed by the Executive Director and Sprint Chair. The appeal meeting will take place at a time and date as decided by the panel.

At any time during the review/appeal process, the athlete may be required to provide evidence demonstrating satisfactory achievement in each of the selection components.

CKBC reserves the right to withhold all programming and/or funding if an athlete's training situation cannot be verified.

15. SUMMARY OF CATEGORIES

A. 2023-2024 CSIP/CKBC Levels

2023-24 CSIP Levels	2023-24 CKBC Levels
Podium	Level 1
Canadian Development	Level 2
Provincial Development – Level 1	Level 3
Provincial Development – Level 2	Level 4
	Level 5

APPENDIX 1: CKBC 2023-2024 Level 5 Time Standards

2023 - 2024 CKBC Level 5 Time Standards						
			U16	U18	Junior	Senior
Women	K-1 200m	0:00:49.04	0:00:47.68	0:00:45.71	0:00:43.35	
	K-1 500m	0:02:13.75	0:02:08.25	0:02:03.44	0:01:57.78	
	K-1 1000m	0:04:44.86	0:04:37.88	0:04:31.38	0:04:18.53	
	K-2 200m	N/A	0:00:41.87	0:00:41.96	0:00:40.52	
	K-2 500m	0:01:55.18	0:01:53.04	0:01:52.98	0:01:49.35	
	K-2 1000m	4:03.298	0:04:01.26	0:03:59.67	0:03:56.62	
	C-1 200m	0:00:57.55	0:00:56.42	0:00:56.84	0:00:50.61	
	C-1 500m	0:02:28.76	0:02:35.22	0:02:35.43	0:02:20.68	
	C-1 1000m	0:05:31.45	0:05:25.38	0:05:26.82	0:05:05.36	
	C-2 200m	N/A	0:00:50.77	0:00:50.31	0:00:49.29	
	C-2 500m	0:02:14.24	0:02:14.75	0:02:15.76	0:02:10.93	
	C-2 1000m	0:04:40.12	0:04:46.58	0:04:40.87	0:04:40.28	
Men	K-1 200m	0:00:42.08	0:00:39.69	0:00:38.39	0:00:36.93	
	K-1 500m	0:01:59.60	0:01:53.27	0:01:49.55	0:01:42.09	
	K-1 1000m	0:04:10.16	0:03:55.62	0:03:54.08	0:03:43.14	
	K-2 200m	N/A	0:00:35.46	0:00:34.86	0:00:33.89	
	K-2 500m	0:01:47.57	0:01:37.70	0:01:35.82	0:01:34.17	
	K-2 1000m	0:03:36.63	0:03:30.18	0:03:27.56	0:03:24.70	
	C-1 200m	0:00:48.90	0:00:46.24	0:00:44.67	0:00:41.85	
	C-1 500m	0:02:13.73	0:02:09.26	0:02:03.88	0:01:53.79	
	C-1 1000m	0:04:47.77	0:04:32.10	0:04:16.07	0:04:06.17	
	C-2 200m	N/A	0:00:41.62	0:00:40.55	0:00:39.71	
	C-2 500m	0:01:57.87	0:01:51.40	0:01:51.49	0:01:47.83	
	C-2 1000m	0:04:07.29	0:04:01.98	0:03:59.37	0:03:49.32	
Highlighted - Yellow = one set of data						

APPENDIX 2: CKBC 2023-2024 High Performance KM Standards

2022-2023 CKBC KM Standards

CKBC Level	On Water KM/Year
CKBC Level 1	3500+
CKBC Level 2	3500+
CKBC Level 3	2500-3500
CKBC Level 4	2000-3000
CKBC Level 5	1750-2500

** KM averages are based on CKC's Selection Philosophy Team Red*

- Sprint 2024:

<https://2bcxm39bhr73x5pn814vosb1-wpengine.netdna-ssl.com/wp-content/uploads/2019/11/01-Selection-Philosophy-Team-Red-2024.pdf>

APPENDIX 3: CKC Gold Medal Profile Podium Pathway v3

CKC GMP/Podium Pathway:

- [CKC Gold Medal Profile Podium Pathway v3.docx](#)

APPENDIX 4: CKBC 2023-2024 Performance Indicators (based on CKC GMP)

High Performance Off-water standards based on Team Red v2:

- High Performance Off-water standards based on Team Red v2

APPENDIX 5: CKBC 2023-2024 Minimum Off water performance standards

		Pull ups in 1min	Push ups in 1min	Squad Jumps (Vertical Frogs) in 1 min	1500m run	
	U16 men	25	39	39	06:15.0	
	U16 women	14	22	22	07:30.0	
	U18 men	25	39	39	06:15.0	
	U18 women	14	22	22	07:30.0	
	U19+ men	25	39	39	06:15.0	
	U19+ women	14	22	22	07:30.0	



APPENDIX 6: 2023-2024 Support for Provincial Team Athletes

- Detailed performance service plan based on your completed intake form and meeting
- Access to sport science/sport medicine support, including:
 - Support during Provincial Team/National Team Camps
 - Online professional development workshops throughout the year
 - Monthly performance monitoring
- Funding support through the High Performance Assistance Program
- Coaching support at National Team Trials and National Championships
- Eligibility for external sport credit: Athlete 10, Athlete 11 or Athlete 12
- Access to Canadian Sport Institute - Pacific/PacificSport benefits, programs and support services, including:
 - Community partnerships (discounted products/services)
 - GymWorks
 - Grants/bursaries
- Provincial Team gear



Canadian Sport Institute Pacific and Canoe Kayak BC Provincial Team Selection Criteria - Canoe Slalom & Kayak Cross

Criteria Approved:
July 11, 2023

<p>CSI Pacific Representative David Hill</p>	
	<p>Signature</p>
<p>Canoe Kayak BC Representative Stanislav Marek</p>	
	<p>Signature</p>

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Canadian Sport Institute Pacific and Canoe Kayak BC Athlete and Coach Nomination Criteria

Canoe Kayak BC (CKBC) will follow the evolution of the coronavirus (COVID-19) and how it may impact the 2022-2023 Provincial Team Selection Criteria. CKBC reserves the right to modify this document based on the best available information. Any modifications will be made promptly and will be communicated to all affected individuals as soon as possible

PURPOSE

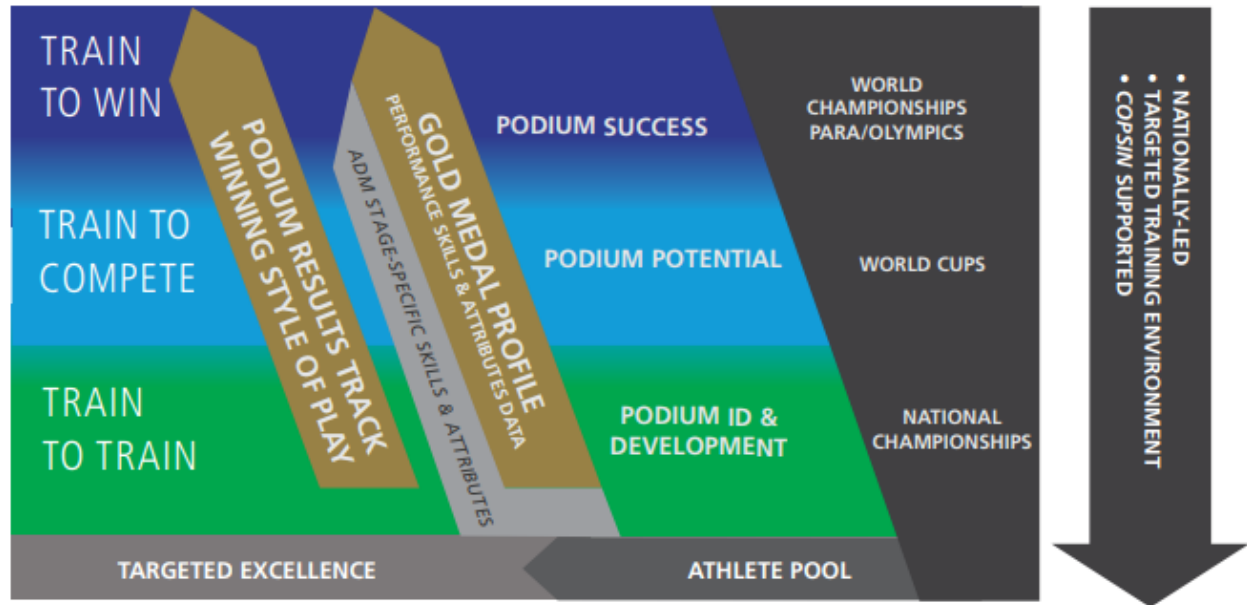
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Canoe Kayak BC (CKBC), collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every 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 CKBC 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.

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, CKBC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon enrolling, 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: <http://www.csipacific.ca/athletes/eligibility/>. CKBC levels are divided into six levels. This ensures that athlete support is commensurate with their level of performance. Details of athlete support can be found in Appendix 3.

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / CKBC targeting runs December 1st to November 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 CKBC 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 CKBC and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / PacificSport Center in order to receive athlete or coach supports and benefits

2023-2024 CKBC PERFORMANCE PROGRAM SELECTION POLICIES

1. GOALS

- Produce medalists at Canadian National Championships and Canada Summer Games; **AND**
- Recognize and support athletes who have a potential to make Junior, U23 and Senior Development and National Teams, and who have shown a commitment to training to achieve this objective; **AND**
- Successfully transfer our most talented athletes from the U16 and U18 age groups to the U23 ranks, and continue this progression towards becoming Senior National Team members and then Olympic medalists; **AND**
- Strive to deliver programs that integrate with Canoe Kayak Canada, Canadian Sport Institute - Pacific (CSI-P) and PacificSport Regional Centers; **AND**
- Implement Long Term Athlete Development (LTAD) principles and ideas:
Educate athletes and parents about the benefit of sport as a long term and life-lasting pathway. Sport significantly contributes towards quality of life and creates healthy and strong communities.

2. PROGRAM OBJECTIVES

- Provide and facilitate the optimum number of competitions and camps offered for all athletes at all levels of development; **AND**
- Provide support and encouragement to member clubs in developing recruitment programs and retention strategies; **AND**
- Continue athlete (e.g. RBC Training Ground/Para Search) and coaching development strategies; **AND**
- Support and encourage athletes in IGNITE program engagement and participation; **AND**
- Provide sport science resources for athletes and coaches; **AND**
- Ensure athletes have access to resources contributing towards athletes' short and long term physical and mental wellness
(Motto: Healthy body in healthy mind & Healthy mind in healthy body); **AND**
- Support athletes that attend National Team Trials, Canadian National Championships, World Cups and Championships and other international regattas

3. ATHLETE SELECTION OBJECTIVES

- Identify BC athletes by their level of Sport Specific and General Performance; **AND**
- Compare performances of athletes in different racing ages; **AND**
- Compare performances of athletes in different disciplines; **AND**
- Compare performances of athletes in different crews; **AND**
- Be inclusive for both sexes, canoe and kayak disciplines and para-canoe representation; **AND**
- Provide project subsidies according to the athlete's level of performance (when available); **AND**
- Provide all CKBC members with clear and transparent selection criteria that will focus on individual long-term athlete development.

4. ELIGIBILITY

Eligibility to participate in any of CKBC's programs shall be made open to all CKBC athletes who meet and adhere to ALL of the following criteria:

- Competitive member of a CKBC affiliated Club that is in good standing;
- Participate in a year round training program with a CKBC member club or under the direction or approval of the Technical Director
- Athletes must race for a CKBC-affiliated Club for the current season or club approved by the Technical Director
- Does not have any outstanding accounts with CKBC that are more than 30-days in arrears or are without an approved payment plan;
- Not be serving a period of ineligibility pursuant to the Canadian Anti-Doping Program and/or pursuant to the ICF's Anti-Doping Rules.

Note: Athletes receiving funding from the Performance Program are deemed to have participated in a selection process and are therefore committing to competing for the Province of British Columbia;

5. IDENTIFICATION

Athletes **MAY BE** named to the Provincial Team by meeting both the On-water and Off-water Criteria (see *Core Selection Criteria* below for specifics):

1. ON-WATER:

- National Team Selection/Identification or CKC Team Selection; **OR**
- Achieving BC Performance Standards;

AND

2. OFF-WATER:

- Achieving “Minimum OFF-water Performance Standards” (**Appendix 2**) - applies to CKBC Levels 1, 2, 3 and 4 applicants

OR

- Performing properly as per expectations in National Team Trials flatwater Figure 8 180m assessment (CKBC Level 5 applicants)

6. APPLICATION FOR SELECTION

It is the responsibility of the athlete to apply for selection to the Provincial Team by completing and submitting the following by the applicable deadline:

1. Provincial Team Application Form
 - a. Form includes details on the athlete, which performance standard achieved, 2023 season debrief, goals and objectives for the 2024 season
 - b. Form can be found at <https://zfrmz.com/im9XLgF9ZvyJYnTc18Dz>
2. Technical video submission
 - a. Kayakers:
 - i. 15-20” video from each side + 15-20” video from behind
 - b. Canoers:
 - i. 15-20” video of the athlete’s paddling side + 15-20” video from behind
3. Mental performance report

Note: Mental performance report to be filled out 3x per term - fall, spring and beginning of the summer to help the athletes with mental aspects of training, competing and combining “real life with sport life”.

4. GAP Analysis

Note: GAP analysis to be done 2-3x per year - fall, spring and summer. Individual addition to the training plan will be provided to coaches/athletes based on identified gaps.

5. Functional Movement Screening (FMS)
 - a. Completion of FMS

Note: FMS will be scheduled during the Fall Provincial Camp. A Self-Care report will be provided to athletes. Additional FMS might be scheduled for all PT athletes during the spring.

6. Completion of the CCES True Sport Clean 101 Quiz and NCCP Safe Sport Training
 - a. The Quiz and Training are free and can be completed at the following:
 - i. CCES True Sport Clean 101 Quiz: <http://cces.ca/course-outline>
 - ii. NCCP Safe Sport Training: <https://safesport.coach.ca/participants-training>

Additional:

The above information will help inform CKBC in athlete selection and will also assist in creating (or updating) an athlete profile for each selected athlete.

Documents, videos and certificates of completion can be sent to techdirector@canoekayakbc.ca

**** Deadline for final submission of all the parts: October 31, 2023 unless approved by the Technical Director ****

7. CORE SELECTION CRITERIA

CKBC Level 1 / CSIP Podium / Canadian Elite (Sport Canada AAP Carded)

- 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 CKBC, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

CKBC Level 2 / CSIP Canadian Development

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and are **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**.

CKBC Level 3 / CSIP Provincial Development Level 1

- 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 CKC's Podium Pathway and Gold Medal Profile and meet the criteria below:

- o Athletes who have competed at U23 or Junior World Championships in the past 24 months, provided they maintain their status as a Provincial Team Athlete (see Section 9. Athlete Responsibilities and Section 13. Removal Process);

OR

- o Nominated to the CKC Junior Development Team (e.g. Olympic Hopes Team) or U23 Development Team.

OR

- o Arriving within the **top three (3) in a GIVEN AGE CATEGORY** at the Canadian National Championships
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the **top 15%** of all boats in the event

AND

- o Meeting 3 out of 4 “Minimum Off-Water Performance Standards” results (**Appendix 2**)

**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).*

CKBC Level 4 / CSIP Provincial Development Level 2

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to CKC’s Podium Pathway and Gold Medal profile and meet the criteria below:

- o Competed at the National Team Trials or National Championships
- o Arriving within the **top six (6) in a GIVEN AGE CATEGORY** at the Canadian National Championships or National Team Trials
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the **top 25%** of all boats in the event

OR

- o Satisfied the U23 National Team Minimum Performance Standard (for U23 age category)

OR

- o Satisfied the JUNIOR National Team Minimum Performance Standard (for Junior age category)

AND

- o Meeting 3 out of 4 “Minimum Off-Water Performance Standards” results (**Appendix 2**)

CKBC Level 5 / CSIP Provincial Development Level 2

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to CKC's Podium Pathway and Gold Medal profile and meet the criteria below:
 - Competed at the National Team Trials OR National Championships

AND

- Satisfied the JUNIOR Provincial Team Minimum Performance Standard (for 15yo and older age category)

OR

- Satisfied the NEXT GEN Provincial Team Minimum Performance Standard (for 14 yo and younger age category)

AND

- Performing properly as per expectations in flatwater Figure 8 180m assessment as per Canoe Kayak Canada requirements and guidelines

Coach Nomination

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. CKBC 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.

Nominated coaches must:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as athlete's coach of record based on sport-specific criteria above.
- Safe Sport Screened and Trained, including CAC Making Ethical Decisions certified.
- Submit their YTP as well as the Pro-D plan
- Participate in 50% of all CKBC coach development workshops
 - If unable to meet this target, the coach must demonstrate that they are continuing their development through other coach education opportunities (e.g. NCCP courses, post-secondary courses/studies, participation in CKC projects or equivalent).
- Coaches must be NCCP Competition - Development Certified
 - An exemption may be granted, however the exemption is only valid for two years.

8. ELIGIBLE VENUES

Each athlete will have multiple opportunities throughout the competitive season to demonstrate his/her level of performance. The following sites have been approved having hosted Nationally recognized Championships/events or International Championship events:

- National Team Trials Race Runs 1, 2, 3 & 4
- National Championships age-groups Race Runs 1 and 2
- National Championships Open (Semifinal and Final)

If there are no national competitions:

- National Team Trials flatwater Figure 8 180m assessment

Athletes competing at events with a valid survey certificate and not listed above may send a letter to the Technical Committee requesting that the competition be considered.

9. ATHLETE RESPONSIBILITIES

Athletes nominated as Performance Athletes are accountable to CKBC. Specific athlete responsibilities are as follows:

The Athlete will:

- (a) participate in a year-round training program with a CKBC member club or under the direction or approval of the Technical Director
 - this includes training at least six (6) times per week;
- (b) participate in all CKBC and Provincial Team events, including fall and winter testing, training camps, selection events and webinars/workshops;
- (c) complete and submit goals and performance tracking documents each year or as requested by the Technical Director;
- (d) make training diaries available as requested;
- (e) Complete NCCP Safe Sport Module Training; and
- (f) Complete CCES True Sport Clean 101 and send certificate to the Technical Director

10. PERFORMANCE EXPECTATION AND PROGRESSION

All athletes are expected to meet the following specific performance objectives:

1. Total number of session for the week
2. Total on-water volume for the week or month
3. Functional movement screening
4. Mental performance report
5. Community services and engagements
6. Working on Monitoring sheets/logs regularly as per instructions of the Technical Director
7. Participate and engage in all Provincial Team events and tasks, such as:

1. Off-water performance testing as scheduled by NSO and /or PSO and/or club

AND

2. On-water performance testing as scheduled by NSO and /or PSO and/or club

11. ATHLETE ILLNESS, INJURY OR OTHER EXTENUATING CIRCUMSTANCES

An athlete who is unable to participate in a selection event due to illness, injury or other extenuating circumstances may nevertheless be considered for selection by CKBC, provided that the athlete notifies CKBC in writing, with appropriate documentation, which is satisfactory to CKBC, in advance of the event in which the athlete is unable to participate. There is an expectation the athlete in question would have met the performance standards stated above if no injury, illness or absence had occurred and the athlete was previously nominated to the Provincial Team in the previous 24 months. CKBC, in its sole discretion, may approve an exemption from the selection procedure.

If an athlete selected to a team becomes ill or injured, he or she must seek immediate medical attention and report the illness or injury to CKBC. CKBC will assess the situation and make a recommendation. The assessment may involve gathering further information or conducting additional medical tests. Where it is determined by CKBC that an athlete will be replaced, the selection of the replacement will be based upon previous results in competitions and trials.

12. UNFORESEEN CIRCUMSTANCES

Situations may arise where unforeseen circumstances or circumstances beyond the control of CKBC do not allow racing or team selection to take place in a fair manner. In the event of such unforeseen circumstances as determined by the Technical Director and Executive Director, in their sole discretion, will determine if the circumstances justify selection to take place in an alternative manner. In such circumstances, the alternative selection will be posted on the CKBC website one week after the competition in question.

13. REMOVAL

Any selected athlete may have their selection status reviewed by the Technical Director if any of the requirements listed in section 8 (Athlete Responsibilities) or section 9 (Athlete Progression) are not met. The Technical Director will notify the athlete in writing as to why their Provincial Team status is under review. The athlete shall be given a reasonable opportunity (no more than seven days) to provide reasons why they should not be removed from the Provincial Team. The Technical Director may request a meeting with the athlete and their coach to discuss the training level required to remain on the Provincial Team.

If the athlete receiving the notice remedies the breach within the specified time or provides satisfactory justification for the breach to the Technical Director, the dispute shall be resolved.

If the athlete fails to remedy the breach within 14 days of receiving the first written notice, the athlete shall be notified, in writing, by the Technical Director of their removal from the Provincial Team.

14. APPEALS

Appeals must be made in writing and delivered to the CKBC Office within seven days of the posting on the CKBC website of those athletes selected to the Provincial Team or within seven days of being notified that the athlete has been removed from the Provincial Team.

Notification of an appeal must contain the participant's name, contact information and the complete details of the appeal issue.

A panel made up of the Executive Director, Sprint Chair and a person appointed by the Executive Director and Sprint Chair. The appeal meeting will take place at a time and date as decided by the panel.

At any time during the review/appeal process, the athlete may be required to provide evidence demonstrating satisfactory achievement in each of the selection components.

CKBC reserves the right to withhold all programming and/or funding if an athlete's training situation cannot be verified.

15. SUMMARY OF CATEGORIES

A. 2023-2024 CSIP/CKBC Levels

2023-24 CSIP Levels	2023-24 CKBC Levels
Podium	Level 1
Canadian Development	Level 2
Provincial Development – Level 1	Level 3
Provincial Development – Level 2	Level 4
	Level 5

APPENDIX 1: 2023 NATIONAL TEAM MINIMUM PERFORMANCE STANDARDS

Age-category	Men's K1	Women's K1	Men's C1	Women's C1
CKC Senior MPS	111.0 %	128.0 %	119.0 %	139.5 %
CKC U23 MPS	120.0 %	149.5 %	126.5 %	166.0 %
CKC Junior MPS	130.5 %	156.0 %	141.5 %	176.5 %
CKBC Junior MPS	137.0 %	163.8 %	148.6 %	185.3 %
CKBC Next-Gen MPS	143.9 %	172.0 %	156.0 %	194.6 %

The Base Score in each Race Run is the fastest time for that run (from any age category).

APPENDIX 2: CKBC 2023-2024 Minimum Off water performance standards

		Pull ups in 1min	Push ups in 1min	Squad Jumps (Vertical Frogs) in 1 min	1500m run	
	U16 men	25	39	39	06:15.0	
	U16 women	14	22	22	07:30.0	
	U18 men	25	39	39	06:15.0	
	U18 women	14	22	22	07:30.0	
	U19+ men	25	39	39	06:15.0	
	U19+ women	14	22	22	07:30.0	

APPENDIX 3: 2023-2024 Support for Provincial Team Athletes

- Detailed performance service plan based on your completed intake form and meeting
- Access to sport science/sport medicine support, including:
 - Support during Provincial Team/National Team Camps
 - Online professional development workshops throughout the year
 - Monthly performance monitoring
- Funding support through the High Performance Assistance Program
- Coaching support at National Team Trials and National Championships
- Eligibility for external sport credit: Athlete 10, Athlete 11 or Athlete 12
- Access to Canadian Sport Institute - Pacific/PacificSport benefits, programs and support services, including:
 - Community partnerships (discounted products/services)
 - GymWorks
 - Grants/bursaries
- Provincial Team gear