

BC Sailing targeted athlete criteria



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

Criteria Approved April 22, 2021

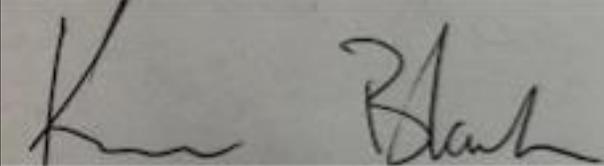
CSI Pacific Representative	
	Signature
Kevin Black Representative	
	Signature

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Covid-19 Preface

Covid-19 has had an exceptional 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 BC Sailing Canadian Sports Institute Pacific targeted athletes are invited to re-apply 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 a return to competition, BC Sailing will endeavor to add athlete's who meet the below criteria to the registered athlete list as soon as is practical.

PURPOSE

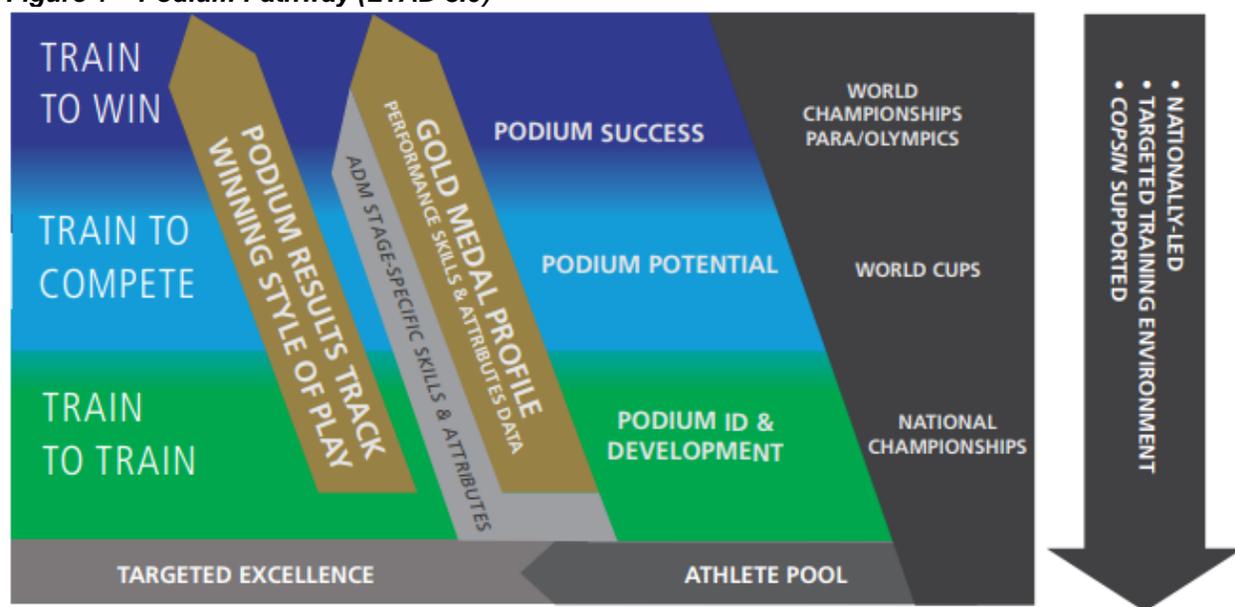
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Sailing collaborates to deliver programs and services to place BC athletes onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process to identify athletes and coaches within the BC Sailing 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.

Figure 1 – Podium Pathway (LTAD 3.0)



¹ In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

DETAILS

Through the above partnership, and with the above purpose in mind, BC Sailing may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute and PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. Please see Appendix 1 for an outline of BC Sailing targeted athlete benefits, programs, and services as delivered through BC Sailing

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Sailing targeted athletes run from June 1st through to May 31st annually. Athletes are selected based on performances from the 12 months previous to May 31st.

Athletes who meet criteria throughout the annual nomination cycle may be added to the BC Sailing targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by BC Sailing 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 AND EXPECTATIONS

1. For PSO/DSO nominations, targeted athletes must be considered in good standing with BC Sailing as a competitive athlete and meet the definition of a BC athlete.
2. Athlete's will be invited to apply to become recognized targeted athletes registered with the Canadian Sports Institute by the BC Sailing high performance coach, in consultation with the Athlete Selection Committee.
3. In principle, targeted athletes should have a designated coach responsible for planned programming and ongoing coaching. The coach's name and contact info should be provided along with the athlete's nomination.
4. Registered athletes are expected to be available to BC Sailing training opportunities and events.
5. Registered athletes are expected to demonstrate evidence of improvement each year and should hope to convert into national team programs within 5 years.
6. Athletes who fail to meet the registered athlete criteria due to injury or absence, may remain on BC Sailing's nomination list at coach's discretion when:
 - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred. AND;
 - b. The athlete in question was previously nominated by BC Sailing in the previous 24 months.
7. Para athletes must meet the Para Classification for World Sailing guidelines for the classification in which the athlete seeks nomination. Classification review would need to have occurred within the past 24 months or within the next 12 months. Eligible para-athletes will be considered on a case-by-case basis.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Sailing 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 'Next Gen' defined as the expectation to be selected to the senior national team in eligible events within 24 months, and verified by the NSO.

BC Sailing Criteria:

Score 40 points or more on BC Sailing athlete profile (please see appendix 1 & 2).

Athlete must submit:

- Evidence of performance / competition results
- Current yearly training plan (YTP) indicating training and competition days
- Recent BC Sailing Technical Assessment (within past 6 months)
- Recent results of BC Sailing fitness testing (within past 6 months)

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 U19 World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, OR;

Have 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: 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).

BC Sailing Criteria

Score 25 points or more on BC Sailing athlete profile (please see appendix 1 & 2).

Athlete must submit:

- Evidence of performance / competition results
- Current yearly training plan (YTP) indicating training and competition days
- Recent BC Sailing Technical Assessment (within past 6 months)
- Recent results of BC Sailing fitness testing (within past 6 months)

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:

Competed in an eligible event at the appropriate age group national championships (or equivalent level of performance standard) and/or place within the top 20% at the appropriate age group provincial championships in the previous 12 months, OR;

Competed for Team BC at Canada Summer Games or Canada Winter Games in the previous 12 months.

BC Sailing Criteria

Score 19 points or more on BC Sailing athlete profile (please see appendix 1 & 2).

Athlete must submit:

- Evidence of performance / competition results
 - Current yearly training plan (YTP) indicating training and competition days
 - Recent BC Sailing Technical Assessment (within past 6 months)
 - Recent results of BC Sailing fitness testing (within past 6 months)
-

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.

Athlete support

BC sailing will endeavor to support registered athletes with the following sport specific benefits, programs and services:

- S&C programming and coaching.
- Coaching at Provincial training camps at a subsidized rate.
- Coaching support at selected continental regattas:
 - North Americans
 - CORK
 - Midwinters
 - Canadian Youth Champs
 - US Nationals
- Coaching support at selected international regattas:
 - ISAF Youth Worlds
 - 29er Worlds
 - 29er Europeans
 - 49er U23 World Championships
 - Laser U21 World Championships
 - Radial U19 World Championships
 - Para Sailing World Championships
- Coaching support at other selected regattas on a case by case basis.
- Eligibility for external sport credit: Athlete 10, Athlete 11 or Athlete 12.
- Support from our provincial coach with respect to annual training consultation.
- Priority Athlete Assistance Program funding.
- Athlete's may be provided with BC Sailing registered athlete team apparel.

APPENDIX 1

BC Sailing Selection Criteria

Athlete's will be invited to apply to become recognized targeted athletes registered with the Canadian Sports Institute by the BC Sailing high performance coach, in consultation with the Athlete Selection Committee.

Athlete's will be expected to apply by completing the BC Sailing YTP template and providing their most recent relevant competition results, Sail Canada remote Fitness Testing scores and technical assessment.

The Athlete Selection Committee will use all available evidence to complete an Athlete Profile for each invited athlete to inform their selection.

An athlete's level of carding will be defined by the BC Sailing Athlete Profile and supported by the associated [results criteria, YTP, simple GMP, Sail Canada Remote Fitness Testing Protocol](#).

Level Specific Criteria	Provincial Development 2	Pts	Provincial Development 1	Pts	Canadian Development	Pts
	min 19 pts		min 25 pts		min 40 pts	
Performance results (as supported by the ID events table)	Dev. 2 criteria met in 2 or more ID events	/4	Dev. 1 criteria met in 2 or more ID events	/5	Can Dev criteria met in 1 ID event	/30
	Dev. 2 criteria met in one ID event (6 points)	/6	Dev. 1 criteria met in one ID event (15 points)	/15		
Results total		/10		/20		/30
Programming (as supported by BC Sailing yearly training plan)	Athlete has 90+ days of scheduled practice/competition days on the water annually	/4	Athlete has 105+ days of scheduled practice/competition days on the water annually	/4	Athlete has 125+ days of scheduled practice/competition day on the water annually	/4
	Athlete has a general S&C plan developed with an S&C profession or ID'ed	/2	Athlete has a specific S&C plan developed and monitored bi-weekly by an S&C	/2	Athlete has a specific S&C plan developed and monitored weekly by	/2

	coach		professional		a S&C professional	
* IST - integrated support team	Athlete attends IST seminars delivered by sports science professionals with their club team or BC Sailing	/1	Athlete attends IST seminars delivered by sports science practitioners with their club team or BC Sailing	/1	Athlete has specific support from an IST of sport science practitioners	/1
			Engages with GPS analysis at training camps and in competitions	/1	Uses GPS analysis in the daily training environment	/1
Programming total		/7		/8		/8
Technical skill evaluation (as supported by the Simple GMP)	Athlete scores 70 % or more on BC Sailing's simple GMP	/5	Athlete scores 80 % or more on BC Sailing's simple GMP	/5	Athlete scores 90 % or more on BC Sailing simple GMP	/5
Technical skills total		/5		/5		/5
Fitness (Sail Canada remote testing protocol)	Athlete participates in bi annual fitness testing delivered by an S&C professional using Sail Canada's remote testing protocol	/1	Athlete participates in bi annual fitness testing delivered by an S&C professional using Sail Canada's remote testing protocol	/1	Athlete participates in bi annual fitness testing delivered by an S&C professional using Sail Canada's remote testing protocol	/1
	Athlete achieves a 70% overall score towards identified fitness standards	/5	Athlete achieves a 80% overall score towards identified fitness standards	/5	Athlete exceeds identified fitness standards	/5
Fitness total		/6		/6		/6
TOTAL		/28		/39		/49

APPENDIX 2**RESULTS CRITERIA**

Level Specific Criteria	Provincial 2	Provincial 1	Can. Dev.
Events			
U23 49er/FX Worlds		top 50%	top 30%
U21 Laser/Radial Worlds		top 50%	top 30%
World Sailing Youth Worlds			Select to represent CAN. by the NSO
U19 Radial Worlds		top 50%	top 30%
29er Worlds/Europeans		top 50%	top 30%
North American Championships	top 50%	top 25%	top 10%
Mid Winters East	top 50%	top 25%	top 10%
Mid Winters West	top 50%	top 25%	
Canadian Youth Champs	top 50%	top 10%	
CAN/US Nationals	top 50%		
Canada Summer Games	Participated in the last 12 months		
Sail Canada Youth Squad	nominated by NSO		

**** Performance from the previous 24 months**

BC SAILING simple GMP (Technical assessment)

		An athlete at the CAN. Dev. level with an overall score of 90%+ should reasonably be able to qualify for gold fleet at an age group world championships.	
SCALE:			
SKILLS NOTES: Please consider both the quality and consistency of the skills in questions when assigning a score. Comments are welcome.			Comments:
Boat handling (please use a score out of 5)	Primary coach	Secondary coach	
tacking			
gybing			
leeward rounding			
windward rounding			
slow speed maneuvers			
accelerations			
Total	/30	/30	
Boat speed (please use a score out of 10)			
upwind speed			
downwind speed			
Total	/20	/20	
Practice starts (please use scores out of 5)			
timing			
fleet positioning			
speed crossing the line			
Total	/15	/15	

Regatta starts (please use scores out of 10)				
timing				
fleet positioning				
speed crossing the line				
Total	/30	/30		
Race IQ (please use scores out of 10)				
Start routine				
Course geometry				
Tactics				
Strategy				
Total	/40	/40		
Total	/135	/135		
Translating simple GMP points to the Athlete Profile using an average of the primary coach and secondary coach scores.				
Level specific criteria	Provincial Lv. 2	Provincial Lv. 1	Canadian Dev.	
	> 50% (0-68 pts) = 2	> 60% (0-81 pts) = 2	> 70% (0-95 pts) = 2	
	50-60% (68-81 pts) = 3	60-70% (81-95 pts) = 3	70-80% (95-108 pts) = 3	
	60-70% (81-95 pts) = 4	70-80% (95-108 pts) = 4	80-90% (108-122 pts) = 4	
	70% + (95 + pts) = 5	80%+ (108 + pts) = 5	90% + (122 + pts) = 5	
	<i>For example: An athlete with a score of 92/135 is 68% towards qualifying for gold fleet at an age group world championships.</i>			

BC SAILING FITNESS TESTING STANDARDS

Standards	HEI GHT	WEI GH T	SUPINE PULL UP		PUSH UPS TO METRONOME		FOREARM PLANK		V-SIT HOLD		BEEP TEST/2K RUN TIME		
			Guys	Girls	Guys	Girls	Guys	Girls	Guys	Girls	Guys	Girls	
Standard			30	25	35	25	3:00	3:00	3:00	3:00	10.0	10.0	
Athlete test scores													
Translating athlete fitness testing scores to the Athlete profile.													
<i>Scores for example</i>													
			21 or 70%		19 or 54%		3:20 or 83%		2:20 or 77%		9.3 or 85%		
			<i>Average percentage of all the scores ie. 74% ((70% + 54% + 83% + 77% + 85%) / 5)</i>										
Level Specific Criteria			Provincial Lv. 2		Provincial Lv. 1		Canadian Dev.						
			0%-50% =2		> 60% = 2		> 80% = 2						
			50-60% = 3		60-70% = 3		80-90% = 3						
			60-70% =4		70-80% = 4		90-100% = 4						
			70%+ = 5		80%+ = 5		100%+ = 5						
			<i>* Pts in relation to the Athlete Profile</i>										