



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

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PURPOSE

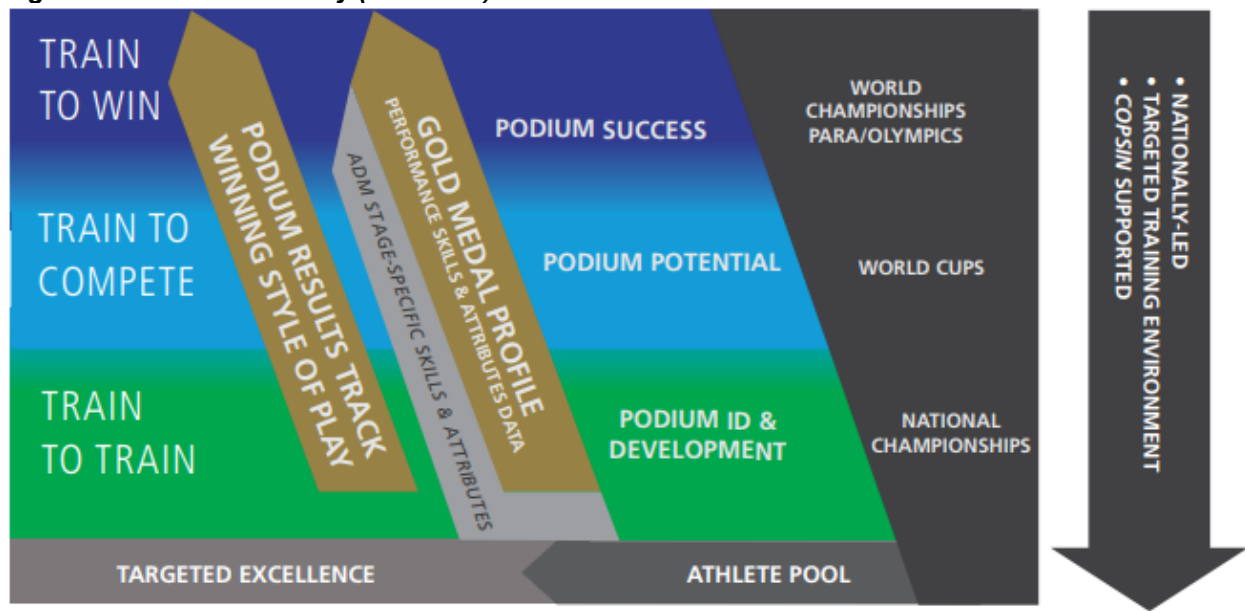
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Softball BC, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage 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 **Haili Pettifer**, hpettifer@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. **Haili Pettifer** 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 U17 Canadian Championships providing they meet Softball BC's Gold Medal Profile technical and physical selection criteria standards (see Appendix C).

AND

- 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.

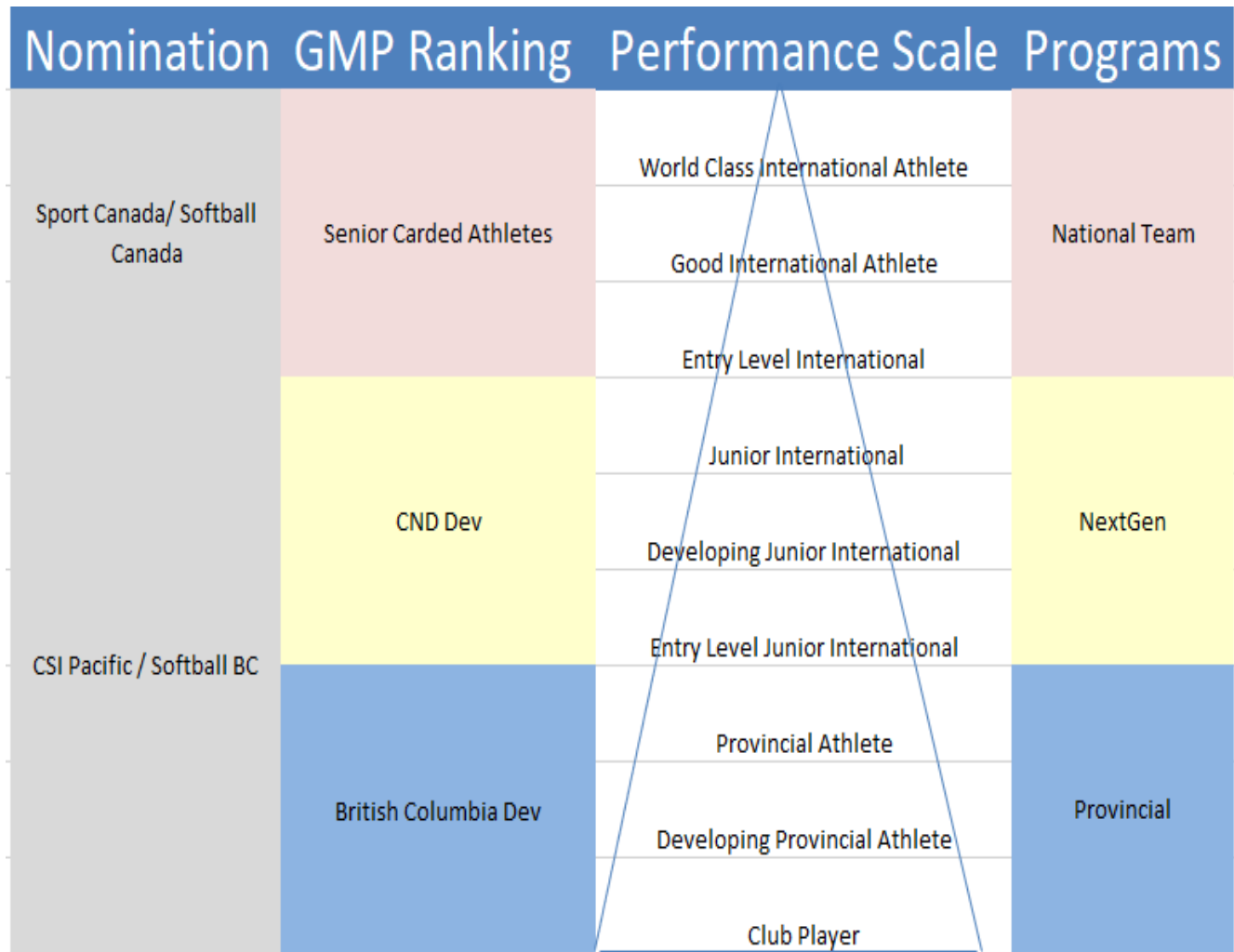
****See Appendix C and D Softball BC Gold Medal Profile and Assessment Matrix**

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

Gold Medal Profile (Non-Team BC Men)

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



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



Catchers

All Players Physical/Technical					
Flexibility	Home to first	5-10-5 Pro Agility	Vertical Jump	Throw Velocity	Batting -- Ball Exit Speed
Catchers Catching					
Glove to glove 2nd Base	Glove to glove Release	Blocking			
All Players Intangibles					
Effort	Potential	Poise Under Pressure			
All Players Tactical					
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 Limited Pressure Domestic Competition	Seldom	0	
	Sporadic	1	
	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	Poise under Pressure	3	
	Flexibility	3	
Physiological	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%

Nomination	GMP Ranking	Performace Scale	Programs
Sport Canada/ Softball Canada	Senior Carded Athletes	World Class International Athlete	National Team
		Good International Athlete	
		Entry Level International	
CSI Pacific / Softball BC	CND Dev	Junior International	NextGen
		Developing Junior International	
		Entry Level Junior International	
		Provincial Athlete	Provincial
	26% ≥ x < 33% PD1	Developing Provincial Athlete	
	22% ≥ x < 26% PD 2	A-Ball Club Player	
	x < 22% -- No Carding		