



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

Criteria Approved ,September 15 2023

|   |                      |
|---|----------------------|
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|   | Signature            |
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## PURPOSE

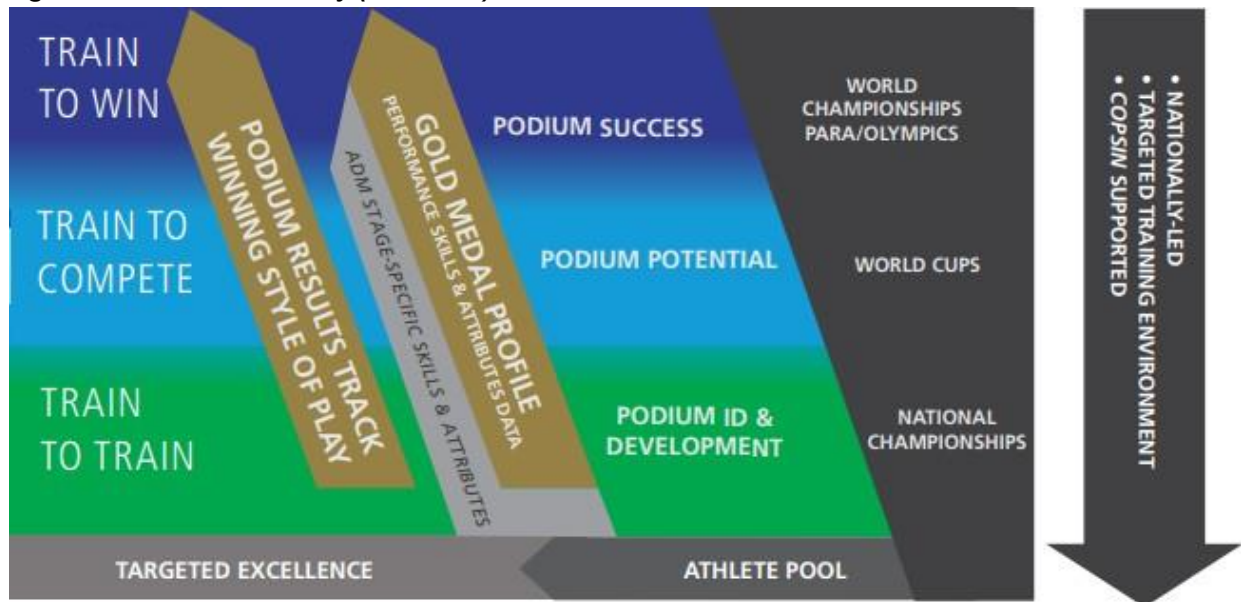
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Sailing, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have every 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 international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

**Figure 1 – Podium Pathway (LTAD 3.0)**



<sup>1</sup> 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, [kevin@bcsailing.bc.ca](mailto:kevin@bcsailing.bc.ca). 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 targeting runs June 1<sup>st</sup> through June 30<sup>th</sup> 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 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

1. For PSO/DSO nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with BC Sailing 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 BC Sailing 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.
4. 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.
5. All athletes selected must have completed True Sport Clean 101 program before they can be registered with CSI and BC Sailing. See link <https://cces.ca/course-outline>
6. All athletes applying must complete Safe Sport online training module at <https://thelocker.coach.ca/>

## 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)

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*Canadian Sport Institute Criteria:*

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

*\*Note, it is the responsibility of BC Sailing in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

### Canadian Development

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*Canadian Sport Institute Criteria:*

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway. **OR;**
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile), and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
  - Athletes who have been targeted as "NextGen" defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

*BC Sailing Sport-Specific Criteria:*

| <b>Results</b>                          | <b>Fitness</b>  | <b>Program Criteria</b>  |
|---|---|--|
| (any of the following:)                 |   |  |
| U23 49er/FX Worlds<br>Top 30%           | Athlete participates in bi annual fitness testing delivered by an S&C professional using Sail Canada's remote testing protocol (Appendix 2) | Athlete has 125+days of scheduled practice/competition on water annually             |
| U21 ILCA Worlds<br>Top 30%              |   | Athlete has a specific S&C plan developed and monitored weekly by a S&C professional |
| U19 Worlds<br>Top 30%                   | Athlete exceeds identified fitness standards  | Athlete has specific support from an IST of sport science practitioners              |
| North American Championships<br>Top 10% |   |  |
| Midwinter Championships<br>Podium       |   | Uses GPS analysis in the daily training environment                                  |

**Provincial Development Level 1***Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
    - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
- AND**
- Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
  - Won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 24 months.

*\*Note, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

*BC Sailing Sport-Specific Criteria:*

| <b>Results</b>                                | <b>Fitness</b>  | <b>Program Criteria</b>   |
|---|---|---|
| (any of the following:)                       |   |   |
| U23 49er/FX Worlds<br>Top 50%                 | Athlete participates in bi annual fitness testing delivered by an S&C professional using Sail Canada's remote testing protocol (Appendix 2) | Athlete has 105+ days of scheduled practice/competition on water annually               |
| U21 ILCA Worlds<br>Top 50%                    |   | Athlete has a specific S&C plan developed and monitored bi-weekly by a S&C professional |
| World Sailing Youth Worlds<br>Selected by NSO | Athlete achieves a 80% overall score towards identified fitness standards   |   |

|   |  |   |
|---|--|---|
| U19 Worlds<br>Top 50%                   |  | Athlete attends IST seminars delivered by sports science practitioners with their club team or BC Sailing |
| North American Championships<br>Top 25% |  | Engages with GPS analysis at training camps and in competitions   |
| Midwinter Championships<br>Top 25%      |  |   |

**\*\* Performance from the previous 24 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 the criteria below:

Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

**AND**

- Competed in an eligible event at the appropriate<sup>2</sup> age group national championships (or equivalent level of performance standard) in the previous 24 months,

**OR;**

- Won a medal in an eligible event at their appropriate age group provincial championships in the previous 12 months,

*BC Sailing Sport-Specific Criteria*

| <b>Results</b>  | <b>Fitness</b>  | <b>Program Criteria</b>   |
|---|---|---|
| (any of the following:)                               |   |   |
| North American Championships<br>Top 25%               | Athlete participates in bi annual fitness testing delivered by an S&C professional using Sail Canada's remote testing protocol (Appendix 2) | Athlete has 90+ days of scheduled practice/competition on water annually                                  |
| Midwinter Championships<br>Top 50%                    |   | Athlete has a general S&C plan developed with an S&C professional or ID'd coach                           |
| Canadian U19 Championships<br>Top 50%                 | Athlete achieves a 70% overall score towards identified fitness standards   | Athlete attends IST seminars delivered by sports science practitioners with their club team or BC Sailing |
| Canadian/US Championships<br>Top 50%                  |   |   |
| Canada Summer Games<br>Participated in last 12 months |   |   |
| Sail Canada Youth Squad<br>Nominated by NSO           |   |   |

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

<sup>2</sup> Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

## Coach Nomination

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### *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.
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**APPENDIX 1 – Sport-Specific Benefits, Programs, and Services***BC Sailing Targeted Athlete/Coach Benefits, Programs, and Services*

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 2 - BC Sailing Fitness Testing Standard**

| Standards   | HEI<br>GHT    | WEI<br>GH<br>T | SUPINE PULL<br>UP |       | PUSH UPS TO<br>METRONOME |       | FOREARM<br>PLANK  |       | V-SIT HOLD        |       | BEEP<br>TEST/2K<br>RUN TIME |       |
|---|---------------|----------------|-------------------|-------|--------------------------|-------|-------------------|-------|-------------------|-------|-----------------------------|-------|
|   |               |                | Guys              | Girls | Guys                     | Girls | Guys              | Girls | Guys              | Girls | Guys                        | Girls |
| <b>Standard</b>   |               |                | 30                | 25    | 35                       | 25    | 3:00              | 3:00  | 3:00              | 3:00  | 10.0                        | 10.0  |
| <b>Athlete test scores</b>  |               |                |                   |       |                          |       |                   |       |                   |       |                             |       |
| <b>Translating athlete fitness testing scores to the Athlete profile.</b> |               |                |                   |       |                          |       |                   |       |                   |       |                             |       |
| <i>Scores for example</i>   |               |                |                   |       |                          |       |                   |       |                   |       |                             |       |
|   | <i>step 1</i> |                | 21 or<br>70%      |       | 19 or<br>54%             |       | 3:20<br>or<br>83% |       | 2:20<br>or<br>77% |       | 9.3 or<br>85%               |       |

