



## Canadian Sport Institute Pacific and BC Bobsleigh/Skeleton Athlete and Coach Nomination Criteria

**Criteria Approved: October 18<sup>th</sup> 2023**

|                                   |               |                      |                   |
|-----------------------------------|---------------|----------------------|-------------------|
| CSI Pacific Representative        | Andrew Latham | <i>Andrew Latham</i> | 10/18/2023        |
|                                   | Name          | Signature            | Date (MM/DD/YYYY) |
| Sport Organization Representative | Matt McMurray | <i>M. McMurray</i>   | 10,18,2023        |
|                                   | Name          | Signature            | Date (MM/DD/YYYY) |

## PURPOSE

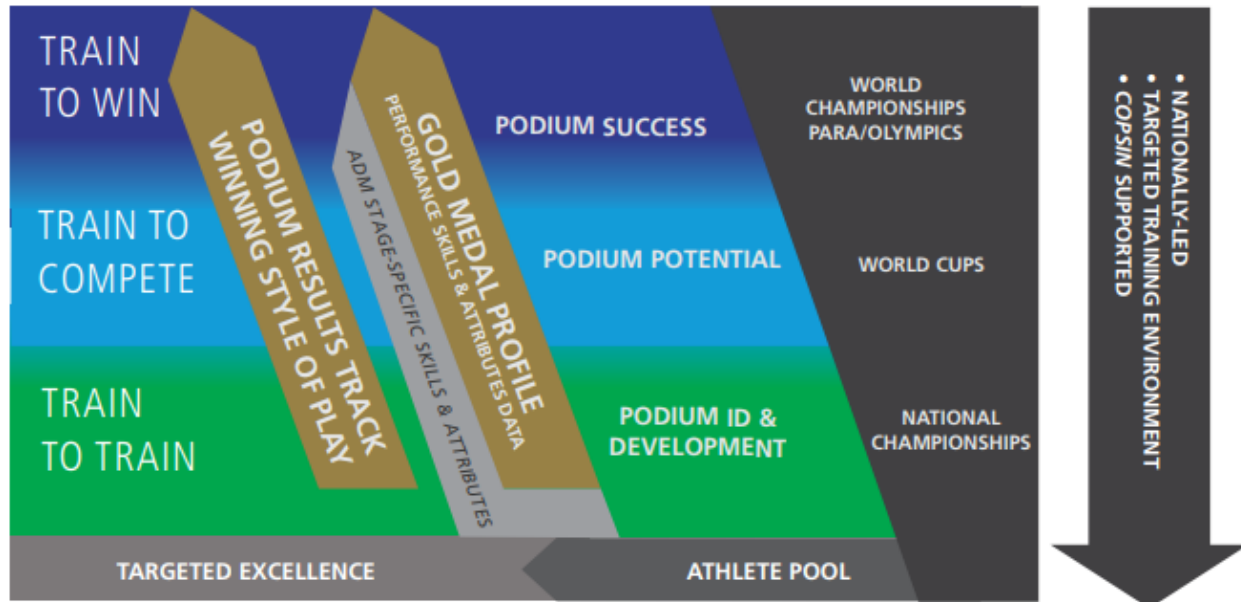
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC-Sliding Development Centre (BC-SDC), collaborates to deliver programs and services to place BC athletes<sup>1</sup> on national teams, and ensure athletes 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 with which to identify athletes and coaches within the BC-Sliding Development Centre (BC-SDC) high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeted pathway 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 Sport Canada AAP Carded nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) 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 (Figure 1) 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.

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



<sup>1</sup> A BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three (3) months in a twelve (12) month period) in British Columbia.

## **DETAILS**

Through the above partnership, and with the above purpose in mind, BC-Sliding Development Centre (BC-SDC) may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon completion of enrollment and onboarding, athletes and coaches can engage in enhanced programs, benefits, and selected support services through the Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute / PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please see Appendix A for an outline of BC-Sliding Development Centre (BC-SDC) targeted athlete benefits, programs, and services as delivered through BC-Sliding Development Centre (BC-SDC).

Targeted athletes are nominated by the BC-Sliding Development Centre (BC-SDC) based on the athlete criteria below. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC-Sliding Development Centre (BC-SDC) high-performance program benchmarks to remain targeted. Matt McMurray the Manager of Sport and the Canadian Sport Institute technical lead working with BC-Sliding Development Centre (BC-SDC), Andrew Latham have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to Matt McMurray at [mmcmurray@whistlersportlegacies.com](mailto:mmcmurray@whistlersportlegacies.com)

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC-Sliding Development Centre (BC-SDC) targeting runs August 1<sup>st</sup> annually and athletes are selected based on performances from the previous 12 months. Athletes meeting criteria throughout the annual nomination cycle may be added to the BC-Sliding Development Centre (BC-SDC) targeted athlete list, on a case-by-case basis, by contacting the PSO/DSO Technical Representative Matt McMurray at [mmcmurray@whistlersportlegacies.com](mailto:mmcmurray@whistlersportlegacies.com)

## **ATHLETE/COACH ENROLLMENT**

Once the athlete or coach is nominated, they will be notified by BC-Sliding Development Centre (BC-SDC) and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / Pacific Sport in order to receive athlete or coach supports and benefits.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with BC-Sliding Development Centre (BC-SDC) as a competitive athlete and meet the definition of a BC athlete.
2. All athletes nominated should have a designated coach who is responsible for planned programming. The designated coach(es) must be identified in Appendix D.
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on BC-Sliding Development Centre (BC-SDC)'s nomination list at the discretion of the PSO/DSO 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 nominated by the BC-Sliding Development Centre (BC-SDC) in the previous 24 months.

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC-Sliding Development Centre (BC-SDC) sport-specific criteria:

### 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.
  - It is the responsibility of the BC-Sliding Development Centre (BC-SDC) to consult with the NSO, identifying and nominating any Sport Canada AAP Carded athletes in the province of British Columbia.

### 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 “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-SDC Specific Criteria:*

- Athletes must meet the minimum BCS Physical Standards as outlined in Appendix C, invited by to a BCS Prospect Camp. **OR**;

- Athlete must have competed in a World Cup or World Championships in the last 12 months or in the last Winter Olympic Games held.

### **Provincial Development Level 1**

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#### *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:
  - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
  - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
  - Competed at the appropriate<sup>2</sup> age group or junior world championships in an eligible event (or equivalent international developmental event) in the previous 24 months **OR**;
  - Won a medal in an eligible event at their sport-specific national senior/open, appropriate<sup>2</sup> age group or junior championships (or equivalent level of performance standard) in the previous 24 months.

#### *BC-SDC Specific Criteria: Minimum of 1*

- *Attend Participated in 75% or more of the scheduled training in the last 12 months with evidence of an annual training plan, OR*
- *Met the Physical Standards of Provincial Development Level 1 as outlined in Appendix C and be registered in a full-time high-performance sliding program, OR*
- *Won a medal in an eligible event at their sport-specific national senior/open, appropriate age group or junior championships (or equivalent level of performance standard) in the previous 24 months.*

\*All 2022-2023 races conducted at Whistler Sliding Centre meet the equivalency requirement.

### **Provincial Development Level 2**

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#### *Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development One 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:
  - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;

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<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.

- Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **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<sup>2</sup> age group provincial championships in the previous 12 months, **OR**;

*BC-SDC Specific Criteria: Minimum of 1*

- *Attend 75% or more of the scheduled training available to that athlete in the last 12 months with evidence of a training plan, OR*
- *Met the Physical Standards of Provincial Development Level 2 as outlined in Appendix C and be registered in a full-time high-performance sliding program, OR*
- *Competed in an eligible event at the appropriate age group national championships (or equivalent level of performance standard) in the previous 24 months*

## **Coach Nomination**

*Canadian Sport Institute Criteria:*

Coaches are nominated 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.

*[Sport-specific criteria may be inserted here, if applicable]*

## **Appendices**

Appendix A – Sport Specific Eligible Services and Benefits

Appendix B – Sport Specific Athlete Nomination Criteria

Appendix C – Sport Specific Team BC Criteria

Appendix D – Sport Specific Coaching Personnel

Appendix E – Sport Specific Nominated Athlete List

## Appendix C: Physical Testing Standards

### GENERAL

Born 2005 or earlier (18+)

\*Age in Sport Year, i.e. age of athlete as of January 1, 2023.

| <b>Canadian Development/Sport Canada Carded (BCS Elite)</b> |            |              |
|---|------------|--------------|
|   | <b>Men</b> | <b>Women</b> |
| <b>Sprint (15m) (seconds)</b>                               | < 2.15     | < 2.30       |
| <b>Sprint (30m) (seconds)</b>                               | < 3.65     | < 4.00       |
| <b>Standing Long Jump (m)</b>                               | > 3.15     | > 2.70       |
| <b>Underhand Forward Throw (m)</b>                          | > 17.50    | > 14.50      |

| <b>Canadian Development (BCS Development)</b> |            |              |
|---|------------|--------------|
|   | <b>Men</b> | <b>Women</b> |
| <b>Sprint (15m) (seconds)</b>                 | < 2.40     | < 2.50       |
| <b>Sprint (30m) (seconds)</b>                 | < 3.90     | < 4.20       |
| <b>Standing Long Jump (m)</b>                 | > 2.43     | > 2.30       |
| <b>Underhand Forward Throw (m)</b>            | > 11.50    | > 12.50      |

| <b>Provincial Development Level 1</b> |            |              |
|---------------------------------------|------------|--------------|
|                                       | <b>Men</b> | <b>Women</b> |
| <b>Sprint (30m) (seconds)</b>         | < 4.20     | < 4.40       |
| <b>Standing Long Jump (m)</b>         | > 2.30     | > 2.10       |
| <b>Underhand Forward Throw (m)</b>    | > 11.00    | > 11.00      |

| <b>Provincial Development Level 2</b> |            |              |
|---------------------------------------|------------|--------------|
|                                       | <b>Men</b> | <b>Women</b> |
| <b>Sprint (30m) (seconds)</b>         | < 4.30     | < 4.50       |
| <b>Standing Long Jump (m)</b>         | > 2.15     | > 1.9        |
| <b>Underhand Forward Throw (m)</b>    | > 10.5     | > 10         |

**YOUTH**

Birth year: 2006 – 2009 (b/w 14-17 years old)

\*Age in Sport Year, i.e. age of athlete as of January 1, 2023.

| <b>Provincial Development Level 1</b> |            |              |
|---------------------------------------|------------|--------------|
|                                       | <b>Men</b> | <b>Women</b> |
| <b>Sprint (30m) (seconds)</b>         | < 4.40     | < 4.50       |
| <b>Standing Long Jump (m)</b>         | > 2.30     | > 2.10       |
| <b>Underhand Forward Throw (m)</b>    | > 10.0     | > 9.5        |

| <b>Provincial Development Level 2</b> |            |              |
|---------------------------------------|------------|--------------|
|                                       | <b>Men</b> | <b>Women</b> |
| <b>Sprint (30m) (seconds)</b>         | < 4.70     | < 4.8        |
| <b>Standing Long Jump (m)</b>         | >2.15      | > 2.0        |
| <b>Underhand Forward Throw (m)</b>    | > 9.0      | > 8.4        |