



Canadian Sport Institute Pacific and British Columbia Weightlifting Association Athlete and Coach Nomination Criteria

Criteria Approved: March 5, 2024

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	Name	Signature	Date (MM/DD/YYYY)
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PURPOSE

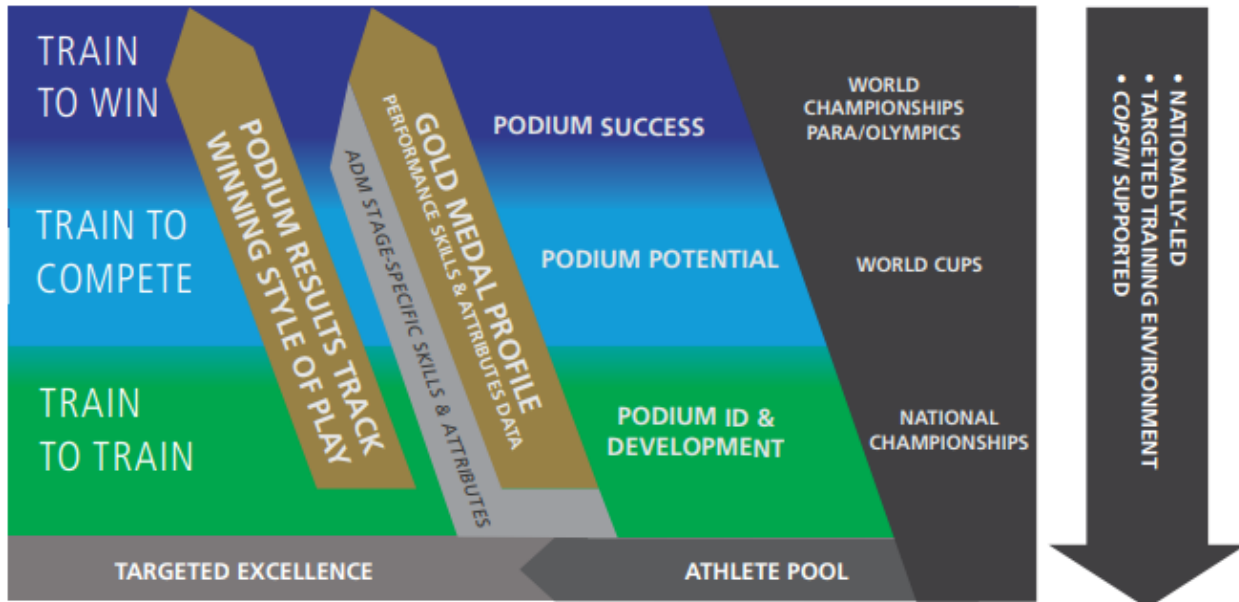
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and British Columbia Weightlifting Association, collaborates to deliver programs and services to place BC athletes¹ on national teams, and ensure athletes 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 British Columbia Weightlifting Association 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)



¹ 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, British Columbia Weightlifting Association 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 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 British Columbia Weightlifting Association targeted athlete benefits, programs, and services as delivered through British Columbia Weightlifting Association.

Targeted athletes are nominated by British Columbia Weightlifting Association 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 British Columbia Weightlifting Association high performance program benchmarks to remain targeted. Raf Korkowski and the Canadian Sport Institute technical lead working with British Columbia Weightlifting Association, [Name] have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to Raf Korkowski at raf@bcweightlifting.ca.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / British Columbia Weightlifting Association targeting runs April 1 – March 31 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 British Columbia Weightlifting Association targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by British Columbia Weightlifting Association 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 British Columbia Weightlifting Association 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. Specific coach criteria must be identified under coach nominations
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on British Columbia Weightlifting Association'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 British Columbia Weightlifting Association in the previous 24 months.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the British Columbia Weightlifting Association 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 British Columbia Weightlifting Association 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.

British Columbia Weightlifting Association Sport-Specific Criteria:

- **Member of the Canadian senior national team and not Sport Canada carded or funded and named to a sanctioned WCH international event in the past 12 months; OR**

- Athletes who have competed on the Canadian weightlifting senior national team, including the Commonwealth Games, World Championships, or the Olympics within the past 12 months and have met the International marker in Appendix 2 (79% of the World marker) or have been directly selected by the Canadian National Team;

OR,

- Junior athletes, 20 and under who have competed at the IWF Junior World Championships within the past 12 months.

AND

- Athlete must coordinate with their coach to develop an acceptable Yearly Training Plan (YTP) with the quality designed to meet the standards of competing internationally, or at a level consistent with the standards of the WCH, as a National team member, and submit the plan by February 28 of each year.

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:
 - 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 appropriate² 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, appropriate² age group or junior championships (or equivalent level of performance standard) in the previous 24 months.

British Columbia Weightlifting Association Sport-Specific Criteria:

- Athletes who have medaled in the WCH sanctioned Canadian Senior Weightlifting Championships (national championships) within the past 12 months, meeting 74% of the World marker in Appendix 2,

OR,

- Athletes who have medaled at an IWF sanctioned event including the Pan American Games or World University Games.

² 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.

OR,

- Junior athletes, 20 and under, who qualified and participated in the WCH Canadian Junior national championships within the past 12 months and medaled,

AND

- Athlete must coordinate with their coach to develop an acceptable Yearly Training Plan (YTP) with the quality designed to meet the standards of competing and medaling at the National championships, Senior or Junior by February 28 of each year.

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 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**;
 - 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 appropriate² 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 appropriate² age group provincial championships in the previous 12 months,

British Columbia Weightlifting Association Sport-Specific Criteria:

- Athletes who have qualified with a “National” ranking based on WCH’s system for qualifying for the Senior national weightlifting championships within the past 12 months meeting 74% of the World marker in Appendix 2, Refer to <https://bcweightlifting.ca/national-and-provincial-qualification-standards> for qualification standards for the “National” standard and the “Prov Dev Lev 2” column in Appendix 2 of this document,

OR,

- Athletes who have competed in the WCH Senior national championships within the past 12 months. Refer to <https://bcweightlifting.ca/national-and-provincial-qualification-standards> for qualification standards for the “National” standard.

AND

- Athlete must coordinate with their coach to develop an acceptable Yearly Training Plan (YTP) with the quality designed to meet the standards of competing at the National championships, Senior or Junior by February 28 of each year.

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.

AND,

- NCCP Competition Development Trained Status or ACD coach,

British Columbia Weightlifting Association Sport-Specific Criteria):

- Coaches who are the designated club leader for athletes belonging to that club and have qualified themselves on the Targeted Athlete List, **OR**;
- Coaches designated by the club leader as being the targeted athlete's coach of record, **OR**;
- In cases where a targeted athlete does not belong to a club, the lead person designing and implementing an annual training program for the athlete.

APPENDIX 1 – Sport-Specific Benefits, Programs, and Services

British Columbia Weightlifting Association Targeted Athlete/Coach Benefits, Programs, and Services

Podium / Canadian Elite (Sport Canada AAP Carded)

- Funding for entry fees, travel and coaching, based on financial availability

Canadian Development

- Funding for entry fees, travel and coaching, based on financial availability

Provincial Development Level 1

- Funding for entry fees, travel and coaching, based on financial availability

Provincial Development Level 2

- Funding for entry fees, travel and coaching, based on financial availability

APPENDIX 2 – B.C. WEIGHTLIFTING ASSOCIATION – PERFORMANCE CRITERIA

<u>Men's Qualification Standards – Snatch + Clean and Jerk lifts (in Kilograms)</u>					
<u>Wt. Class</u>	<u>World</u>	<u>BC Champs</u>	<u>Cdn Champs*</u>		<u>Elite</u>
	<u>Marker</u>		<u>Prov Dev Lev 2</u>	<u>International+</u>	
55kg	274	162	203	217	242
61kg	296	176	220	234	261
67kg	316	187	234	250	279
73kg	334	198	248	264	294
81kg	355	210	263	281	313
89kg	373	222	277	295	329
96kg	386	229	286	305	340
102kg	396	235	294	313	349
109kg	406	241	301	321	358
+109kg	426	253	316	337	375

<u>Women's Qualification Standards – Snatch + Clean and Jerk lifts (in Kilograms)</u>					
<u>Wt. Class</u>	<u>Marker</u>	<u>BC Champs</u>	<u>Cdn Champs*</u>		<u>Elite</u>
			<u>Prov Dev Lev 2</u>	<u>International+</u>	
45kg	176	105	131	139	155
49kg	189	112	140	150	167
55kg	205	122	152	162	181
59kg	216	128	160	171	191
64kg	227	134	168	180	200
71kg	240	142	178	190	212
76kg	249	148	185	197	220
81kg	257	153	191	203	227
87kg	265	158	197	210	234
+87kg	279	166	207	221	246

* - medalling at this level places the athlete into the Provincial Development Level 1 category; qualifying at this level places the athlete into the Provincial Development Level 2 category

+ - participating in World, Olympic or Commonwealth championships, or being selected to the Canadian National team places the athlete into the Canadian Development Level 1 category

APPENDIX 3 – B.C. WEIGHTLIFTING ASSOCIATION – EXERCISE ASSESSMENT STANDARDS

Lift Targets Based on Overall Snatch + Clean and Jerk Total								
<u>Lift</u>	<u>100kg</u>	<u>125kg</u>	<u>150kg</u>	<u>175kg</u>	<u>200kg</u>	<u>225kg</u>	<u>250kg</u>	<u>300kg</u>
Total	100	125	150	175	200	225	250	300
Snatch	44	55	66	77	88	99	110	132
Clean & Jerk	56	70	84	98	112	126	140	168
Power Snatch	36	45	54	63	72	81	90	108
Power Clean	46	58	69	81	92	104	115	138
Power Jerk	53	66	80	93	106	119	133	159
Front Squat	62	78	93	109	124	140	155	186
Back Squat	72	90	108	126	144	162	180	216
Pull	75	94	113	131	150	169	188	225

The above lift targets are only guidelines and may vary by individual athlete. These lift targets may also vary by coach, and some coaches may elect to use targets, or disregard them.

Qualification in the sport of weightlifting is solely based on the Total (Snatch + Clean & Jerk) achieved.