

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

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PURPOSE

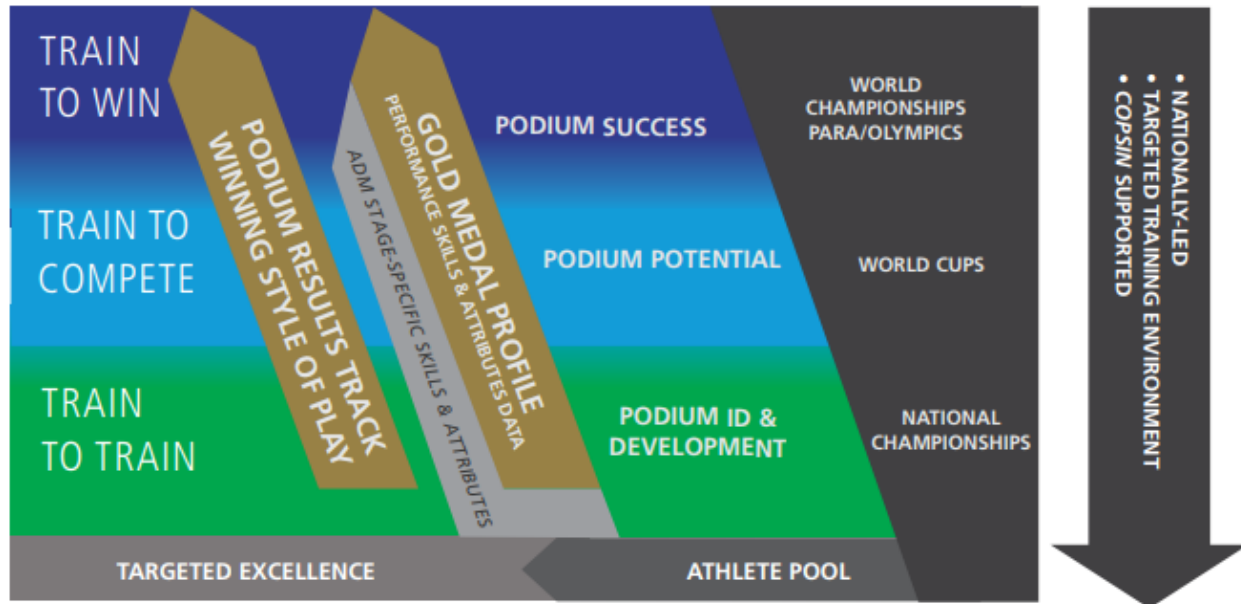
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Freestyle BC, collaborates to deliver programs and services to place BC athletes¹ on national teams, and ensure athletes and coaches have every advantage 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 Freestyle BC 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, Freestyle BC 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 Freestyle BC targeted athlete benefits, programs, and services as delivered through Freestyle BC.

Targeted athletes are nominated by Freestyle BC 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 Freestyle BC high performance program benchmarks to remain targeted. Freestyle BC's Sport Development Manager and the Canadian Sport Institute technical lead working with Freestyle BC have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to the Sport Development Manager at cam@freestylebc.ski.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Freestyle BC targeting runs June 30th-July 1st 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 Freestyle BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative at cam@freestylebc.ski.

ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by Freestyle BC 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 Freestyle BC 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 Freestyle BC's nomination list at the discretion of the PSO/DSO **and in agreement with CSI** Pacific 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 Freestyle BC in the previous **12-month cycle**
 - c. There is an agreed timeline on the return to play process
4. Minimum age of targeted athlete is 16-years-old, however at the discretion of CSI staff exceptions can be approved
5. Maximum number of athletes at each level based on historical conversion rates from 2019-2025, identified by CSI Pacific and communicated to the sport by CSI staff. At the discretion of CSI staff exceptions can be approved

LEVEL-SPECIFIC CRITERIA

Canadian Sport Institute 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 [PSO NAME] 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 12 months** and verified by the NSO.
 - Evidence to be provided by PSO/DSO in order to confirm nomination.

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 12 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 12 months.**
- Evidence to be provided by PSO/DSO in order to confirm nomination.

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 **12 months, OR;**
 - Won a medal in an eligible event at their appropriate² age group provincial championships in the previous **12 months, OR;**
 - Evidence to be provided by PSO/DSO in order to confirm nomination.

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. The coach must meet the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
 - Evidence to be provided by PSO/DSO in order to confirm nomination.

It is recommended that PSO/DSO nominated coaches must also meet at least one of the following criteria:

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.

- Be designated as Provincial or Regional coach by the PSO/DSO, **or**
- Be designated as a National Development / Senior National coach by the NSO, **or**
- Be designated as athlete's coach of record based on sport-specific criteria below.

AND,

- Be working towards NCCP Comp Dev trained status

Sport Specific PSO Criteria

Canadian Development Criteria 1.0

- 1.1 Athletes who are recognized by the Canadian Freestyle Ski Association as members of the Canadian NextGen Freestyle Ski Team (Moguls, Halfpipe, Slopestyle, and Aerials) and not receiving AAP Funding.

Provincial Development Level 1 Criteria 2.0

- 2.1 The athlete is active in a Freestyle BC recognized "Learn-to-Compete" competitive program that delivers a minimum of 80+ ski, water ramp or airbag-specific training days per year, verified by either the athlete's designated club Head Coach or Program Director.

AND

- 2.2 The athlete must have a designated coach and individualized YTP (to be submitted by July 25, 2025)

AND

- 2.3 **Park and pipe** athletes must have 2700 or greater Freestyle BC (Park & Pipe) HPP points from the highest four events shown in the last competition year.
- 2.4 **Mogul** athletes must have 2500 RPA from the highest four events shown in the last competition year.

OR

- 2.5 All athletes must meet the Physical and Skill-based benchmarks outlined in Appendix 1

Provincial Development Level 2 Criteria 3.0

- 3.1 The athlete is active in a Freestyle BC-recognized “Train to Train” competitive program that delivers a minimum of 50+ ski, water ramp or airbag-specific training days per year, verified by either the athlete’s designated club Head Coach or Program Director.
- 3.2 The athlete must have a designated coach and general YTP (to be submitted by the coach by July 25, 2025)
- 3.3 **Park and pipe** athletes must have 2200 or greater Freestyle BC (Park & Pipe) HPP points from the highest four events shown in the last competition year.

OR;

- 3.4 Park & Pipe athletes must meet the Physical and Skill-based benchmarks outlined in Appendix 2
- 3.5 **Mogul** athletes must have 2000 or greater Freestyle BC (Mogul) RPA points from the highest four events shown in the last competition year.

OR;

- 3.6 Mogul athletes must meet the Physical and Skill-based benchmarks outlined in Appendix 2

Sport Specific Coaching Criteria

- Comp Intro Certified & ski specific Comp Dev Courses Certified:
 - Moguls Comp Dev or Slopestyle/Half-Pipe Comp Dev + Air Doubles Trampoline + Air Doubles Bag/Snow
- NCCP Plan a Basic Sport Program + NCCP Nutrition + NCCP Basic Mental Skills (or Psychology of Performance + NCCP Developing Athletic Abilities
- Have a professional development plan approved by the PSO to achieve Competition Development Trained or Certified within 12 months.

Appendices – Sport may choose to provide appendices below to enhance understanding of criteria

Appendix A – Sport Specific Eligible Services and Benefits

Appendix B – Sport Specific Athlete Key Performance Indicators or Individual Profile

Appendix C – Sport Specific Team BC Criteria

Appendix D – Sport Specific Coaching Key performance indicators

Appendix E – Sport Specific Nominated Athlete List

APPENDIX 1 – Prov. D. Level 1**PARK & PIPE BENCHMARKS***Physical Benchmarks:*

Skills	Female Standard	Male Standard
Beep Test	Stage 8	Stage 10.5
Squat Jump	24 cm	38cm
Counter Movement Jump	25 cm	40cm
Drop Jump	37cm	40cm

Skill-Based Benchmarks:

Skills	Female Standard	Male Standard
Rails	Switch 90 both ways on 270 on/off in both directions.	Switch 270 on, 450 on/off, 360 switch up, and one unnatural rotation on.
Jumps	direction 540's(3 Directions with Grabs), 360's with various grabs (mute, blunt, etc) cork 720, switch 720	Two opposite-way off-axis 9s, one forward double, one switch double, and 4-different grabs with 540's.
Technical Skiing	The flow of runs with good speed management, awareness of how to be versatile to different courses and various jump types and snow conditions. Ability to modify ski techniques based on competition course. Ski switch parallel + french fry>pizza	The flow of runs with good speed management, awareness of how to be versatile on different courses, various jump types, and snow conditions, and the ability to modify ski techniques based on competition courses.
Trampoline	Double Backflip Double Frontflip 4 direction cork 720's Switch Rodeo 540-720	Double Backflip Double Frontflip 4 way single cork 1080's 4 way single bio 1080's 4 way double 1260'2

MOGUL BENCHMARKS*Physical Benchmarks:*

Skills	Female Standard	Male Standard
Beep Test	Stage 8	Stage 10.5
Squat Jump	24 cm	38cm
Counter Movement Jump	25 cm	40cm

Fitness:

- Introduce speed-strength/muscular power training (plyometrics, explosive exercises)
- Work on sport-specific strength, agility, quickness, balance, coordination and flexibility
- High-intensity interval training
- Continue bi-annual field-based fitness testing and introduce laboratory fitness tests if possible (wingate, incremental lactate, body composition)

Skill-Based Benchmarks:

Skills	Female Standard	Male Standard
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Ski	Introduced to competition tactics in moguls, introduced to and developed multiple methods of speed control, ski line in moguls, ability to ski @	Introduced to competition tactics in moguls, introduced to and developed multiple methods of speed control, ski line in moguls, ability to ski @
Trampoline Acrobatic Skills	On-axis forward: barani, On-axis backward: back full Off-axis: cork 7 with safety onto a mat	On-axis forward: barani On-axis backward: back double full Off-axis: cork 1080
Water Ramp Acrobatic Skills	Training inverts with an intro to off-axis, 360 with position/grab, cork 720, back with position/grabs,	Training all twisting inverts and off-axis up to 1 full twist and introducing double twists

APPENDIX 2 – Prov. D. Level 2**PARK & PIPE***Physical Benchmarks:*

Skills	Female Standard	Male Standard
Beep Test	Stage 7.5	Stage 10
Squat Jump	23 cm	38cm
Counter Movement Jump	25 cm	40cm

Skill-Based Benchmarks:

Skills	Female Standard	Male Standard
Rails	Can slide rails both ways, 270 left/right, any switch entrance to 'urban styled' tube/rail	70 on, both 270 on all 450's off
Jumps	direction 360's, two direction 540's, one direction 720	rection 540s, and three directions 900s with grab
Technical Skiing	Parallel skiing switch and the ability to look over both shoulders. Efficient carving and pressure control skills. Can air	Parallel skiing switch and the ability to look over both shoulders. Efficient carving and pressure control skills. Can air
Trampoline	Backflip Frontflip 720's (Cork preferred) Misty 540 Rodeo 540 Switch Rodeo 540	Double Backflip 3 way cork 720 Double Misty 900 Double Cork 1080

Athlete Expectations:

If an athlete accepts the card from CSI it is expected that they will do the following:

- Register and participate in the CSI onboarding activities.
- Athletes will be registered with a Freestyle BC club; a CSI-nominated coach, and participate in correct monitoring and screening of key performance indicators (KPIs).

MOGUL BENCHMARKS

Physical Benchmarks:

Skills	Female Standard	Male Standard
Beep Test	Stage 7.5	Stage 10
Squat Jump	23 cm	38cm
Counter Movement Jump	25 cm	40cm

Fitness:

Athletes have appropriate experience with Strength & Conditioning training and demonstrate specific athletic abilities, both relative to the current stage of LTAD;

- *Is increasing focus on aerobic and strength training*
- *Is being introduced the use of free weights during strength training*
- *Is developing general fitness before sport-specific fitness*
- *Is working on speed, agility, quickness, balance, coordination drills and flexibility*
- *Is being introduced to Fitness Testing (Beep Test, Vertical Jump, Box Jump*)*

Skill-Based Benchmarks:

Skills	Female Standard	Male Standard
Ski	Balanced body position throughout proper range-of-motion, correct turn initiation in rollers, overall stable body position, introduced to methods of speed control, full	Balanced body position throughout proper range-of-motion, correct turn initiation in rollers, overall stable body position, introduced to methods of speed control, full mogul runs
Jumps	Two airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs	Two airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs
Trampoline Acrobatic Skills	On-axis forward: porpoise, $\frac{3}{4}$ front, barani ballout, barani (tuck, pike, layout) On-axis backward: $\frac{3}{4}$ back (tuck, pike, layout), back (tuck, pike, layout), 180 to stomach, arabian $\frac{3}{4}$ Off-axis: all progression skills landing on back or stomach depending on direction	On-axis forward: porpoise, $\frac{3}{4}$ front, barani (tuck, pike, layout), 1 $\frac{3}{4}$ front, rudi On-axis backward: $\frac{3}{4}$ back (tuck, pike, layout), back full, 1 $\frac{1}{4}$ back Off-axis: all progression skills landing on back or stomach depending on direction, cork 7
Water Ramp Acrobatic Skills	Strong fundamentals and extensive invert experience, 360, front and back tuck	360/720, front tuck, back (tuck, pike, layout), grabs, cork 7, intro to back full

Athlete Expectations:

If an athlete accepts the card from CSI, they are expected to Register and participate in the CSI onboarding activities. The athlete will be registered with a Freestyle BC club and a CSI-nominated coach and participate in correctly monitoring and screening key performance indicators (KPIs).

