

## Canadian Sport Institute Pacific and BC Wheelchair Sports Association Rugby Athlete and Coach Nomination Criteria



**BC WHEELCHAIR**  
**S P O R T S**  
**RUGBY**

Criteria Approved: [11/26/2025]

CSI Pacific Representative	Nicole Jenicek	<i>Nicole Jenicek</i>	11/26/2025
	Name	Signature	Date (MM/DD/YYYY)
Sport Organization Representative	Darcy Williamson	<i>Darcy Williamson</i>	11/26/2025
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## PURPOSE

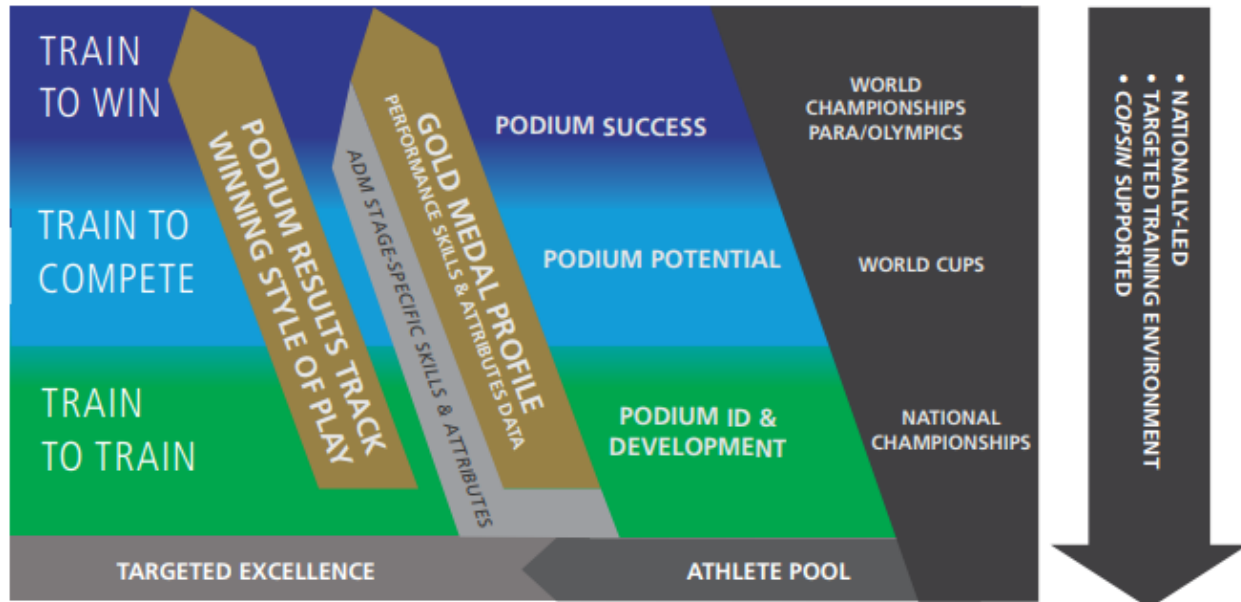
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Wheelchair Sports Association collaborates to deliver programs and services to place BC athletes<sup>1</sup> on national teams, and ensure athletes 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 Wheelchair Sports 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)**



<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 Wheelchair Sports 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 BC Wheelchair Sports Association targeted athlete benefits, programs, and services as delivered through BC Wheelchair Sports Association

Targeted athletes are nominated by BC Wheelchair Sports 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 BC Wheelchair Sports Association high performance program benchmarks to remain targeted. Darcy Williamson Wheelchair Rugby Program Manager at BCWSA and the Canadian Sport Institute technical lead working with BC Wheelchair Sports Association have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to Wheelchair Rugby Program Manager, Darcy Williamson, at [darcy@bcwheelchairsports.com](mailto:darcy@bcwheelchairsports.com)

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Wheelchair Sports Association targeting runs December 1st – November 30th 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 Wheelchair Sports Association targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative Darcy Williamson, at [darcy@bcwheelchairsports.com](mailto:darcy@bcwheelchairsports.com)

## ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by BC Wheelchair Sports 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 BC Wheelchair Sports 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 BC Wheelchair Sports Association 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 BC Wheelchair Sports Association 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

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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.
  - It is the responsibility of BC Wheelchair Sports Association to consult with the NSO, identifying and nominating any Sport Canada AAP Carded athletes in the province of British Columbia.

#### 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 12 months** and verified by the NSO.
  - Evidence to be provided by PSO/DSO in order to confirm nomination.

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

## **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;**
  - 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 **12 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;**
  - 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:

- Be designated as Provincial or Regional coach by the PSO/DSO, **or**

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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.

- 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**

#### *BC Wheelchair Sports Association*

- 1.1 Athletes who have been invited to senior national team training or selection camps and tournaments with the National Team

**OR;**

- 1.2 Athletes who are targeted by the National Team Athletes Pool/Program and meet a minimum of 115 points in the scoring matrix. For more information, contact Emily MacKeigan (High Performance Director) emackeigan@wheelchairrugby.ca

**AND**

- 1.3 Athlete is engaging in Strength and conditioning and other services with a dedicated ITP monitored by the PSO or NSO.

**AND;**

- 1.4 Athlete complies with most (70%+) benchmarks outlined in the Learn to Win / Train to Win stage of the HP Pathway identified in Appendix B.

### **Provincial Development Level 1 Criteria 2.0**

#### *BC Wheelchair Sports Association*

- 2.1 Athletes who have competed for the Provincial A team at Canadian Nationals (or equivalent Division 1 event) in the previous 12 months,

**OR**

- 2.2 Athletes who were targeted or identified as Next Gen in the previous 12 months,

**AND;**

- 2.3 Athletes who have attended BCWSA provincial team camps and targeted tournaments as per the BCWSA targeted development event calendar in the previous 12 months.

**AND**

- 2.4 Athlete is receiving targeted Strength and conditioning and other services with a dedicated ITP monitored by the PSO or NSO.

**AND;**

- 2.5 Athlete complies with most (70%+) benchmarks outlined in the Train to Compete stage of the HP Pathway identified in Appendix B.

### **Provincial Development Level 2 Criteria 3.0**

#### *BC Wheelchair Sports Association*

- 3.1 Athletes who have competed for Team BC at the B Division Level Canadian Nationals in the previous 12 months,

**AND;**

- 3.2 Athletes who have attended BCWSA provincial team camps and targeted tournaments as per the BCWSA targeted development event calendar in the previous 12 months.

**AND**

- 3.3 Athlete complies with most (70%+) benchmarks outlined in the Train-to-Train stage of the HP Pathway identified in Appendix B.

**Coach Criteria**

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*BC Wheelchair Sports Association*

- Coach must be a current member in good standing with BC Wheelchair Sports Association.

**AND**

- Coach must work directly with athletes in the Club and Provincial Team and receive targeted coach development support from the PSO.

**AND**

- All nominated coaches must meet BCWSA's Minimum Coaching Standards as detailed in Appendix C.

## **APPENDIX A – Sport-Specific Benefits, Programs, and Services**

### ***BC Wheelchair Sports Association Targeted Athlete/Coach Benefits, Programs, and Services***

#### **Podium / Canadian Elite (Sport Canada AAP Carded)**

- Access to targeted coaching support
- Invitation to Training Camps throughout the season (and travel support as appropriate)
- Funding to support access to select IST Services including Strength & Conditioning, Mental Performance Training & Nutrition Consults as needed
- Funding to assist with travel expenses related to the National Championships
- Team Clothing
- Eligibility for the Provincial Athlete Assistance Program (AAP) for the year following selection.

#### **Canadian Development**

- Access to targeted coaching support
- Invitation to Training Camps throughout the season (and travel support as appropriate)
- Funding to support access to select IST Services including Strength & Conditioning, Mental Performance Training & Nutrition Consults as needed
- Funding to assist with travel expenses related to the National Championships
- Team Clothing
- Eligibility for the Provincial Athlete Assistance Program (AAP) for the year following selection.
- Access to Wheelchair Loan Program or personal sport chair purchase assistance

#### **Provincial Development Level 1**

- Access to targeted coaching support from Provincial Team Coaches
- Invitation to Training Camps throughout the season (and travel support as appropriate)
- Access to select IST Services including Strength & Conditioning, Mental Performance Training & Nutrition Consults as available
- Funding to assist with travel expenses related to the National Championships
- Team Clothing
- Eligibility for the Provincial Athlete Assistance Program (AAP) for the year following selection.
- Access to Wheelchair Loan Program or personal sport chair purchase assistance

#### **Provincial Development Level 2**

- Access to targeted coaching support from Provincial Team Coaches
- Invitation to Training Camps throughout the season (and travel support as appropriate)
- Access to select IST Services including Strength & Conditioning, Mental Performance Training & Nutrition Consults as available
- Funding to assist with travel expenses related to the National Championships
- Team Clothing
- Eligibility for the Provincial Athlete Assistance Program (AAP) for the year following selection.
- Access to Wheelchair Loan Program or personal sport chair purchase assistance

## APPENDIX B – Wheelchair Rugby HP Pathway Benchmarks

Category	Benchmark or KPI	Provincial Dev 2	Provincial Dev 1	Canada Development	Canadian Elite
Approximate LTAD Stage		Train to Train / Train to Compete	Train to Compete / Learn to Win	Learn to Win / Train to Win	Train to Win
Program	Daily Training Environment	70% attendance based on 2 days per week	80% attendance based on 2 days per week	80% attendance based on 3 days per week	N/A
Program	Next Gen or NT Training Camps	N/A	50% of camps offered	100% of camps offered	100% of camps offered
Program	Provincial Selection Camp	100% attendance*	100% attendance*	100% attendance*	N/A
Program	National Team Selection Camp	N/A	N/A	Upon invitation by WRC (75% of pool athletes will be selected/invited)*	Upon invitation by WRC (100% of athletes will be invited)*
Program	Min. Hours Training / week	4	6-8	8-10	N/A
Performance Services	Workshop attendance (CSI Pacific / PacificSport)	2 per year	2 per year	2 per year	N/A
Monitoring	Meetings with BCWSA program coach	check-in minimum every 6 weeks to monitor training and evaluate performance based on YTP	Weekly phone calls or in person meetings to monitor training and evaluate performance based on ITPs	Weekly phone calls or in person meetings to monitor training and evaluate performance based on ITPs. Regular monitoring through S&C Provider and Medical Lead	N/A
Technical	Scale based on 5 criteria of the GMP	20	25 - 30	30 or above	N/A
Tactical	Scale based on 6 criteria of the GMP	20 - 25	25 - 32	32 - 42	N/A
Psychological	Scale based on 6 criteria of the GMP	20 - 25	25 - 32	32 - 42	N/A
Physical	Scale based on 4 criteria of the GMP	10 or above	10 or above	20 or above	N/A
Health and Nutrition	Scale based on 4 criteria of the GMP	20	20 - 30	30 and above	N/A
Daily Training Environment	Scale based on 4 criteria of the GMP	20	20 - 30	30 and above	N/A

*(GMP – Gold Medal Profile as outlined by Wheelchair Rugby Canada)*

*\*Unless medical, education, or other extenuating circumstances prevent attendance whereby documentation will be provided to BCWSA for review.*

**APPENDIX C****BC WHEELCHAIR SPORTS ASSOCIATION**

**Minimum Coaching Standards:** <https://bcwheelchairsports.com/wp-content/uploads/2024/11/BCWSA-Minimum-Coaching-Standards.pdf>

BC Wheelchair Sports Association believes that athletes benefit by from being coached by certified coaches who are up to date on sport-specific standards and provide a safe and welcoming environment for their athletes. As such, the following are minimum coaching standards required of all BCWSA coaches both in the Provincial program and Club systems. Additional standards may be required for specific events and, where possible, those requirements have be included below.

All coaches working with BCWSA athletes must have completed or agree to the following requirements:

- CAC Safe Sport Training
- Completion of the BCWSA Screening Form and Criminal Record Check as well as additional requirements as necessary in alignment with [BCWSA's Screening Policy](#).
- Adherence to all BCWSA policies including, but not limited to, [BCWSA's Code of Conduct and Ethics, Equity and Inclusion Policy](#), and [Return to Play and Concussion Policy](#).

Provincial team coaches must also complete the following requirements:

- Aboriginal Coaching Module (or agreement to complete as offered)
- Commit to Kids – Child Sexual Abuse Prevention Training for those working with kids

Beginning in 2023 BC Wheelchair Sports Association will also require all coaches or instructors leading programs for children or youth to complete the following education – provided by Jumpstart:

- Respect in Sport (for Activity Leaders)
- Keeping Girls in Sport
- Coaching All Abilities

In addition, coaches working with BCWSA athletes must complete the following sport-specific requirements.

**Wheelchair Rugby****Provincial Team Coach**

Minimum NCCP Competition-Development certified (or have a plan to complete within 12 months) and/or working towards NCCP High-Performance Coach pathway (within 24 months).

**Club Coach**

Minimum Intro to Competition certified (or have a plan to complete within 12 months) and completion of the Wheelchair Rugby Canada Coaching Course.

**Professional Development Requirements**

In order to ensure all certified coaches, maintain their certified status based on their level of certification; there is a minimum ongoing professional development requirement. The Coaching Association of Canada, Wheelchair Rugby Canada, and BC Wheelchair Sports offer a wide variety of professional development opportunities.

**To be classified as ACTIVE a certified coach must:**

1. Have achieved full certification at a particular level and stay current by meeting the ongoing professional development requirements.
2. Be a member of the "Wheelchair Rugby Canada".
3. Obtain Wheelchair Rugby Canada/BC Wheelchair Sports safeguarding requirements (valid background check, annual declaration of good character/Code of Conduct, RIS for Activity Leaders module).