

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



Criteria Approved: [12/17/2025]

|                                   |                |                       |                   |
|-----------------------------------|----------------|-----------------------|-------------------|
| CSI Pacific Representative        | Nicole Jenicek | <i>Nicole Jenicek</i> | 12/17/2025        |
|                                   | Name           | Signature             | Date (MM/DD/YYYY) |
| Sport Organization Representative | Terry Paul     | <i>Terry Paul</i>     | 12/17/2025        |
|                                   | Name           | Signature             | Date (MM/DD/YYYY) |

## PURPOSE

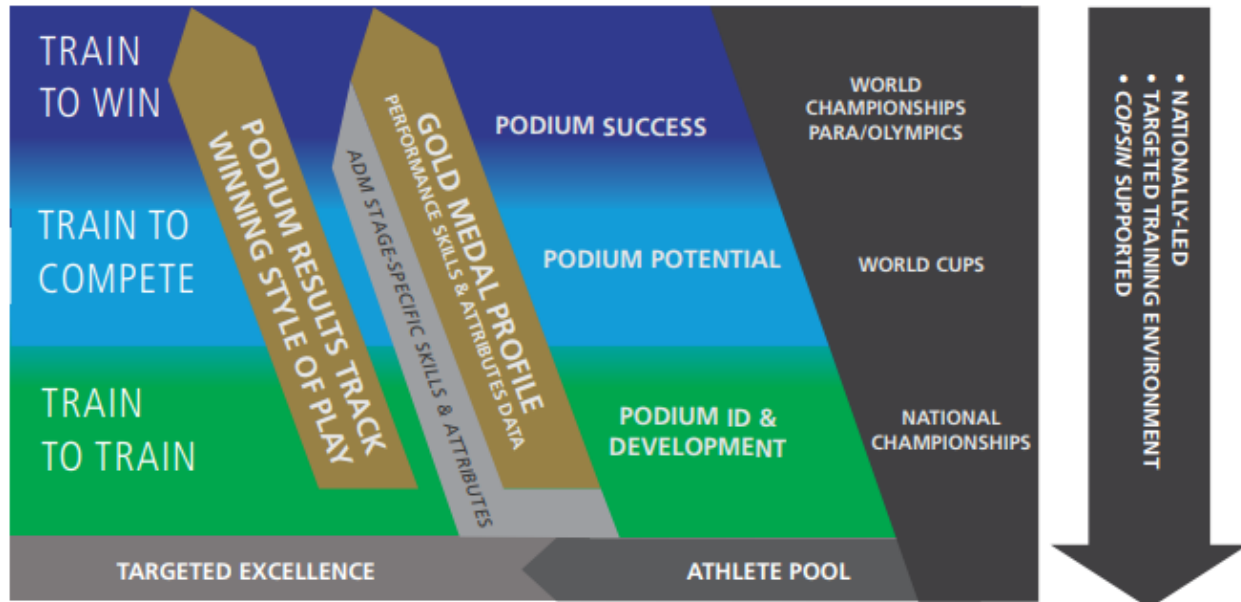
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Rowing BC collaborates to deliver programs and services to place BC athletes<sup>1</sup> on national teams, and ensure athletes and coaches have every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



<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, Rowing 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 Rowing BC targeted athlete benefits, programs, and services as delivered through Rowing BC.

Targeted athletes are nominated by Rowing 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 Rowing BC high performance program benchmarks to remain targeted. Rowing BC and the Canadian Sport Institute technical lead working with Rowing BC, have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to Terry Paul at [terry.paul@rowingbc.ca](mailto:terry.paul@rowingbc.ca)

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Rowing BC targeting runs 1<sup>st</sup> of January annually. The targeted list is confirmed by December 1, 2025 and athletes are selected based on performances from the previous 12 months. Athletes meeting criteria throughout the annual nomination cycle may be added to Rowing BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative Terry Paul at [terry.paul@rowingbc.ca](mailto:terry.paul@rowingbc.ca)

## ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by Rowing 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 Rowing 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 Rowing BC 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 Rowing 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

**BC Rowing Core Criteria:**

1. All athletes selected must have completed True Sport Clean 101 program before they can be registered with CSI and Rowing BC. See link <https://cces.ca/course-outline>
2. All athletes applying must complete Safe Sport online training module at <https://thelocker.coach.ca/>
3. Athletes who fail to meet targeting criteria due to injury, long term illness, pregnancy may remain on Rowing BC's nomination list at the discretion of Rowing BC when:
  - a) There is an expectation the athlete in question would have met criteria if no injury or absence had occurred.
  - b) There is an expectation that the athlete would return following their injury or absence.
  - c) The maximum length of time that an athlete can hold an injury or absence status is for 12 months.
4. All nominated athletes are to be seeking selection into one of the following teams.
  - a) RCA National Team Program
    - i. Rowing Canada Senior Team
    - ii. Rowing Canada U23 Team
    - iii. Rowing Canada Junior Team
    - iv. Rowing Canada International Challenge Regatta
    - v. Rowing Canada FISU Team
    - vi. Rowing Canada Coastal Beach Sprint Team
  - b) BC Provincial Teams
5. Selected athletes will make themselves available for any activities as set out below by Rowing BC.
  - a) Development Camps
  - b) Testing
  - c) Promotional Events
6. Athletes must complete and submit the minimum Ergometer Testing requirements as set out in RCA's athlete monitoring documents.
7. Athletes who are eligible for Provincial Development are typically supported for a maximum duration of 5 years (combined Provincial Development Level 1 - PD1 and Level 2 - PD2).
8. Athlete/Coach Eligibility Criteria 5
9. Para athletes must at minimum have been classified by a National Classification Panel approved by Rowing Canada Aviron. Athletes requiring information regarding classification should contact Rowing BC Director of Performance, Terry Paul ([terry.paul@rowingbc.ca](mailto:terry.paul@rowingbc.ca)).
10. Out of province athletes training in BC are able to apply if they meet the following criteria:
  - a) Be a resident of British Columbia for more than 3 months
  - b) Meet the Canada Development minimum standards
  - c) Are targeted by RCA as a Next Gen Athlete
11. International athletes need to be eligible to represent Canada.

## 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 Rowing BC 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**;

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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.

- 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.

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**
- 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

#### *Rowing BC*

1.1 Athletes who have achieved a top 6 placing at either the U23 or Junior World Championships in past 12 months

**OR**

1.2 Athletes who achieved the following age appropriate 2K erg scores during 2025.

|              | <b>16</b> | <b>17</b> | <b>18</b> | <b>19</b> | <b>20</b> | <b>21</b> | <b>23</b> |
|--------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>Men</b>   | 6:21      | 6:16      | 6:13      | 6:09      | 6:06      | 6:03      | 5:58      |
| <b>Women</b> | 7:22      | 7:15      | 7:08      | 7:02      | 6:59      | 6:56      | 6:51      |

1.3 Para-athletes who achieved the following age appropriate 2K erg scores during 2025.

| <b>PR1 Men</b> | <b>PR1 Women</b> | <b>PR2 Men</b> | <b>PR2 Women</b> | <b>PR3 Men</b> | <b>PR3 Women</b> |
|----------------|------------------|----------------|------------------|----------------|------------------|
| 9:52           | 11:20            | 8:24           | 9:18             | 7:10           | 8:24             |

### Provincial Development Level 1 Criteria 2.0

#### *Rowing BC*

2.1 Athletes that have been selected to an RCA development team in past 12 months

2.2 in the last 12 months (U23 or Junior World Championships team and RCA International Challenge Regatta, formerly CANAMEX team).

**OR**

2.3 Athletes who have achieved the following age appropriate 2km erg scores during 2025.

|              | <b>16</b> | <b>17</b> | <b>18</b> | <b>19</b> | <b>20</b> | <b>21</b> | <b>23+</b> |
|--------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| <b>Men</b>   | 6:26      | 6:21      | 6:16      | 6:13      | 6:09      | 6:06      | 6:01       |
| <b>Women</b> | 7:29      | 7:22      | 7:15      | 7:08      | 7:02      | 6:59      | 6:54       |

2.4 Para-athletes who achieved the following age appropriate 2K erg scores during 2025.

| <b>PR1 Men</b> | <b>PR1 Women</b> | <b>PR2 Men</b> | <b>PR2 Women</b> | <b>PR3 Men</b> | <b>PR3 Women</b> |
|----------------|------------------|----------------|------------------|----------------|------------------|
| 10:32          | 11:50            | 8:54           | 9:48             | 7:30           | 8:44             |

**Provincial Development Level 2 Criteria 3.0****Rowing BC**

- 3.1 Athletes that have been selected to an RCA development team in the last 12 months (RCA International Challenge Regatta, formerly CANAMEX team).
- AND**
- 3.2 Have been selected to a Team BC development team in the last 12 months (BC Canada Cup Team).
- AND**
- 3.3 Athletes that have been included in the Rowing BC performance camp series.
- OR**
- 3.4 Athletes who have achieved the following age appropriate 2km erg scores during 2025.

|              | <b>16</b> | <b>17</b> | <b>18</b> | <b>19</b> | <b>20</b> | <b>21</b> | <b>23+</b> |
|--------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| <b>Men</b>   | 6:34      | 6:30      | 6:25      | 6:21      | 6:16      | 6:13      | 6:06       |
| <b>Women</b> | 7:40      | 7:30      | 7:26      | 7:22      | 7:18      | 7:08      | 7:02       |

**OR**

- 3.5 Para-athletes who achieved the following age appropriate 2K erg scores during 2025.

| <b>PR1 Men</b> | <b>PR1 Women</b> | <b>PR2 Men</b> | <b>PR2 Women</b> | <b>PR3 Men</b> | <b>PR3 Women</b> |
|----------------|------------------|----------------|------------------|----------------|------------------|
| 10:52          | 12:20            | 9:04           | 10:18            | 7:50           | 9:04             |

**Coach Criteria****Rowing BC**

- Hold a minimum Performance Coach Status (or Level 3).
- OR**
- Working towards completion of RCA Performance Coach Certification.
- AND**
- Able to submit athlete performance plans when requested.
- AND**
- Participated in Rowing BC Performance Camp Series
- AND**
- In good standing with Rowing BC