





## Canadian Sport Institute Pacific and **Softball BC** Athlete and Coach Nomination Criteria

Criteria Approved: [July 17th, 2024]

|                                   |                |  |                   |
|-----------------------------------|----------------|--|-------------------|
| CSI Pacific Representative        | Nicole Jenicek |  | 07/17/2024        |
|                                   | Name           | Signature  | Date (MM/DD/YYYY) |
| Sport Organization Representative | Rick Benson    |  | 06/24/2024        |
|                                   | 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 Softball BC, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto 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 to identify athletes and coaches within the Softball BC high-performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting 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.

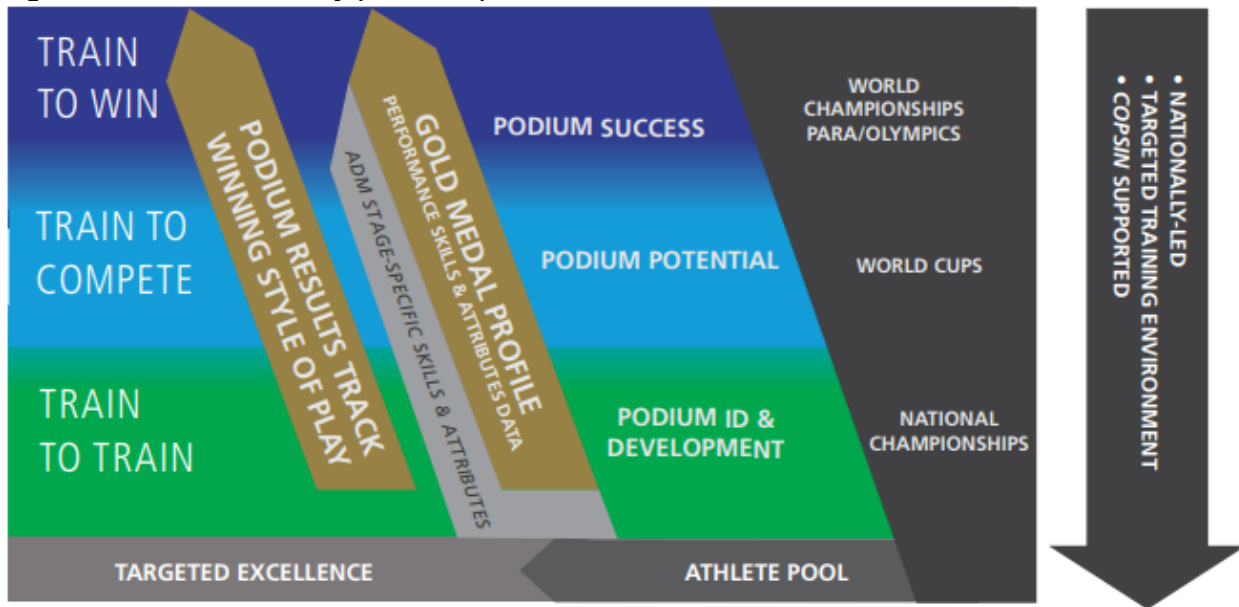
Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the Podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current 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 Podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years from Podium) and future generations (9-12 years from Podium) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years from Podium) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years from Podium) of athletes and teams.

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<sup>1</sup> In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

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



## DETAILS

Through the above partnership, and with the above purpose in mind, **Softball BC** may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, 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 and PacificSport athlete support is divided into **four levels** based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. Please see Appendix 1 for an outline of **Softball BC** targeted athlete benefits, programs, and services as delivered through **Softball BC**.

Targeted athletes are nominated by **Softball BC** based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to **Rick Benson**, [rick.benson@softball.bc.ca](mailto:rick.benson@softball.bc.ca). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward **Softball BC** high-performance program benchmarks to remain targeted. **Rick Benson** and the Canadian Sport Institute technical lead, Nicole Jenicek working with **Softball BC** have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / **Softball BC** targeting runs **July 1 – June 30** annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the **Softball BC** targeted athlete list on a case by case basis by contacting the PSO/DSO Technical Representative.

## ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by **Softball BC** and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre in order to receive athlete or coach support.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with **Softball BC** as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes nominated should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
3. Athletes who fail to meet targeting criteria due to injury or absence may remain on **Softball BC's** nomination list at the coach's discretion when:
  - a. There is an expectation the athlete in question would have met the criteria if no injury or absence had occurred. **AND;**
  - b. The athlete in question was previously nominated by **Softball BC** in the previous 24 months.
4. Athletes must apply for nomination and declare that they are available to participate in age-appropriate **Softball BC** programming (if applicable), including Targeted Athlete POD's, Provincial Team, and Centre for Performance; and committed to necessary training and programming to progress in the High-Performance Pathway.

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the **Softball BC** sport-specific criteria:

### Podium / Canadian Elite (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.

### 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 'Hot prospects' defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

*Softball BC Sport-Specific Criteria:*

- Athletes on Senior National Team roster in previous 24 months who are not currently Sport Canada AAP carded (<https://softball.ca/programs/national-teams>).

**OR**

- U Sport / NCAA athletes who train in BC for a minimum of three months, verified by the NSO as being in the Senior National Team pool for the current Olympic quadrennial.

**OR**

- Athletes selected to the Junior National team, identified by the NSO as being in the Senior National Team pool, and invited to Softball Canada's offseason selection camp in preparation for international competition within the previous 24 months.

\*Refer to Appendix A for National Team Selection Criteria Standards.

### **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 one of the two criteria below:
  - Have competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months

\*Note: Athletes who are eligible for Provincial Development are typically supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

*Softball BC Sport-Specific Criteria:*

- Provincial Development athletes who have been named to Softball Canada's Junior National Team athlete pool or attended an NSO ID camp in the previous 24 months.

**OR**

- U Sport / NCAA athletes who train in BC for a minimum of three months and have been invited to participate in a Junior National Team identification and/or selection camp.

**OR**

- U Sport / NCAA athletes who train in BC for a minimum of three months, verified by the NSO as being in the National Development Team athlete pool.

\*See Appendix A for National Team Selection Criteria Standards.

**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 1 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 one of the two criteria below:
- Participate in Softball BC provincial programming within the previous 24 months.

*Softball BC Sport-Specific Criteria:***Criteria 1**

- Medal winners from the most recent U19 Canadian Championships.

**OR**

- Gold or Silver medal winners from the most recent U17 Canadian Championships providing they meet Softball BC's Gold Medal Profile technical and physical selection criteria standards (see Appendix C).

**AND**

- Submit a current yearly training plan (YTP) indicating training and competition days.
- Participate in Softball BC provincial programming within the previous 24 months.

**OR****Criteria 2**

- **Softball BC Gold Medal Profile Athletes providing**
  - Athletes scoring between 22% - 33% on Softball BC –Gold Medal Profile Evaluations Ranking\*\*;
  - Submit a current yearly training plan (YTP) indicating training and competition days.
  - Participate in Softball BC provincial programming within the previous 24 months.

\*\*See Appendix C and D Softball BC Gold Medal Profile and Assessment Matrix

**Coach Nomination**

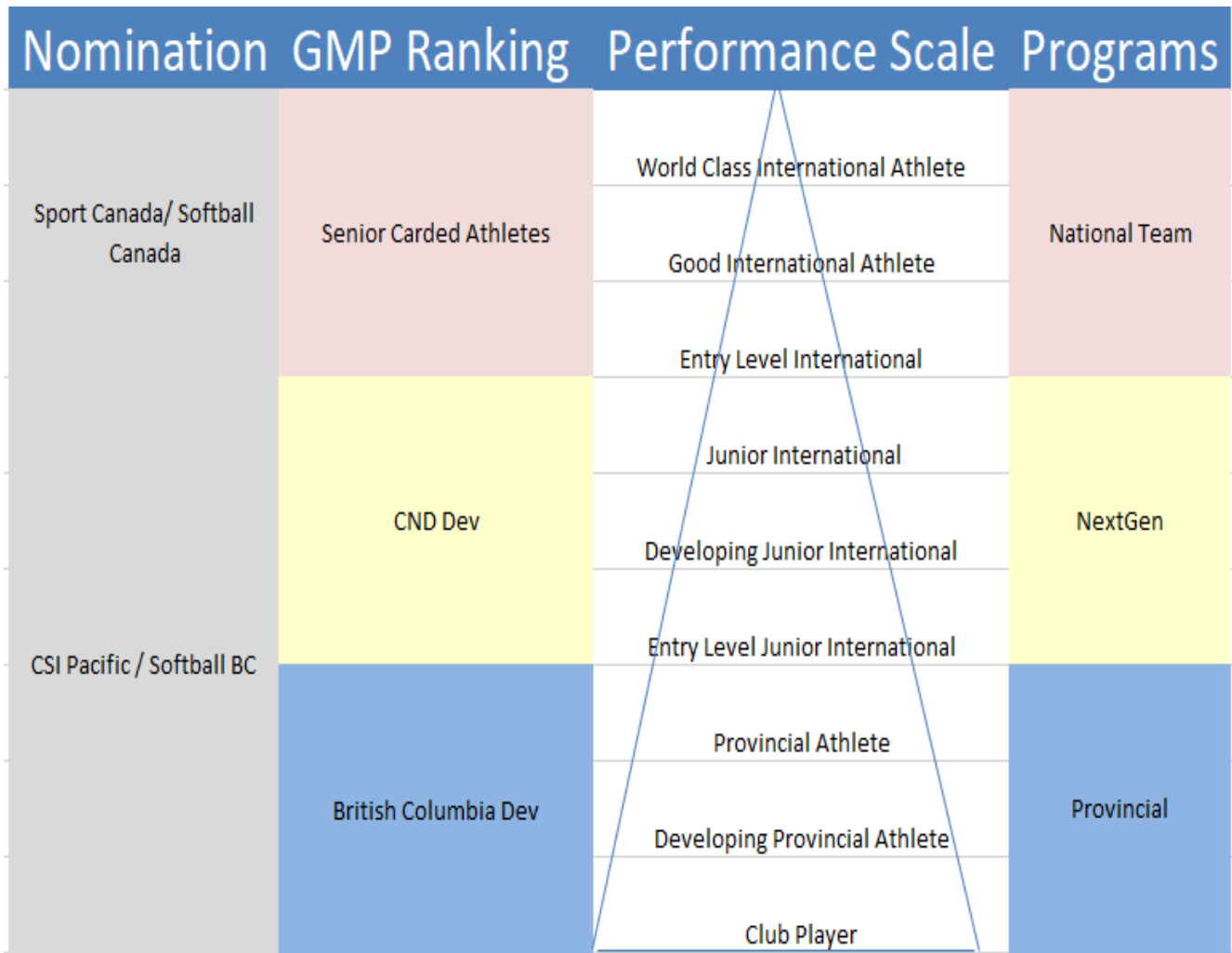
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*Canadian Sport Institute Criteria:*

Coaches are nominated by having his or her name included in the targeted athlete list 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 to 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.

**Softball Podium Pathway**



**APPENDIX A – National Team Selection Criteria Standards**Senior Men's - <https://softball.ca/mnt/rosters.htm>

| National Team Best            |                  |
|-------------------------------|------------------|
| <i>Pitchers</i>               |                  |
| Rise Ball                     | 79 mph           |
| Drop                          | 84 mph           |
| Change Up                     | 15-20 mph slower |
| <i>Catchers</i>               |                  |
| Throw Home to 2 <sup>nd</sup> | 1.70 sec         |
| Glove to Glove Release        | 0.80 sec         |
| <i>General Fitness</i>        |                  |
| Throwing Speed (overhand)     | 88 mph           |
| Plank                         | 8 min            |
| Beep Test Score (Leger)       | 12               |
| Broad Jump                    | 9.2 ft.          |
| Crunches                      | 60 in 1 min      |
| Push Ups                      | 60 in 1 min      |
| Home to 1B – Run              | 3.0 sec          |
| Home to 2B – Run              | 5.4 sec          |

Senior Women's - <https://softball.ca/wnt/rosters.htm>

| National Team Best            |                           |
|-------------------------------|---------------------------|
| <i>Pitchers</i>               |                           |
| Fastball                      | 65 mph                    |
| Change-Up                     | 15-18 mph slower than max |
| Any (2) of the following      |                           |
| Rise Ball                     | 60 mph                    |
| Drop                          | 60 mph                    |
| Screw Ball                    | 62 mph                    |
| <i>Catchers</i>               |                           |
| Throw Home to 2 <sup>nd</sup> | 1.84 sec                  |
| Glove to Glove Release        | 0.80 sec                  |
| <i>General Fitness</i>        |                           |
| Throwing Speed (overhand)     | 65 mph                    |
| Plank                         | 3 min                     |
| Beep Test Score (Leger)       | Level 8.5                 |
| Pro Agility                   | 5.0                       |
| Crunches                      | 60 in 1 min               |
| Push Ups                      | 25 in 1 min               |

**Appendix B – Team BC Selection Criteria Standards**Team BC Men's: <https://softball.bc.ca/team-bc-selection-criteria-men/>

| <b>Team BC Minimum Standard</b> |                  |
|---------------------------------|------------------|
| <i>Pitchers</i>                 |                  |
| Rise Ball                       | 73 mph           |
| Drop                            | 76 mph           |
| Change Up                       | 15-20 mph slower |
| <i>Catchers</i>                 |                  |
| Throw Home to 2 <sup>nd</sup>   | 2.00 sec         |
| Throw Home to 3 <sup>rd</sup>   | 1.50 sec         |
| Glove to Glove Release          | 0.95 sec         |
| <i>General Fitness</i>          |                  |
| Throwing Speed (overhand)       | 70 mph           |
| Trunk Rotation throw            | 35 ft.           |
| Plank                           | 3 min            |
| Beep Test Score (Leger)         | 10               |
| Broad Jump                      | 7 ft.            |
| Crunches                        | 40 in 1 min      |
| Push Ups                        | 40 in 1 min      |
| Home to 1B – Run                | 3.50 sec         |
| Home to 2B – Run                | 6.2 sec          |

Team BC Women's: <https://softball.bc.ca/team-bc-selection-criteria-women/>

| <b>Team BC Minimum Standard</b> |                  |
|---------------------------------|------------------|
| <i>Pitchers</i>                 |                  |
| Fastball                        | 58 mph           |
| Change-Up                       | 15-18 mph slower |
| Any (2) of the following        |                  |
| Rise Ball                       | 56 mph           |
| Curve                           | 56 mph           |
| Screw Ball                      | 58 mph           |
| <i>Catchers</i>                 |                  |
| Throw Home to 2 <sup>nd</sup>   | <2.00 sec        |
| Glove to Glove Release          | <0.95 sec        |
| <i>General Fitness</i>          |                  |
| Throwing Speed (overhand)       | 55 mph           |
| Plank                           | 2 min            |
| Beep Test Score (Leger)         | Level 6          |
| Pro Agility                     | 6.0              |
| Crunches                        | 30 in 1 min      |
| Push Ups                        | 15 in 1 min      |



**Fielders**

|             |                            |                    |                         |                                 |           |        |                      |         |         |                  |         |
|-------------|----------------------------|--------------------|-------------------------|---------------------------------|-----------|--------|----------------------|---------|---------|------------------|---------|
| Flexibility | <b>All Players</b>         |                    | Glove to glove 2nd Base | <b>Fielders</b>                 |           | Effort | <b>All Players</b>   |         | Offence |                  |         |
|             | <b>Physical/Technical</b>  |                    |                         | <b>Tech Skills</b>              |           |        | <b>Intangibles</b>   |         |         | <b>Tactical</b>  |         |
|             | Home to first              | 5-10-5 Pro Agility |                         | Glove to glove Release          | Potential |        | Poise Under Pressure | Defence |         | Total out of 126 | Percent |
|             | Vertical Jump              | Throw Velocity     |                         | Glove to glove fly ball to Home |           |        |                      |         |         |                  |         |
|             | Batting -- Ball Exit Speed |                    |                         |                                 |           |        |                      |         |         |                  |         |
|             |                            |                    |                         |                                 |           |        |                      |         |         |                  |         |
|             |                            |                    |                         |                                 |           |        |                      |         |         |                  |         |
|             |                            |                    |                         |                                 |           |        |                      |         |         |                  |         |

**Catchers**

|             |                            |                    |                         |                        |          |        |                    |                      |         |                 |                  |         |
|-------------|----------------------------|--------------------|-------------------------|------------------------|----------|--------|--------------------|----------------------|---------|-----------------|------------------|---------|
| Flexibility | <b>All Players</b>         |                    | Glove to glove 2nd Base | <b>Catchers</b>        |          | Effort | <b>All Players</b> |                      | Offence |                 |                  |         |
|             | <b>Physical/Technical</b>  |                    |                         | <b>Catching</b>        |          |        | <b>Intangibles</b> |                      |         | <b>Tactical</b> |                  |         |
|             | Home to first              | 5-10-5 Pro Agility |                         | Glove to glove Release | Blocking |        | Potential          | Poise Under Pressure |         | Defence         | Total out of 126 | Percent |
|             | Vertical Jump              | Throw Velocity     |                         |                        |          |        |                    |                      |         |                 |                  |         |
|             | Batting -- Ball Exit Speed |                    |                         |                        |          |        |                    |                      |         |                 |                  |         |
|             |                            |                    |                         |                        |          |        |                    |                      |         |                 |                  |         |
|             |                            |                    |                         |                        |          |        |                    |                      |         |                 |                  |         |
|             |                            |                    |                         |                        |          |        |                    |                      |         |                 |                  |         |

Gold Medal Profile (Non-Team BC Men)

Pitchers

|                            |                           |  |                                 |  |                      |         |                    |                  |
|----------------------------|---------------------------|--|---------------------------------|--|----------------------|---------|--------------------|------------------|
|                            | <b>All Players</b>        |  | <b>Fielders</b>                 |  | <b>All Players</b>   |         | <b>All Players</b> |                  |
| <b>Flexibility</b>         | <b>Physical/Technical</b> |  | <b>Tech Skills</b>              |  | <b>Intangibles</b>   |         | <b>Tactical</b>    |                  |
| Home to first              | 5-10-5 Pro Agility        |  | Glove to glove 2nd Base         |  | Effort               |         | Offence            | Total out of 126 |
| Vertical Jump              | Throw Velocity            |  | Glove to glove Release          |  | Potential            | Defence | Percent            |                  |
| Batting -- Ball Exit Speed |                           |  | Glove to glove fly ball to Home |  | Poise Under Pressure |         |                    |                  |

Fielders





|                            |                           |  |                                 |  |                      |         |                    |                  |
|----------------------------|---------------------------|--|---------------------------------|--|----------------------|---------|--------------------|------------------|
|                            | <b>All Players</b>        |  | <b>Fielders</b>                 |  | <b>All Players</b>   |         | <b>All Players</b> |                  |
| <b>Flexibility</b>         | <b>Physical/Technical</b> |  | <b>Tech Skills</b>              |  | <b>Intangibles</b>   |         | <b>Tactical</b>    |                  |
| Home to first              | 5-10-5 Pro Agility        |  | Glove to glove 2nd Base         |  | Effort               |         | Offence            | Total out of 126 |
| Vertical Jump              | Throw Velocity            |  | Glove to glove Release          |  | Potential            | Defence | Percent            |                  |
| Batting -- Ball Exit Speed |                           |  | Glove to glove fly ball to Home |  | Poise Under Pressure |         |                    |                  |

Catchers

|             |               |                           |               |                 |                            |                         |                        |          |        |           |                      |         |         |                  |         |
|-------------|---------------|---------------------------|---------------|-----------------|----------------------------|-------------------------|------------------------|----------|--------|-----------|----------------------|---------|---------|------------------|---------|
|             |               |                           |               |                 |                            |                         |                        |          |        |           |                      |         |         |                  |         |
|             |               | <b>All Players</b>        |               | <b>Catchers</b> |                            | <b>All Players</b>      | <b>All Players</b>     |          |        |           |                      |         |         |                  |         |
|             |               | <b>Physical/Technical</b> |               | <b>Catching</b> |                            | <b>Intangibles</b>      | <b>Tactical</b>        |          |        |           |                      |         |         |                  |         |
| Flexibility | Home to first | 5-10-5 Pro Agility        | Vertical Jump | Throw Velocity  | Batting -- Ball Exit Speed | Glove to glove 2nd Base | Glove to glove Release | Blocking | Effort | Potential | Poise Under Pressure | Offence | Defence | Total out of 126 | Percent |

Appendix D – Example – Softball BC – GMP Evaluation Outline

Assessment Grading Scale for BC Gold Medal Profile

|  |  |  |  |  |
|--|--|--|--|--|
|  Competition Level  | Senior International<br>(High Pressure)<br>SWNT/SMNT<br>Olympics/Worlds              | <b>7</b><br><b>Sufficient</b> set of skills<br><b>Reliable</b> execution under<br>high pressure<br><b>Entry Level International</b>                                  | <b>8</b><br><b>Advanced</b> set of skills<br><b>Perfect</b> choice and execution<br>under high pressure<br><b>International Player</b>                             | <b>9</b><br><b>Advanced</b> set of skills<br><b>Perfect</b> choice and execution<br>under high pressure<br><b>World Class</b>    |
|  | U17 or U21 International<br>(Moderate Pressure)<br>JWNT/JMNT<br>NextGEN              | <b>4</b><br><b>Sufficient</b> set of skills<br><b>Sporadic</b> execution under<br>moderate pressure<br><b>Entry Level Junior.<br/>                 International</b> | <b>5</b><br><b>Sufficient</b> set of skills<br><b>Reliable</b> execution under<br>moderate pressure<br><b>Developing Junior<br/>                 International</b> | <b>6</b><br><b>Advanced</b> set of skills<br><b>Reliable</b> execution under<br>moderate pressure<br><b>Junior International</b> |
|  | Domestic Competition<br>(Limited Pressure)<br>Canada Games<br>National Championships | <b>1</b><br><b>Limited</b> set of skills<br>Sporadic execution under<br>limited pressure<br><b>A-Ball Club Player</b>  | <b>2</b><br><b>Limited</b> set of skills,<br>Moderate execution under<br>limited pressure<br><b>Entry Level Provincial</b>   | <b>3</b><br><b>Limited</b> set of skills<br>Reliable execution under<br>limited pressure<br><b>Provincial Player</b>             |
|  |  | <b>0</b><br><b>Limited</b> set of skills<br>Seldom execution under<br>limited pressure   |  |  |
|  Execution     |  |  |  |  |

Appendix D – Example – Softball BC – GMP Evaluation Outline

| Performance Matrix   |          | Scoring Scale | Score |
|----------------------|----------|---------------|-------|
| Provincial Level     | Seldom   |               | 0     |
| Limited Pressure     | Sporadic |               | 1     |
| Domestic Competition | Moderate |               | 2     |
|                      | Reliable |               | 3     |

| Category      | KPI                                | Score |
|---------------|------------------------------------|-------|
| Technical     | Throw Velocity                     | 2     |
|               | Exit Speed                         | 1     |
|               | Glove to Glove                     | 2     |
|               | Glove to Release                   | 2     |
|               | Position Specific Skill            | 2     |
| Tactical      | Defense                            | 2     |
|               | Offense                            | 2     |
|               | Effort                             | 3     |
| Psychological | Potential                          | 2     |
|               | Performance -- ID Camp Competition | 3     |
| Physiological | Poise under Pressure               | 3     |
|               | Flexibility                        | 3     |
|               | Pro Agility 5-10-5                 | 2     |
|               | Second to Home                     | 2     |
|               | Vertical Jump                      | 2     |

|                               |                                 |     |
|-------------------------------|---------------------------------|-----|
| <b>Catcher # 1 Assessment</b> | Total Score                     | 30  |
|                               | Maximum Points (14 KPI * 9 pts) | 126 |
|                               |                                 |     |
|                               | GMP Ranking                     | 24% |

