



Canadian Sport Institute Pacific and Curl BC Athlete and Coach Nomination Criteria 2026-2027

Criteria Approved: 07/09/2026

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PURPOSE

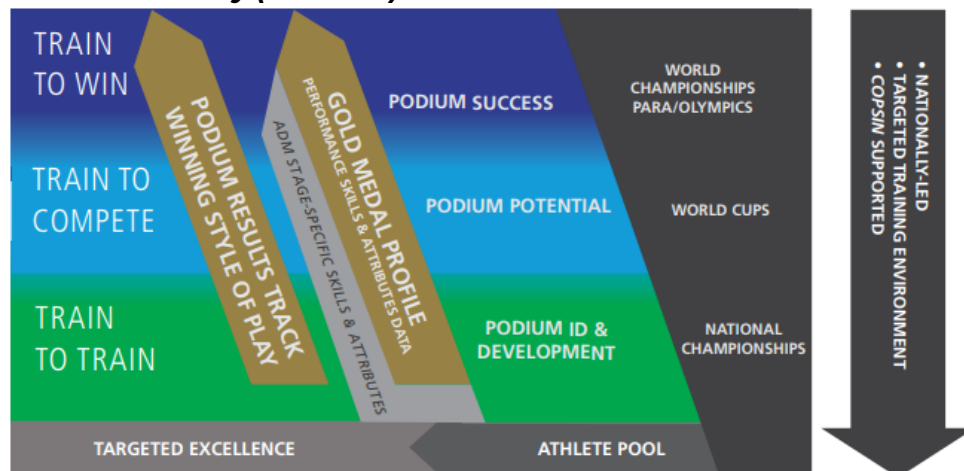
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Curl BC collaborates to deliver programs and services to place BC athletes¹ on national teams, and ensure athletes and coaches have every advantage to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

Targeted athletes are nominated by Curl 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 Curl BC high performance program benchmarks to remain targeted. Curl BC HPD and the Canadian Sport Institute technical lead working with Curl BC have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to Curl BC.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Curl BC targeting runs 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 Curl BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative Curl BC at MKSoligo@curlbc.ca

ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by Curl 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 support and benefits.

CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with Curl 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 Curl BC'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 Curl BC in the previous 12 months.
 - c. There is an agreed timeline on the return to play process.
4. Athletes must be accepted into the current Curl BC High Performance Program.
<https://www.curlbc.ca/programs/high-performance/>

5. Must be on a team for the upcoming year and striving to compete at a National Event (Brier, Scotties, U25, U21, U18, CWG, BCWG, CCAA, USport, Mixed Doubles, Wheelchair).
6. BC athletes who train in BC but are playing with top ranked teams in other provinces. Teams must be either on Curling Canada's National Team Program or Next Gen lists.
7. Minimum age of targeted athletes is 16-years-old, however at the discretion of CSI staff exceptions can be approved.
8. 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 Curl BC 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 are 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" are defined as the expectation to be selected to the senior national team in eligible events **within 24 months** and verified by the NSO.

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, appropriate ² age group or junior championships (or equivalent level of performance standard) in the previous 12 months.

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 appropriate ² 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 ² age group provincial championships in the previous 12 months, **OR;**

Coach Nomination

Canadian Sport Institute Criteria:

² Definition of appropriateness is based on a number of factors such as peak development age, average age of the National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

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,

- Working towards NCCP Competition Development Trained Status or ACD coach

Sport Specific PSO Criteria

Canadian Development Criteria 1.0

Curl BC Sport-Specific Criteria:

- **1.0** Athletes who are ranked top-15 in the previous year's final CTRS rankings,
OR
- **1.1** Athletes who medaled at the previous year's Men's or Women's National Championship,
OR;
- **1.2** Curling Canada NextGen targeted athletes training in BC.
OR
- **1.3** Curling Canada Mixed Doubles targeted athletes training in BC.
 - Evidence to be provided by PSO/DSO in order to confirm nomination.

Provincial Development Level 1 Criteria 2.0

Curl BC Sport-Specific Criteria:

- **2.0** Athletes who have met **all** the program requirements (as per the application process) and have been accepted into the current High-Performance Program by the Curl BC High Performance Director: Physical testing, Gap analysis, Yearly Training Plan, Musculoskeletal testing.
- Athletes must meet all subsequent KPI's (Appendix C) as outlined in the High-Performance Program expectations

AND

- Nominated athletes must complete 3 physiological fitness tests by January 31st. The first test is to establish a baseline, and the second test must show progress toward meeting the fitness standards for the athlete's age and stage of development. The third

test is a final check-in against those same development standards, while also measuring athlete readiness for championship events.

- Curl BC's testing protocols and benchmarks (see Appendix B).
- Athletes must meet all subsequent KPI's (Appendix C) as outlined in the High-Performance Program expectations.

AND

- Athletes who have met **one** of the criteria below:
 - **2.1** Athletes who finished top 6 at the Men's, Women's Nationals, Usport Nationals, or CCAA Nationals in the previous two years.
 - **2.2** Athletes who finished top 6 at the U20 Canadian Junior Championships in the previous two years.
 - **2.3** Athletes who finished top 6 at the U18 Canadian Junior Championships in the previous two years.
 - **2.5** Athletes who medaled at the BC Men's and Women's Provincial Championship in the previous two years.
 - **2.4** Athletes who are ranked top-30 in the previous two years' final CTRS rankings (<https://www.curling.ca/team-canada/>).
 - **2.6** Athletes who medaled at the National Wheelchair Championships in the previous two years.
 - **2.7** Athletes who finished top 6 at the U21 National Mixed Doubles Championship or Adults National Mixed Doubles Championships in the previous two years.

Provincial Development Level 2 Criteria 3.0

Curl BC Sport-Specific Criteria:

- **3.0** Athletes who have met **all** the program requirements (as per the application process) and have been accepted into the current High-Performance Program by the Curl BC High Performance Director: Physical testing, Gap analysis, Yearly Training Plan, Musculoskeletal testing.

AND

- Nominated athletes must complete 3 physiological fitness tests by January 31st. The first test is to establish a baseline, and the second test must show progress toward meeting the fitness standards for the athlete's age and stage of development. The third test is a final check-in against those same development standards, while also measuring athlete readiness for championship events.
- Curl BC's testing protocols and benchmarks (see Appendix C).
- Athletes must meet all subsequent KPI's (Appendix C) as outlined in the High-Performance Program expectations.

AND

- Athletes who have met **one** of the criteria below:

- **3.1** Athletes who medaled at the most recent Mixed Doubles Provincial Championship.
- **3.2** Athletes who medaled at the most recent U18 Provincial Championships.
- **3.3** Athletes who medalled at the U20 Provincial Championships in the previous two years.
- **3.4** Athletes who are ranked top-50 in the CTRS.
- **3.5** Athletes who medalled at the most recent BC Wheelchair Provincial Championships in the previous year.
- **3.6** Athletes who medalled at the most recent BCWG event.
- **3.7** Athletes who medalled at the CanWest Championships in the previous two years.
- **3.8** Athletes representing Team BC at the upcoming Canada Winter Games

Note: Curling does not select Team BC athletes – all teams are self-formed and compete in age-appropriate provincials and events.

Sport Specific Coaching Criteria

Curl BC Criteria:

- Certification: Coaches must hold a minimum certification of an NCCP
- Age Requirement: Coaches must be at least 21 years old.
- Safe Sport Trained in 2026
- Valid Criminal Record Check
- Coaches will complete the RCM and Rule of Two modules

Appendices

Appendix A – 2026/27 Program Package

Appendix B – LTCD Stages and Sport-Specific Eligible Services and Benefits

Appendix C – Curl BC High Performance Physiological Testing and Benchmarks

Appendix D – Sport-Specific Athlete Key Performance Indicators or Individual Profile

Appendix E – Curl BC Additional KPI's

Appendix F – Sport Specific Coaching Key Performance Indicators

Appendix G – Sport Specific Nominated Athlete List

APPENDIX A – [2026/27 Program Package](#)**APPENDIX B****LTCD and Benefits****LTCD Stages****Competitive Pathway**

Learn to Compete (U18)

Training to Competition ratio is 50 %- 50%

Train to Compete (U20)

Training to Competition ratio is 40% - 60%

Podium Pathway

Learn to Excel (U25)

Training to Competition ratio is 33% - 67%

Train to Excel (25+)

Training to Competition ratio is 25% - 75%

Benefits

- CSI-P Carding (pending nomination approval)
- Access to the [Victoria Regional Performance Centre and 4 satellite centres \(Langley, Richmond, Kamloops, Kimberley\)](#) equipped with Curl BC technical resources (including Switcher camera set-up, laser, Rockhawks/Octocurl, Smartbroom).
- 2 technical delivery and sweeping assessments throughout the season.
- Access to Curl BC HP Coaches for team-led training camps.
- Access to Curl BC TeamBuildr for off-ice physical training and on-ice sport-specific training.
- Free access to Curl BC workshops and Curling Canada webinars.
- Free access to Google Drive resources (mental and physical, training plans, webinars, nutrition, etc.)
- Free access to Slack - providing direct contact with HP coaches.
- Access to Mental Performance Consultants and Dieticians for nutrition support.
- Integrated Support Team funding to support mental performance consulting, athletic therapy, strength and conditioning, coaching, practice ice, and international competition.
- National Championship support.

APPENDIX C – Curl BC Physiological Testing Protocols**1. Curl BC HP Physiological Testing Protocols (physical testing & musculoskeletal test)****a. [Physiological Testing Protocols](#)****2. Benchmarks**

KPI		U15		U18		U20		U25		25+	
		F	M	F	M	F	M	F	M	F	M
Back Squat	Meets Expectations	x	x	80%	100%	100%	110%	120%	140%	120%	140%

	Elite Standard	x	x	100%	125%	125%	150%	150%	175%	180%	200%
Bench Press	Meets Expectations	x	x	60%	80%	70%	90%	80%	110%	80%	110%
	Elite Standard	x	x	75%	90%	85%	110%	95%	125%	110%	150%
VO2max	Meets Expectations	35	42	35	42	37	45	45	50	45	50
	Elite Standard	45	48	45	48	48	52	50	55	55	60
Pull-up	Meets Expectations	1	1	1	2	2	4	3	5	4	5
	Elite Standard	3	6	5	8	8	12	12	18	15	20
Push-up	Meets Expectations	5	15	10	25	20	35	25	45	25	45
	Elite Standard	20	30	30	45	40	60	40	60	50	75
Plank	Meets Expectations	60	60	90	90	120	120	120	120	120	120
	Elite Standard	120	120	120	120	120	120	120	120	120	120
Grip	Meets Expectations	10	15	15	20	25	40	36	60	36	60
	Elite Standard	20	30	25	50	32	55	42	75	45	75

Note: Failure to meet the testing benchmarks (meets expectations) in the August fitness testing may result in a probationary period (handled on a case by case basis).

APPENDIX D - Sport-Specific Athlete Key Performance Indicators or Individual Profile

1. Performance Planning [Yearly Training Plan, Gap Analysis, Mesocycles](#)
2. Technical Delivery Assessment [Technical Delivery Assessment](#)
3. Sweeping Assessment [Sweeping Assessment](#)

APPENDIX E – Curl BC Additional KPIs

APPENDIX F - Sport-Specific Coaching KPIs

Coaches must have completed the NCCP Safe Sport Training since January 1, 2026.

Coaches are required to submit a valid, current criminal record check, which must be on file with

Advancement of certification: Coaches are encouraged to work towards achieving a Certified Competition Development trained status. Within the first 2 years of being carded, coaches should begin their journey towards becoming Competition Development Trained.

High-Level Events: Coaches aspiring to coach at Adult Podium Pathway events like the Brier or Scotties, Pre-Trials, or Trials, must possess either a Certified Competition Development or a Certified Competition Coach and be "In Training" for Competition Development.

APPENDIX G - Sport-Specific Nominated Athlete List