
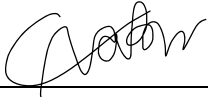




## Canadian Sport Institute Pacific and BC Snowboard Athlete and Coach Nomination Criteria

Criteria Approved June 11, 2020:

CSI Pacific Representative Candice Drouin	 Signature
BC Snowboard Representative Chris Nakonechny	 Signature

**PURPOSE**

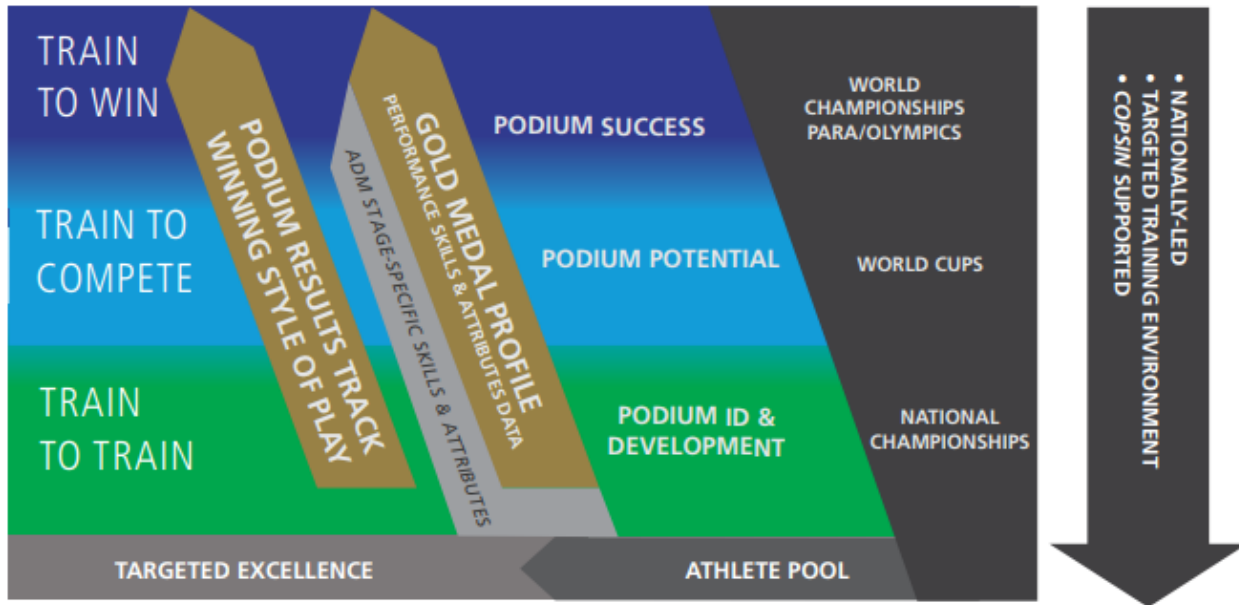
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Snowboard collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have 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 BC Snowboard 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 international 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 international 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 away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

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



<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.

## DETAILS

Through the above partnership, and with the above purpose in mind, BC Snowboard 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 BC Snowboard targeted athlete benefits, programs, and services as delivered through BC Snowboard.

Targeted athletes are nominated by BC Snowboard based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Chris Nakonechny, christophernak@hotmail.com. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Snowboard high performance program benchmarks to remain targeted. Chris Nakonechny and the Canadian Sport Institute technical lead working with BC Snowboard have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Snowboard targeting runs June 30, 2020 to June 30 2021 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 BC Snowboard 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 BC Snowboard 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 BC Snowboard 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 BC Snowboard's nomination list at coach's discretion 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 previously nominated by BC Snowboard in the previous 24 months.

## LEVEL-SPECIFIC CRITERIA

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

### **Podium / Canadian Elite (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.

*\*Note, it is the responsibility of BC Snowboard in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

### **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 24 months**, and verified by the NSO.

*BC Snowboard Sport-Specific Criteria:*

- Compliance on 90% of benchmarks for the previous season outlined for the Canadian Development stage of the BC SBX Pathway in Appendix 2

### **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:
  - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

**AND**

  - Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR;**
  - Won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 24 months.

*\*Note, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

#### SNOWBOARDCROSS ATHLETE CRITERIA

##### *BC Snowboard Sport-Specific Criteria:*

- Men's median results should be within the top 20 at Noram level events from the previous season (min 3 events)
- Women's median results should be within the top 12 at Noram level events from the previous season (min 3 events)
- Compliance on 80% of benchmarks for the previous season outlined for the Provincial Development 1 stage of the BC SBX Pathway in Appendix 2

And must meet TWO of the following criteria

- Selected to compete at a World Cup in the past season
- Selected to compete at Junior World Championships in the past season
- Have won a medal at Canadian National Championships (Junior or Senior)
- Have place top 8 (small finals) or higher at min 1 Noram or Europa cup events
- Have won a medal at the most recent Canada Winter Games

#### FREESTYLE ATHLETE CRITERIA

##### *BC Snowboard Sport-Specific Criteria:*

- Ranked within the top 10 men 5 women on the Canadian World Snowboarding Point list from the previous season
- Named to the BC Slopestyle Team for the upcoming season
- Compliance on 80% of benchmarks for the previous season outlined for the Provincial Development 1 stage of the BC SBX Pathway in Appendix 3

And must meet TWO of the following criteria

- Selected to compete at a World Cup in the past season
- Selected to compete at Junior World Championships in the past season
- Have won a medal at Canadian National Championships (Junior or Senior)
- Have won a medal at a Canadian Stage 5 event in the past 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 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 the criteria below:
  - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

**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 24 months, **OR**;
  - Won a medal in an eligible event at their appropriate age group provincial championships in the previous 12 months, **OR**;

### SNOWBOARDCROSS ATHLETE CRITERIA

#### *BC Snowboard Sport-Specific Criteria*

- Selected to the BC SBX Team for the upcoming season
- Athlete must be committed to complete 70% of benchmarks for the upcoming season outlined for the Provincial Development 2 stage of the BC SBX Pathway in Appendix 2

And must meet TWO of the following criteria

- Have competed in Canadian Nationals in the previous season
- Competed for Team BC at the most recent Canada Winter Games
- Qualified for finals at min one Noram event
- Competed at min 3 BC Series events the previous season
- Athlete is identified as a 'Development Team Rising Star' with will be determined by BC Snowboard coaching staff and BC Sport Development Coordinator based on where the athlete falls on the CS performance pathway, results and commitment to a HP training environment.

### FREESTYLE ATHLETE CRITERIA

#### *BC Snowboard Sport-Specific Criteria*

- Selected to the BC Slopestyle Team for the upcoming season
- Athlete must be committed to complete 70% of benchmarks for the upcoming season outlined for the Provincial Development 2 stage of the BC Slopestyle Pathway in Appendix 3

---

<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.

And must meet TWO of the following criteria

- Have competed in Canadian Nationals in the previous season
- Competed for Team BC at the most recent Canada Winter Games
- Qualified for finals at min one Canadian Stage 5 event
- Competed at min 3 BC Series events the previous season
- Athlete is identified as a 'Development Team Rising Star' with will be determined by BC Snowboard coaching staff and BC Sport Development Coordinator based on where the athlete falls on the CS performance pathway, results and commitment to a HP training environment.

## **Coach Nomination**

---

### *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 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.

### *BC Snowboard Sport-Specific Criteria: (Optional):*

- Coaches must be Canada Snowboard Competition Development certified.  
\*Exceptions can be made for Competition Development Trained coaches IF they have a BC Snowboard approved plan to obtain certification by the end of the current season.

## **APPENDIX 1 – Sport-Specific Benefits, Programs, and Services**

### *BC Snowboard Targeted Athlete/Coach Benefits, Programs, and Services*

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

- [http://acs.csipacific.ca/?action=form&Level\\_CanaElit=Canadian+Elite&lastGroupLevel=Canadian+Development&sort=Name](http://acs.csipacific.ca/?action=form&Level_CanaElit=Canadian+Elite&lastGroupLevel=Canadian+Development&sort=Name)

#### Canadian Development

- [http://acs.csipacific.ca/?action=form&Level\\_CanaDeve=Canadian+Development&sort=Name](http://acs.csipacific.ca/?action=form&Level_CanaDeve=Canadian+Development&sort=Name)

#### Provincial Development Level 1

- [http://acs.csipacific.ca/?action=form&Level\\_ProvDeve=Provincial+Development&lastGroupLevel=Canadian+Elite&sort=Name](http://acs.csipacific.ca/?action=form&Level_ProvDeve=Provincial+Development&lastGroupLevel=Canadian+Elite&sort=Name)

#### Provincial Development Level 2

- [http://acs.csipacific.ca/?action=form&Level\\_ProvDeve=Provincial+Development&lastGroupLevel=Canadian+Elite&sort=Name](http://acs.csipacific.ca/?action=form&Level_ProvDeve=Provincial+Development&lastGroupLevel=Canadian+Elite&sort=Name)

#### Provincial Freestyle Team Selection

- <http://www.bcsnowboard.com/about/policies/>

#### Provincial Snowboardcross Team Selection

- <http://www.bcsnowboard.com/about/policies/>

#### World Snowboard Points List (WSPL)

- <http://www.canadasnowboard.ca/en/team/resources/canadian-rankings-list/>



## Appendix 2

## Snowboardcross Benchmarks

Category	Benchmark or KPI	Provincial Development 2	Provincial Development 1	Canadian Development
<b>IST</b>	IST Session attendance	60% of available workshops	60% of available workshops	100% of YTP planned IST sessions
<b>Dryland Training</b>	S/C program attendance	80% of available camps	80% of available camps	100% of YTP planned dryland sessions
<b>On Snow Training</b>	On snow training camp attendance	60% of available camps	80% of available camps	100% of YTP planned on snow training
<b>Race</b>	Event attendance	Min 2 FIS/Non FIS	Min 2 FIS and 2 Noram Level	4+ Noram or higher level
<b>Race</b>	Heat tracking	Heat average below 10% at Noram level	Heat average above 10% at Noram level	Heat average should be above 60% at Noram level
<b>Race</b>	Athlete performance tracking	Positive Z score for both TT and Final	Min ONE negative Z Score for TT or Final	Z Score for TT and Final both a negative score
<b>Monitoring</b>	Athlete performance tracking	Average score below 5	Average score between 5-7	Average score 7+
<b>FMS</b>	FMS Mobility test	FMS Score below 13	FMS Score above 13	FMS Score above 15
<b>Squat Ratio</b>	Max Squat test	Squat ratio Men - min 1.2 BW Women – min 1 BW	Squat ratio Men - min 1.4 BW Women – min 1.2 BW	Squat ratio Men - min 1.75 BW Women – min 1.3 BW
<b>Box Jump Test</b>	Box Jump test (side to side)	Men 55+ Women 40+	Men 65+ Women 55+	Men 70+ Women 60+

## Appendix 3

## Slopestyle Benchmarks

Category	Benchmark or KPI	Provincial Development 2	Provincial Development 1	Canadian Development
<b>IST</b>	IST Session attendance	80% of available BC Team workshops	80% of available BC Team workshops	100% of YTP planned IST sessions
<b>Dryland Training</b>	S/C program attendance	80% of available BC Team camps	80% of available BC Team camps	100% of YTP planned dryland sessions
<b>YTP</b>	On snow training camp attendance	60% of available camps	80% of available camps	100% of YTP planned on snow training
<b>YTP</b>	On snow training camp attendance	60% of available camps	80% of available camps	100% of YTP planned on snow training
<b>YTP</b>	Event attendance	Min 2 FIS/Non FIS planned within upcoming YTP	Min 2 FIS and 2 Level 5 events planned within upcoming YTP	4+ Level 5 events or higher planned within upcoming YTP
<b>FMS</b>	FMS Mobility test	FMS Score below 13	FMS Score above 13	FMS Score above 15