





Canadian Sport Institute Pacific and CROSS COUNTRY BC Athlete and Coach Nomination Criteria

Criteria Approved May 3, 2021:

CSI Pacific Candice Drouin	
	Signature
Cross Country BC Georgia Manhard	
	Signature

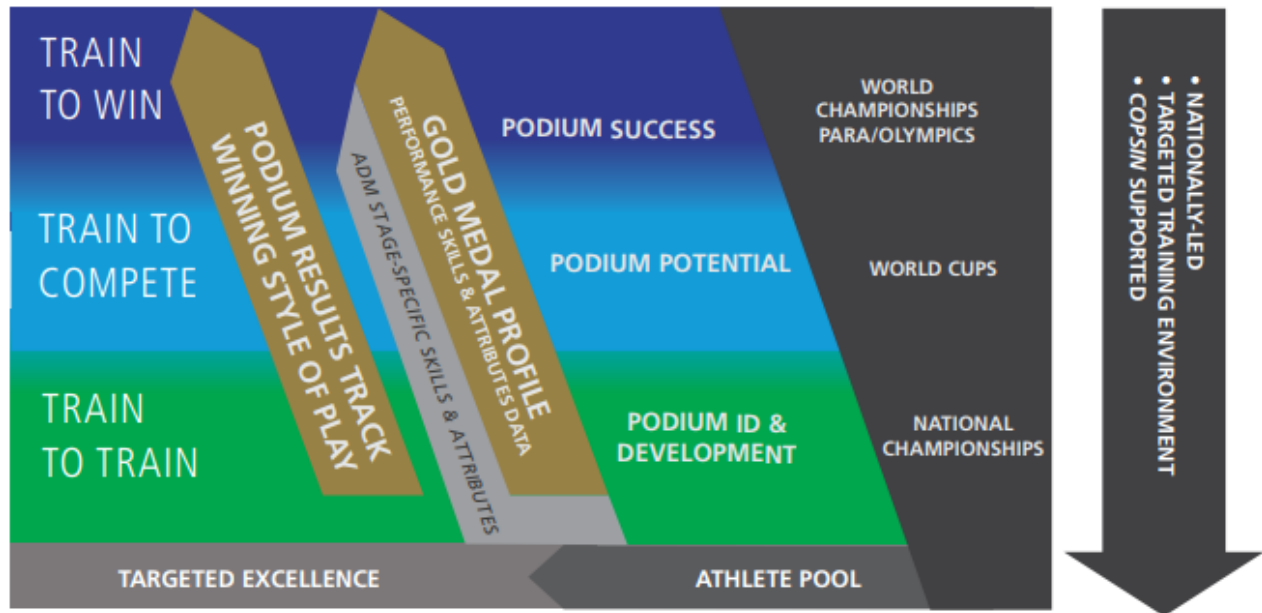
PURPOSE

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Cross Country BC, collaborates to deliver programs and services to place BC athletes¹ 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 Cross Country 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. Cross Country BC 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.

Figure 1 – Podium Pathway (LTAD 3.0)



¹ 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.

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.

DETAILS

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

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Cross Country BC targeting runs July 1st to June 30th 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 Cross Country 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 Cross Country 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 Cross Country 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 Cross Country BC'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 Cross Country BC in the previous 24 months.
4. PSO nominations will be guided by Nordiq Canada recommendations for High Performance Pathway benchmarks outlined in the Summary IPB Revision document at: <https://nordiqcanada.ca/wp-content/uploads/Summary-IPB-revision-2015.pdf>. IPL points achievement below this national standard are identified where appropriate in the criteria below.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the Cross Country BC 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 Cross Country BC, 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.

Cross Country BC Sport-Specific Criteria:

- Athletes must have had a top 30 performance at the World U23 Championships in last 24 months (if the result is from 24 months ago, the athlete must have remained fully committed to the sport since). **OR;**
- Athletes must have had a top 30 performance at the World Junior Championships in the last 24 months (if the result is from 24 months ago, the athlete must have remained fully committed to the sport since). **OR;**
- Achieve in past 24 months one of the following single best International Points List (IPL points) results for the U18, U20 or U23 age categories in Sprint OR Distance (subject to annual change due to Nordiq Canada podium pathway updates). See standards at: <https://nordiqcanada.ca/wp-content/uploads/Summary-IPB-revision-2015.pdf>

Sport-Specific Criteria for Para-Nordic:

- IPC Classification Code in past 24 month or classified within registration cycle. **AND;**
- Named to current year (next 12 months) Nordiq Canada Para-Nordic National World Cup Team or Para-Nordic National Development Team. (See: <https://nordiqcanada.ca/news-item/determined-group-of-canucks-headline-2021-22-national-ski-team-program/>)

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).*

Cross Country BC Sport-Specific Criteria:

- Competed at the World Junior Championships or World U23 Championships in the past 24 months. **OR;**
- Named to the national junior team in the past 24 months. **AND;**
- Completed a comprehensive annual training plan (YTP) and maintained a CCBC Athlete Log in previous 12 months as per Athlete Agreement for provincial team programs. Athlete log submitted to personal coach by April 15, 2021. See: <https://www.crosscountrybc.ca/sites/default/files/documents/2021-22BCDSAthleteAgreementFINAL.pdf>, and <https://www.crosscountrybc.ca/sites/default/files/documents/2021-22BCSTAthleteAgreementFINAL.pdf>

Sport-Specific Criteria for Para-Nordic:

- IPC Classification Code in past 24 month or classified within registration cycle. **AND;**

- Competed at World Para Nordic Skiing (WPNS) sanctioned races in the past 12 months. **AND;**
- Completed a minimum of 350 sport-specific training hours in the past 12 months. Athlete log submitted to personal coach by April 15, 2021.

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 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.

Cross Country BC Sport-Specific Criteria:

- Achieved the designated age specific IPL points below in the past 24 months:
 - U20 men/women (18 – 19) >80 IPL Points in either sprint or distance
 - U18 boys/girls (17-18) >76.5 IPL Points in both sprint and distance
 - (U16 boys/girls (15-16) >71 points in both sprint and distance. **AND;**
- Qualified for the 2021-22 BC Ski Team or BC Development Squad programs. **AND;**
- Completed a comprehensive annual training plan (YTP) and maintained a CCBC Athlete Log during previous 12 months as per Athlete Agreements for provincial team programs. Athlete Log submitted to personal coach by April 15, 2021. See: <https://www.crosscountrybc.ca/sites/default/files/documents/2021-22BCDSAthleteAgreementFINAL.pdf>, and

<https://www.crosscountrybc.ca/sites/default/files/documents/2021-22BCSTAthleteAgreementFINAL.pdf>

OR;

- Achieved the designated age-specific 3000 metre run benchmarks, as per Appendix B below. **AND;**
- Achieved the designated age-specific ski speed benchmarks below in either classic or free technique, as per Appendix B below. **AND;**
- Qualified for the 2021-22 BC Ski Team or BC Development Squad programs.
- Completed a comprehensive annual training plan (YTP) and maintained a CCBC Athlete Log during previous 12 months as per Athlete Agreements for provincial team programs. Athlete Log submitted to personal coach by April 15, 2021. See: <https://www.crosscountrybc.ca/sites/default/files/documents/2021-22BCDSAthleteAgreementFINAL.pdf>, and <https://www.crosscountrybc.ca/sites/default/files/documents/2021-22BCSTAthleteAgreementFINAL.pdf>.

Sport-Specific Criteria for Para-Nordic:

- Athlete with IPC Classification Code in past 24 months or classified within registration cycle. **AND;**
- Competed in Canada Winter Games in previous year or be named to official Canada Winter Games 'long list' in the two years leading up to a Games (i.e. 2021-23). **OR;**
- Completed a minimum of 350 sport-specific training hours during the 2020-21 ski season. Athlete log submitted to personal coach by April 15, 2021.

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.
- 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.

Cross Country BC Sport-Specific Criteria:

- Be NCCP Level 3 certified or Comp-Dev 'trained'

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

Cross Country BC Targeted Athlete/Coach Benefits, Programs, and Services

Podium / Canadian Elite (Sport Canada AAP Carded)

Cross Country BC will offer athletes named with the following: .

- the opportunity to attend up to five BC Ski Team training camps on a cost sharing basis;
- sport science support both at training camps and at permanent training location;
- access to team clothing paid partially by CCBC;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;
- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from Provincial Team coaches with respect to selecting ski equipment.

Canadian Development

Cross Country BC will offer athletes named with the following:

- the opportunity to attend up to five BC Ski Team training camps on a cost sharing basis;
- sport science support both at training camps and at permanent training location;
- access to team clothing paid partially by CCBC;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;
- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from Provincial Team coaches with respect to selecting ski equipment.

Provincial Development Level 1

Cross Country BC will provide athletes named with the following:

- the opportunity to attend up to five BC Ski Team training camps on a cost sharing basis;
- sport science support both at training camps and at permanent training location;
- access to team clothing paid partially by CCBC;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;
- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from Provincial Team coaches with respect to selecting ski equipment.

Provincial Development Level 2

Cross Country BC will provide PD Level 2 athletes named to the BC Ski Team with the following:

- the opportunity to attend up to five BC Ski Team training camps on a cost sharing basis;
- sport science support both at training camps and at permanent training location;
- access to team clothing paid partially by CCBC;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;

- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from Provincial Team coaches with respect to selecting ski equipment.

Cross Country BC will provide PD Level 2 athletes named to the BC Development Squad with the following:

- the opportunity to attend up to five BC Development Squad training camps on a cost sharing basis;
- sport science support both at camps and at permanent training location;
- sport eligibility for External Sport Credit – Athlete 11;
- access to team clothing paid partially by CCBC;
- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from provincial coaches with respect to selecting ski equipment.

APPENDIX 2 – Provincial Development Level 2 Benchmarks

FEMALES			Running	Ski Speed	
Context		Age	3000	Classic	Skate
L2T	F	8-9		4:15	4:00
		9-10		4:00	3:45
		11-13	13:00	3:47	3:32
T2T	F	14-15	12:30	3:24	3:11
		15-17	12:30	3:17	3:05
L2C	F	17-19	11:15	3:03	2:52
T2C	F	19-23		2:52	2:41
MALES					
L2T	M	9-10		3:55	3:50
		10-11		3:40	3:32
		12-14	11:40	3:29	3:11
T2T	M	15-16	11:20	3:08	2:52
		16-18	10:30	2:54	2:40
L2C	M	18-20	10:00	2:44	2:31
T2C	M	20-23		2:35	2:23

Nordiq Canada chart adapted by Cross Country BC