





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

Criteria Approved **June 29, 2020**

CSI Pacific Representative Candice Drouin	 Signature
FreestyleBC Josh Dueck	 Signature

## PURPOSE

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centers, and Freestyle 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 Freestyle 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 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) medalists. Support may be focused 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, Freestyle 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 Freestyle BC targeted athlete benefits, programs, and services as delivered through Freestyle BC

Targeted athletes are nominated by Freestyle BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Freestyle BC Technical Representative – Michael Apps <mike@freestylebc.ski>. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Freestyle BC high performance program benchmarks to remain targeted. Micheal Apps and the Canadian Sport Institute technical lead working with Freestyle BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Freestyle BC targeting runs 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 Freestyle 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 Freestyle 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 nominations, athletes must be considered in good standing with Freestyle 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 must have proof of a movement screen or medical assessment in the past calendar year. Please contact Provincial coach for further details
4. Athlete must have a coach prescribed "Learn to Compete" or "Train to Compete" Yearly Training Plan for the current year on file with the PSO
5. Athlete must complete the untracked version of True Sport Clean 101
6. Athlete must attend 80% or greater of all camps, education, IST services and competitions listed in the personal Yearly Training Plan
7. Athletes who fail to meet targeting criteria due to injury or absence, may remain on Freestyle 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. Freestyle BC previously nominated the athlete in question in the previous 24 months.

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the Freestyle 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.

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

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

*Freestyle BC Sport-Specific Criteria:*

- Athletes who are recognized by the Canadian Freestyle Ski Association as being a member of the Canadian NextGen Freestyle Ski Team (Moguls, Halfpipe, Slopestyle and Aerials) and not receiving AAP Funding.

## **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:
  - 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).*

*Freestyle BC Sport-Specific Criteria:*

- Athlete is active in a Freestyle BC recognized “Learn-to-Compete” competitive program that delivers a minimum of 80+ ski, water ramp or airbag specific training days per year; verified by either the athlete’s designated club Head Coach or Program Director
- Athlete must have designated coach and individualized YTP (to be submitted by coach)

**AND**

- Qualified for a Nor Am final, **OR**:
- Podium finish at the Junior National Championships (U19), **OR**:
- The athlete must be in the top 75% of the Freestyle Canada “HP Rankings” List, **OR**:
- **Park and pipe** athlete must have 2250 or greater Freestyle BC (Park & Pipe) HPP points from the highest four events shown in the last year (2019-2020 season will be 1,687.5 or greater due to shortened season due to COVID-19) unless injury clause has been applied, in which case 2250 points from the previous season must be obtained, **OR**:
- The athlete must be in the top 75% of the CFSA Canada Cup Rankings List

**AND**

- Mogul and Park & Pipe athletes must meet the sport-specific criteria & demonstrate specific skills relative to current stages of LTAD outlined in Appendix 1

## 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 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**;

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

- Athlete must have designated coach and general YTP (to be submitted by coach)

### **Park and Pipe**

- Athlete is active in a Freestyle BC recognized “Train to Train” competitive program that delivers a minimum of 60+ ski, water ramp or airbag specific training days per year; verified by either the athlete’s designated club Head Coach or Program Director.

**AND**

- Represented BC at Junior National Championship in the last 12 months (U16 or U18), **OR**;
- Medal at Junior National Championship (U14), **OR**;

**Park and pipe** athlete must have 1500 or greater Freestyle BC (Park & Pipe) HPP points from the highest four events shown in the last year (2019-2020 season will be 1,125 or greater due to COVID-19 shortening season), unless injury clause has been applied, in which case 1500 points from the previous season must be obtained,

**AND;**

- Park and Pipe athlete must meet the sport-specific criteria & demonstrate specific skills relative to current stage of LTAD outlined in Appendix 2;

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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. CSI Pacific will make final determination.

## **Moguls**

- Athlete is active in a Freestyle BC recognized “Train to Train” competitive program that delivers a minimum of 60+ ski, water ramp or airbag specific training days per year; verified by either the athletes designated club Head Coach or Program Director.

### **AND**

- Approx. 150h supervised trampoline/year
- Approx. 500 jumps on water ramps or airbag
- Represented BC at Junior National Championship in the last 12 months (U16 or U18), **OR**;
- Medal at Junior National Championship (U14), **OR**;
- The athlete must have 1500 or greater Freestyle BC (Mogul) RPA points from the highest four events shown in the last year,

### **AND**

- Mogul athletes must meet the sport-specific criteria & demonstrate specific skills relative to current stage of LTAD outlined in Appendix 2;

## **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 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.

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

- Certification in 6 of the 7 “Freestyle Canada Super Coach modules”
- NCCP Plan a Basic Sport Program + NCCP Nutrition + NCCP Basic Mental Skills
- NCCP Developing Athletic Abilities
- Have a professional development plan approved by the PSO to achieve competition development certification within 12 months.

## APPENDIX 1 – Prov. D. Level 1

### PARK & PIPE BENCHMARKS

#### Physical Benchmarks:

Skills	Female Standard	Male Standard
Beep Test	Stage 8	Stage 10.5
Squat Jump	24 cm	38cm
Counter Movement Jump	25 cm	40cm
Drop Jump	37cm	40cm

#### Skill-Based Benchmarks:

Skills	Female Standard	Male Standard
Rails	Switch 90 both ways on, 270 on/off both directions.	Switch 270 on, 450 on/off, 360 switch up, 1 unnatural rotation on.
Jumps	All direction 540's, cork 720, switch 720	2 opposite way off-axis 9s, 1 forwards double, 1 switch double, 4-different grabs with 540's.
Technical Skiing	Flow of runs with good speed management, awareness of how to be versatile to different course and variety of jump type and snow conditions. Ability to modify ski techniques based on competition course.	Flow of runs with good speed management, awareness of how to be versatile to different course and variety of jump type and snow conditions. Ability to modify ski techniques based on competition course.

### MOGUL BENCHMARKS

#### Physical Benchmarks:

Skills	Female Standard	Male Standard
Beep Test	Stage 8	Stage 10.5
Squat Jump	24 cm	38cm
Counter Movement Jump	25 cm	40cm

#### Fitness:

- Introduce speed-strength/muscular power training (plyometric, explosive exercises)
- Work on sport specific strength, agility, quickness, balance, coordination and flexibility
- High intensity interval training
- Continue bi-annual field-based fitness testing and introduce laboratory fitness tests if possible (wingate, incremental lactate, body composition)

#### Skill-Based Benchmarks:

Skills	Female Standard	Male Standard
Ski	Introduced to competition tactics in moguls, introduced to and developed multiple methods of speed control, ski line in moguls, ability to ski @ 8.2m/sec in moguls	Introduced to competition tactics in moguls, introduced to and developed multiple methods of speed control, ski line in moguls, ability to ski @ 9.7m/sec in moguls
Trampoline Acrobatic Skills	On-axis forward: barani, rudi  On-axis backward: back full  Off-axis: cork 7 with safety onto a mat	On-axis forward: rudi, randi  On-axis backward: back double full  Off-axis: cork 1080
Water Ramp Acrobatic Skills	Training inverts with intro to off-axis, 360 with position/grab, cork 720, back with position/grabs, front with position/grabs	Training all twisting inverts and off-axis up to 1 full twist and introduced double twists



## APPENDIX 2 – Prov. D. Level 2

### PARK & PIPE

#### Physical Benchmarks:

Skills	Female Standard	Male Standard
Beep Test	Stage 7.5	Stage 10
Squat Jump	23 cm	38cm
Counter Movement Jump	25 cm	40cm

#### Skill-Based Benchmarks:

Skills	Female Standard	Male Standard
Rails	Can slide rails both ways, 270 off left/right, any switch entrance to 'urban styled' tube/rail	Switch 270 on, both 270 on all 450's off
Jumps	All direction 360's, two direction 540's, one direction 720	All direction 540's, three direction 900's,
Technical Skiing	Parallel skiing switch and the ability to look over both shoulders. Efficient carving and pressure control skills. Can air out of halfpipe.	Parallel skiing switch and the ability to look over both shoulders. Efficient carving and pressure control skills. Can air out of halfpipe.

#### Athlete Expectations:

If an athlete accepts the card from CSI it is expected that they will do the following:

- Register and participate in the CSI on-boarding activities.
- Athlete will be registered with a Freestyle BC club; a CSI nominated coach and participate in correct monitoring, and screening of key performance indicators (KPI's).

## MOGUL BENCHMARKS

#### Physical Benchmarks:

Skills	Female Standard	Male Standard
Beep Test	Stage 7.5	Stage 10
Squat Jump	23 cm	38cm
Counter Movement Jump	25 cm	40cm

#### Fitness:

*Athletes have appropriate experience with Strength & Conditioning training and demonstrate specific athletic abilities, both relative to current stage of LTAD;*

- *Is increasing focus on aerobic and strength training*
- *Is being introduced the use of free weights during strength training*
- *Is developing general fitness before sport-specific fitness*
- *Is working on speed, agility, quickness, balance, coordination drills and flexibility*
- *Is being introduced to Fitness Testing (Beep Test, Vertical Jump, Box Jump\*)*

*Skill-Based Benchmarks:*

<b>Skills</b>	<b>Female Standard</b>	<b>Male Standard</b>
<b>Ski</b>	Balanced body position throughout proper range-of-motion, correct turn initiation in rollers, overall stable body position, introduced to methods of speed control, full mogul runs	Balanced body position throughout proper range-of-motion, correct turn initiation in rollers, overall stable body position, introduced to methods of speed control, full mogul runs
<b>Jumps</b>	2 airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs	2 airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs
<b>Trampoline Acrobatic Skills</b>	<p>On-axis forward: porpoise, <math>\frac{3}{4}</math> front, barani ballout, barani (tuck, pike, layout)</p> <p>On-axis backward: <math>\frac{3}{4}</math> back (tuck, pike, layout), back (tuck, pike, layout), 180 to stomach, arabian <math>\frac{3}{4}</math></p> <p>Off-axis: all progression skills landing on back or stomach depending on direction</p>	<p>On-axis forward: porpoise, <math>\frac{3}{4}</math> front, barani (tuck, pike, layout), 1 <math>\frac{3}{4}</math> front, rudi</p> <p>On-axis backward: <math>\frac{3}{4}</math> back (tuck, pike, layout), back full, 1 <math>\frac{1}{4}</math> back</p> <p>Off-axis: all progression skills landing on back or stomach depending on direction, cork 7</p>
<b>Water Ramp Acrobatic Skills</b>	Strong fundamentals and with extensive invert experience, 360, front and back tuck	360/720, front tuck, back (tuck, pike, layout), grabs, cork 7, intro to back full

*Athlete Expectations:*

If an athlete accepts the card from CSI it is expected that they will do the following:

- Register and participate in the CSI on-boarding activities.
- Athlete will be registered with a Freestyle BC club; a CSI nominated coach and participate in correct monitoring, and screening of key performance indicators (KPI's).