



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

Criteria Approved:

| | |
|------------------------------------------|-----------------|
| CSI Pacific Representative David Hill | |
| | Signature |
| Freestyle BC Cameron Smith | <i>C. Smith</i> |
| | Signature |

PURPOSE

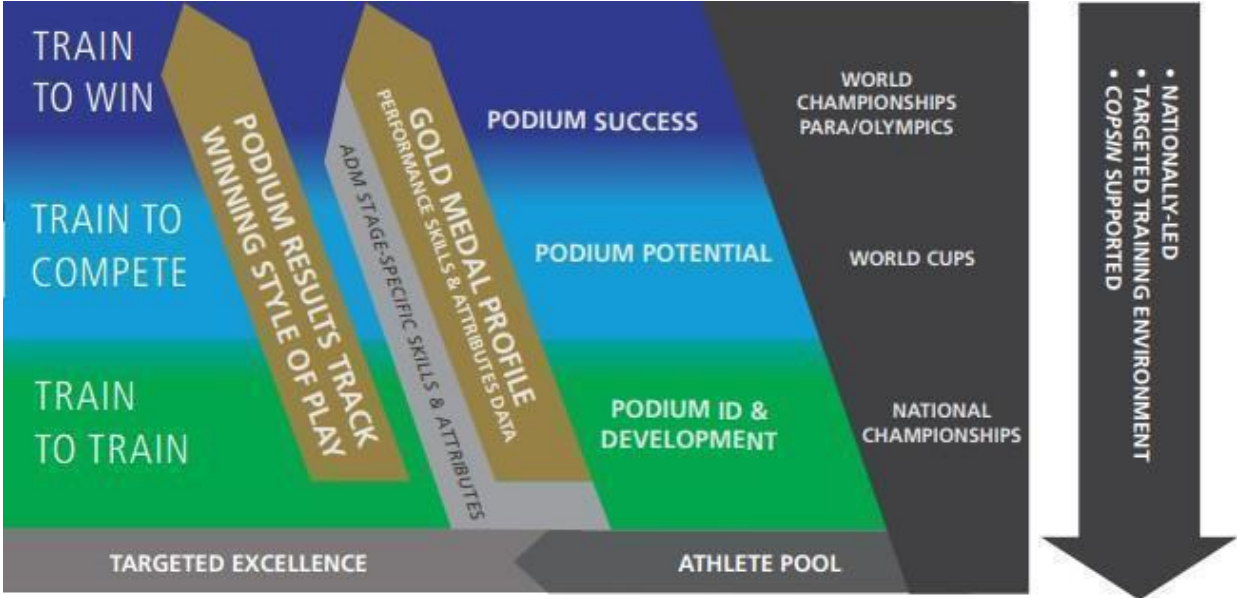
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centers, and Freestyle BC collaborates to deliver programs and services to place BC athletes¹ onto National Teams and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sports 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 and athletes 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 can adapt the template to suit their 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)



¹In 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 Canadian Sport Institute Pacific / PacificSport athlete or coach registration criteria. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through the 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's targeted athlete benefits, programs, and services as delivered through Freestyle BC.

Freestyle BC nominates targeted athletes based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Freestyle BC Technical Representative Cameron Smith at cam@freestylebc.ski. Generally, all athletes must demonstrate evidence of their ongoing performance progression and tracking toward Freestyle BC high-performance program benchmarks to remain targeted. Cameron Smith 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 on June 30th annually. Athletes are selected based on performances from the previous 12 months. Athletes who meet the 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, Freestyle BC will notify him or her. He or she will be provided with information on registering 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 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 responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
3. Provincial Dev Level 1 Athletes must have proof of a movement screen or medical assessment in the past calendar year. Please contact the Provincial coach for further details.
4. Athletes 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. Athletes must complete the untracked version of True Sport Clean 101
6. Athletes 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 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. Freestyle BC previously nominated the athlete in question in the previous 12 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)

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and are verified by the NSO are in the High Performance (HP/T2W) stage of the Podium Pathway.

*Note: Freestyle BC, in consultation with the NSO, is responsible for identifying and nominating 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 are verified by the NSO. These athletes are in the Podium Pathway's High Performance (HP/T2W) stage. **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 those expected to be selected by the senior national team in eligible events **within 12 months** and verified by the NSO.

Freestyle BC Sport-Specific Criteria:

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

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 following 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 12 months, **OR**;
 - They 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 12 months.

**Note: Athletes nominated at the Provincial Development level are expected to 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:

- The 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.

AND

- The athlete must have a designated coach and individualized YTP (to be submitted by July 25, 2025)

AND

- **Park and pipe** athletes must have 2700 or greater Freestyle BC (Park & Pipe) HPP points from the highest four events shown in the last competition year.
- **Mogul** athletes must have 2500 RPA from the highest four events shown in the last competition year.

OR

- All athletes must meet the Physical and Skill-based benchmarks outlined in Appendix 1

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

Freestyle BC Sport-Specific Criteria:

- The athlete is active in a Freestyle BC-recognized “Train to Train” competitive program that delivers a minimum of 50+ ski, water ramp or airbag-specific training days per year, verified by either the athlete’s designated club Head Coach or Program Director.
- The athlete must have a designated coach and general YTP (to be submitted by the coach by July 25, 2025)

Park and Pipe

- **Park and pipe** athletes must have 2200 or greater Freestyle BC (Park & Pipe) HPP points from the highest four events shown in the last competition year.
- OR;**
- Park & Pipe athletes must meet the Physical and Skill-based benchmarks outlined in Appendix 2

Moguls

- The athlete must have 2000 or greater Freestyle BC (Mogul) RPA points from the highest four events shown in the last competition year.
- OR;**
- Mogul athletes must meet the Physical and Skill-based benchmarks outlined in Appendix 2

²Definition 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 the final determination.

Coach Nomination

Canadian Sport Institute Criteria:

Coaches are nominated by having their name included in the targeted athlete list when they coach 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 significantly impact 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 a Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as the athlete's coach of record based on sport-specific criteria below.

Freestyle BC Sport-Specific Criteria:

- Comp Intro Certified & ski specific Comp Dev Courses Certified:
 - Moguls Comp Dev or Slopestyle/Half-Pipe Comp Dev + Air Doubles Trampoline + Air Doubles Bag/Snow
- NCCP Plan a Basic Sport Program + NCCP Nutrition + NCCP Basic Mental Skills (or Psychology of Performance + NCCP Developing Athletic Abilities
- Have a professional development plan approved by the PSO to achieve Competition Development Trained or Certified 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 in both directions. | Switch 270 on, 450 on/off, 360 switch up, and one unnatural rotation on. |
| Jumps | All direction 540's(3 Directions with Grabs), 360's with various grabs (mute, blunt, etc) cork 720, switch 720 | Two opposite-way off-axis 9s, one forward double, one switch double, and 4-different grabs with 540's. |
| Technical Skiing | The flow of runs with good speed management, awareness of how to be versatile to different courses and various jump types and snow conditions. Ability to modify ski techniques based on competition course. Ski switch parallel + french fry>pizza | The flow of runs with good speed management, awareness of how to be versatile on different courses, various jump types, and snow conditions, and the ability to modify ski techniques based on competition courses. |
| Trampoline | Double Backflip Double Frontflip 4 direction cork 720's Switch Rodeo 540-720 | Double Backflip Double Frontflip 4 way single cork 1080's 4 way single bio 1080's 4 way double 1260'2 |

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 (plyometrics, 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 | <p>On-axis forward: barani,</p> <p>On-axis backward: back full</p> <p>Off-axis: cork 7 with safety onto a mat</p> | <p>On-axis forward: barani</p> <p>On-axis backward: back double full</p> <p>Off-axis: cork 1080</p> |
| Water Ramp Acrobatic Skills | <p>Training inverts with an intro to off-axis, 360 with position/grab, cork 720, back with position/grabs, front with position/grabs</p> | <p>Training all twisting inverts and off-axis up to 1 full twist and introducing double twists</p> |

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 540s, and three directions 900s with grab |
| 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. |
| Trampoline | Backflip Frontflip 720's (Cork preferred) Misty 540 Rodeo 540 Switch Rodeo 540 | Double Backflip 3 way cork 720 Double Misty 900 Double Cork 1080 |

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 onboarding activities.
- Athletes will be registered with a Freestyle BC club; a CSI-nominated coach, and participate in correct monitoring and screening of key performance indicators (KPIs).

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 the 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:

| Skills | Female Standard | Male Standard |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ski | 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 |
| Jumps | Two airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs | Two airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs |
| Trampoline Acrobatic Skills | <p>On-axis forward: porpoise, $\frac{3}{4}$ front, barani ballout, barani (tuck, pike, layout)</p> <p>On-axis backward: $\frac{3}{4}$ back (tuck, pike, layout), back (tuck, pike, layout), 180 to stomach, arabian $\frac{3}{4}$</p> <p>Off-axis: all progression skills landing on back or stomach depending on direction</p> | <p>On-axis forward: porpoise, $\frac{3}{4}$ front, barani (tuck, pike, layout), 1 $\frac{3}{4}$ front, rudi</p> <p>On-axis backward: $\frac{3}{4}$ back (tuck, pike, layout), back full, 1 $\frac{1}{4}$ back</p> <p>Off-axis: all progression skills landing on back or stomach depending on direction, cork 7</p> |
| Water Ramp Acrobatic Skills | Strong fundamentals and 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, they are expected to Register and participate in the CSI onboarding activities. The athlete will be registered with a Freestyle BC club and a CSI-nominated coach and participate in correctly monitoring and screening key performance indicators (KPIs).