



Canadian Sport Institute Pacific and British Columbia Archery Association Athlete and Coach Nomination Criteria

Criteria Approved September 11th, 2019:

CSI Pacific Representative Drew Todd Athlete Services Lead	 Signature
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PURPOSE

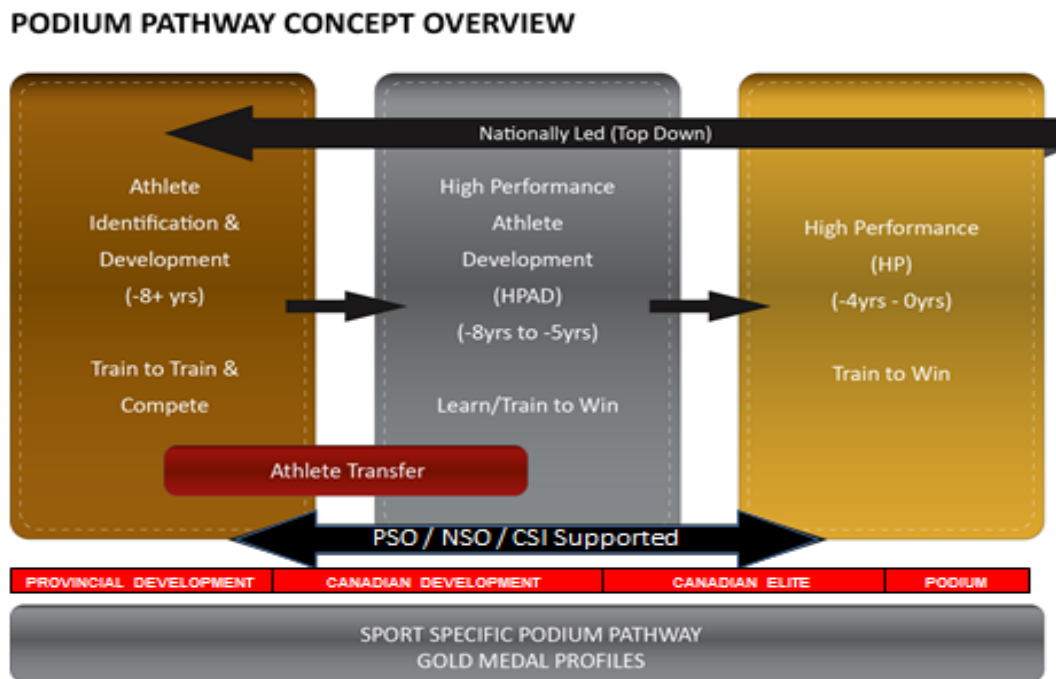
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Archery Association collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every 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 BC Archery Association 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 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 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 from Podium) and future generations (9-12 years from Podium) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years from Podium) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years from Podium) of athletes and teams.

Figure 1



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.

DETAILS

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

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Archery Association targeting runs December 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 Archery Association 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 Archery Association 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 Archery Association 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 Archery Association'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 Archery Association in the previous 24 months.
4. Athletes must comply with all standards outlined in the Gold Medal Profile based on the stage in which they were nominated (see Appendix 4).

The four levels of PSO/NSO/CSI athlete support on the Podium Pathway are described below:

- **Podium / Canadian Elite (Sport Canada AAP Carded)**
- **Canadian Development**
- **Provincial Development Level 1**
- **Provincial Development Level 2**

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Archery Association 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.

Canadian Development

Outdoor Recurve and Compound

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 'Hot prospects' defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

BC Archery Association Sport-Specific Criteria:

It is expected that these athletes are crossing into the Shoot to Excel pathway of the LTAD and tracking towards, or have been selected by, Archery Canada to a Senior National Team.

- Athletes who appear on the Red or Gold [AC Ranking List](#).
- OR**
- Senior level athletes who were selected to a National Team ([Compound](#) or [Recurve](#)) within the previous 24 months.
- OR**
- Athletes who have met performance benchmark listed below (based on age); **AND**
 - Must have participated at a tournament with an elimination round eligible for performance points within the previous 12 months.

Note: Avg Score-2 indicates athletes in this category on average would be posting scores within 2 Standard Deviations of the Podium / Canadian Elite Athletes. Age is by Dec 31 of the competition year.

		Recurve				
		Can Dev				
		Women		Men		
		Outdoor		Outdoor		
		Age	Avg Score -2		Avg Score -2	
			60M	70M	60M	70M
Cadet		17	594	558	604	572
Junior		18		588		596
		19		596		604
		20		596		614
		21		602		624
Senior		22		608		634
		23		612		642
		24		616		646
		25		620		650
		26		622		652
		27		626		652

		Compound		
		Can Dev		
		Women		Men
		Outdoor		Outdoor
		Age	Score-2	Score-2
			50M	50M
Cadet		17	647	660
Junior		18	646	663
		19	646	663
		20	646	663
		21	664	679
Senior		22	664	679
		23	664	679
		24	664	679
		25	664	679
		26	664	679
		27	664	679

Provincial Development Level 1

Outdoor Recurve and Compound

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 one of the two criteria below:
 - Have competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
 - Have 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: Athletes who are eligible for Provincial Development are typically supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

BC Archery Association Sport-Specific Criteria:

It is expected that these athletes are in the Train to Compete phase of the LTAD and are tracking towards, or have been selected for, a Youth or Junior World Outdoor event.

- Athletes who were selected to a Youth or Junior World outdoor event ([Compound](#) or [Recurve](#)) within the previous 12 months.

OR

- Athletes [ranked on Archery Canada website](#); **AND**
- Must have met performance benchmark listed below on at least three of the ranking scores (based on age); **AND**
- Must have participated at a tournament with an elimination round eligible for performance points within the previous 12 months.

Note: Avg Score-3 indicates athletes in this category on average would be posting scores within 3 Standard Deviations of the Podium / Canadian Elite Athletes. Age is by Dec 31 of the competition year.

		Recurve				
		Prov L1				
		Women		Men		
		Outdoor		Outdoor		
		Age	Avg Score -3		Avg Score -3	
			60M	70M	60M	70M
Cadet	15		530		572	
	16		556	514	582	544
	17		558	518	584	548
Junior	18			550		572
	19			558		576
	20			566		588
Senior	21			576		602
	22			586		616
	23			592		628
	24			598		632
	25			604		636

		Compound		
		Prov L1		
		Women	Men	
		Outdoor	Outdoor	
		Age	Score -3	Score -3
			50M	50M
Cadet	15		634	646
	16		634	646
	17		634	646
Junior	18		633	650
	19		633	650
	20		633	650
Senior	21		651	665
	22		651	665
	23		651	665
	24		651	665
	25		651	665

Provincial Development Level 2

Outdoor Recurve and Compound

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 one of the two criteria below:
 - Competed in an eligible event at the appropriate age group national championships (or equivalent level of performance standard) and/or place within the top 20% at the appropriate age group provincial championships in the previous 12 months, **OR**;
 - Competed for Team BC at Canada Summer Games or Canada Winter Games in the previous 12 months.

BC Archery Association Sport-Specific Criteria:

It is expected that these athletes are in the Train to Train and Train to Compete phase of the LTAD.

- Athletes who have posted on Archery Canada or USA Archery website at least three benchmark scores from the chart below. These can be obtained at outdoor 720 scores and/or Indoor 18m scores.
- One of the benchmark scores must be obtained at an eligible event from the list below.

Eligible Events

- Archery Canada Target Nationals
- Any registered event which includes an elimination round (e.g. Canada Cup, Spring Classic)
- Any international indoor or outdoor championships following World Archery rules
- Archery Canada Regional Indoors
- MICA
- Canada Winter Games
- BC Winter Games
- BC Provincial Indoors (not including JOP)
- BC Provincial Outdoors (not including JOP)

Note: Avg Score-4 indicates athletes in this category on average would be posting scores within 4 Standard Deviations of the Podium / Canadian Elite Athletes. Age is by Dec 31 of the competition year.

		Recurve									
		Prov L2									
		Women					Men				
		Indoor		Outdoor			Indoor		Outdoor		
Age		Score -4	Score -4	Avg Score -4			Score -4	Score -4	Avg Score -4		
		18m-60cm	18m-40cm	50M	60M	70M	18m-60cm	18m-40cm	50M	60M	70M
Cub	13	485	414	482			523	469	552		
	14	490	419	488			530	482	568		
Cadet	15		460		486			502		550	
	16		478		514	464		505		556	514
	17		482		520	472		507		558	518
Junior	18		505			514		522			544
	19		510			524		525			550
	20		515			534		528			556

		Compound			
		Prov L2			
		WOMEN		MEN	
		Indoor	Outdoor	Indoor	Outdoor
	Age	Score -4	Score -4	Score -4	Score -4
		18m (40cm)	50M	18m (40cm)	50M
Cub	13	537	588	542	598
	14	537	588	542	598
Cadet	15	547	614	552	626
	16	547	614	552	626
	17	547	614	552	626
Junior	18	546	613	553	629
	19	546	613	553	629
	20	546	613	553	629

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 Archery Association Sport-Specific Criteria:

- Must be certified at, or actively pursuing, NCCP Competition-Development status.

Appendix 1



British Columbia Archery Association

LTAD and the High Performance Pathway					
Coaching Development old Pathway NCCP	Group classes & Club setting Level 1 Instruction of Beginner	Groups and individual support Level 2 Instruction of Intermediate Competition Introduction	Teams and one to one Level 3 Competition Development	One to one Level 4 and Level 5 Advanced Coaching Diploma Graduate Certificate in HP Coaching	
CS4L-LTAD	<i>Learn to Train</i>	<i>Train to Train</i>	<i>Train to Compete</i>	<i>Train to Win</i>	<i>Active for Life</i>
Archery Long Term Athlete Development LTAD	Learn to Shoot 1-4 years in Archery	Train to Shoot 2-6 years in Archery	Train to Compete 4-10 years in Archery	Shoot to Excel 7+ years in Archery	Shoot for Life
	LTS	TTS	TTC	STE	SFL
Athlete Development	JOP Program (Target/3D) JOP Indoor Champs JOP Outdoor Champs Learning Technical Skills	Pacific Sport-Targeted Athlete BCWG Local Indoor Tournaments Local Outdoor Tournaments Provincial Indoor Champs Provincial Outdoor Champs 3-D Provincial Championships AC Indoor Mail Match MICA Developing Technical Skills Intro to Psychological Prep Intro to Nutritional needs Building Fitness Training Learn Equipment/Maintenance Intro to Pre-Comp planning Intro to Training Plans	Pacific Sport-Targeted Athlete CWG AC Ranking (720 rounds) AC Outdoor Mail Match Elimination Rounds Target Nationals 3D Nationals [Western Games] USA JOAD and USA Nationals BC Performance Program 3D Performance Program AC TOP Program Fine tuning Technical Skills Psychological Preparation Nutrition/recovery plan Optimize Fitness Training Maintain equipment Pre-Comp Planning Intro to IST* Development of Training Plans	Archery Canada Carding AC Ranking (720 rounds) World Ranking International Competition Olympics Worlds Fine tuning Technical Skills Psychological Maintenance Nutrition/recovery plan Optimized Fitness Training Maintain equipment Pre-Comp Routines Established IST* Detailed Training Plans	Local Tournaments 55+ Games Masters Games
Coach-Athlete Development					

* Integrated Support Team

Appendix 4 Gold Medal Profile

Benchmark or KPI (key Performance Indicator)	NSO	TOP (Target Objective Performance)	Identification Squad	Development Squad	National Training Squad	National Team
	PSO	Provincial Development L2	Provincial Development L1	Canadian Development	Canadian Elite	
LTAD Category		Train to Shoot Train to Compete	Train to Compete	Train to Compete Shoot to Excel	Shoot to Excel	Shoot to Excel
Training Camps/Clinics		1/yr	1/yr	2/yr -1 National	2/yr National	2/yr National
Follows a Training Plan		generic	personalized	personalized	personalized	personalized
Training		8hrs/wk	14hrs/wk	16hrs/wk	20+ hrs/wk	20+ hrs/wk
Coached DTE		12hr/month	18hr/month	24hr/month-HP coach	30hr/month -HP coach	30hr/month-HP coach
High Performance Environment		2 Provincial/yr	4 High Level/year	4 weeks/year	5 weeks/year	6 weeks/year
Arrow volumes (average)		500/wk	600-800/wk	800-1000/wk	1000+/wk	1000+/wk
Sport Psych services		webinar	webinar	suggest personalized	required	required
Score		Refer to chart	Refer to chart	Refer to chart	Refer to chart	Refer to chart
Physical Training		min 2 days/wk	min 3 days/wk	tailored program	tailored program	tailored program
Physical Abilities		Follows a physical training plan	Self-Reporting	Annual Testing	Annual Testing	Twice a year testing
Yo Yo Endurance Test				75% of Blue Standard	Blue Standard	Blue Standard
Planks			50% of Blue Standard	75% of Blue Standard	Blue Standard	Blue Standard
Side Plank			50% of Blue Standard	75% of Blue Standard	Blue Standard	Blue Standard
Hand Grip				75% of Blue Standard	Blue Standard	Blue Standard
Bench Pull			50% of Blue Standard	75% of Blue Standard	Blue Standard	Blue Standard
Signed Athlete Agreement		required	required	required	required	required
CCES Drug Free Sport-untracked		Annual	Annual	Annual	Annual	Annual