

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

Criteria Approved November 11 2022:

CSI Pacific Representative	<i>Andrew Latham</i>
Andrew Latham Manager, Performance Pathways	Signature
<b>BC Archery</b> Representative	<i>L. Murray</i>
Lora-Lee Murray, Interim Targeted Athlete Program Coordinator	Signature



## PURPOSE

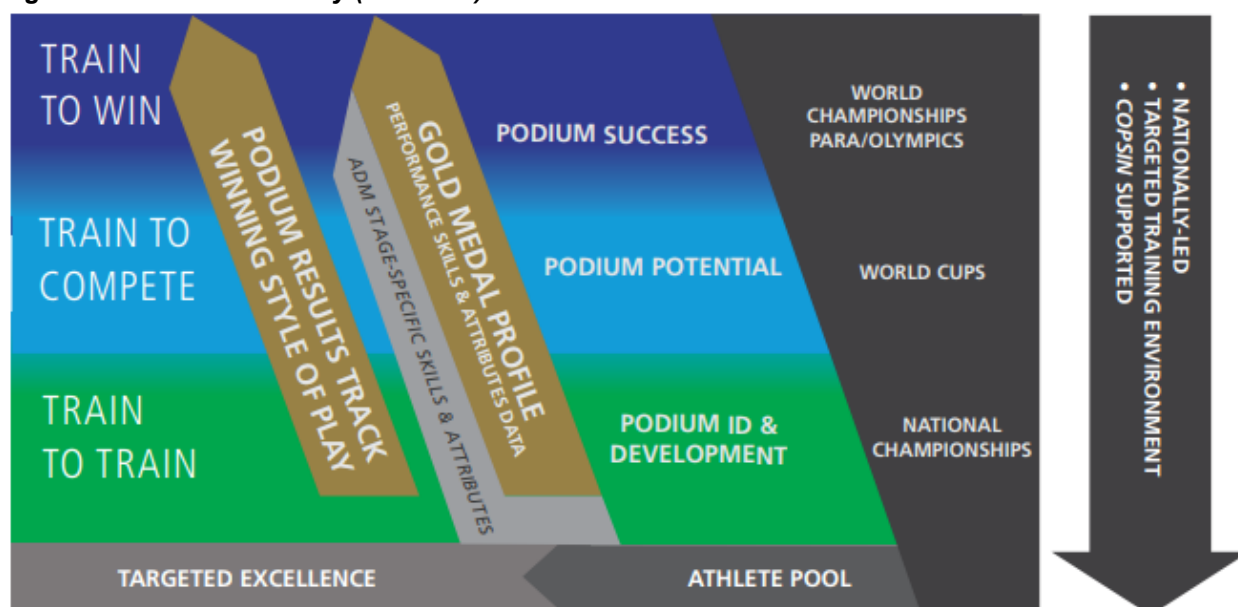
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Archery, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have every 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 Archery 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, **BC Archery** 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 link <https://www.csipacific.ca/athletes/benefits/> for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. Please see Appendix 1 for an outline of **BC Archery** targeted athlete benefits, programs, and services as delivered through **BC Archery**.

Targeted athletes are nominated by **BC Archery** based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to the BC Archery VP-Athlete Development at [athlete-dev@bcarchery.ca](mailto: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** high performance program benchmarks to remain targeted. **The VP-Athlete Development** and the Canadian Sport Institute technical lead working with **BC Archery** 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 **January 1<sup>st</sup> – December 31<sup>st</sup>** 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** 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** 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** 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'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** 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.

### There are four levels of support on the Podium Pathway

- **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** 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 Archery**, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

## 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 “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 Archery** Sport-Specific Criteria:*

It is expected that these athletes are crossing into the Shoot to Excel pathway of the LTAD and tracking toward, or have been selected by, Archery Canada to an international event representing Archery Canada’s senior National Team.

- Athletes who appear on the Red or Gold AC Ranking List in the Senior or Junior age categories.

**OR**

- Senior level athletes who were selected to compete at an event as a National Team member (**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 an International or National tournament with an elimination round eligible within the previous 24 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	
Senior		21		602		624
	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	
Senior		21	664	679
	22	664	679	
	23	664	679	
	24	664	679	
	25	664	679	
	26	664	679	
	27	664	679	

### BC Archery Para Criteria Canadian Development

Athlete with IPC Classification code in the past 24 months

Not receiving Sport Canada AAP funding

AND

Named to an event representing Archery Canada as Senior Para National Team member within the past 24 months

No benchmark requirements

## Provincial Development Level 1

### OUTDOOR RECURVE AND COMPOUND

*Canadian Sport Institute Criteria:*

- Athletes who are not receiving Sport Canada AAP funding and 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 U21 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, U21, or U18 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).

### BC Archery Sport-Specific Criteria:

It is expected that these athletes are in the Train-To-Compete phase of the LTAD and are tracking toward 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 24 months.

OR

- Athletes ranked on [Archery Canada's Ranking List](#) ; **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 within the previous 24 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
	17		558	518	584
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

### BC Archery Para Criteria Provincial Development Level 1

Athlete with IPC Classification code in the past 24 months

Not receiving Sport Canada AAP funding

**AND**

Medaled at an AC Nationals Target event in a Para category or named to an event representing Archery Canada as a Youth or Junior Para National Team member in the past 24 months

**No benchmark requirements**



## Provincial Development Level 2

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### INDOOR AND 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 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.

#### BC Archery 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 at least 3 posted scores on Archery Canada <https://can.service.ianseo.net/General/CompetitionList.php> or USA Archery website <https://www.usarchery.org/> meeting the benchmark scores from the chart below within the previous 24 months.
  - These can be obtained at outdoor 720 scores and/or Indoor 18m scores.

#### AND

- One of the benchmark scores must be obtained at an eligible event from the list below.

#### Eligible Target Events

- Archery Canada Target Nationals
- Any registered event which includes an elimination round (e.g. Canada Cup, Spring Classic)
- Any international indoor or outdoor championship 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)

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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. Final determination will be made by CSI Pacific.

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	
			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

### BC Archery Para Criteria Provincial Development Level 2

- Athlete with IPC Classification code in the past 24 months
- AND**
- Athletes who have at least 3 posted scores on Archery Canada <https://can.service.ianseo.net/General/CompetitionList.php> or USA Archery website <https://www.usarchery.org/> meeting the benchmark scores from the chart below within the previous 24 months.
    - These can be obtained at outdoor 720 scores and/or Indoor 18m scores.

## **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.

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

- Must be certified at, or actively pursuing, NCCP Competition-Stream certification.
- Must have completed the CAC Safe Sport course

APPENDIX 1



**LTAD and the High Performance Pathway**

Coaching Development Old Pathway NCCP	Group classes & Club setting	Groups and individual support	Teams and one to one	One to one	
	Level 1 Instruction of Beginner	Level 2 Instruction of Intermediate Competition Introduction	Level 3 Competition Development	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	<b>Learn to Shoot</b> 1-4 years in Archery	<b>Train to Shoot</b> 2-6 years in Archery	<b>Train to Compete</b> 4-10 years in Archery	<b>Shoot to Excel</b> 7+ years in Archery	<b>Shoot for Life</b>
	LTS	TTS	TTC	STE	SFL
Athlete Development	JOP Program (Target/3D) JOP Indoor Champs JOP Outdoor Champs	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	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	Archery Canada Carding AC Ranking (720 rounds) World Ranking International Competition Olympics Worlds	Local Tournaments 55+ Games Masters Games
Coach-Athlete Development	Learning Technical Skills	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	Fine tuning Technical Skills Psychological Preparation Nutrition/recovery plan Optimize Fitness Training Maintain equipment Pre-Comp Planning Intro to IST* Development of Training Plans	Fine tuning Technical Skills Psychological Maintenance Nutrition/recovery plan Optimized Fitness Training Maintain equipment Pre-Comp Routines Established IST* Detailed Training Plans	

\* Integrated Support Team

APPENDIX 2 – Recurve PRT Integration

2018	NSO Archery Canada	National Team - AAP	National Training Squad	Development Squad	Identification Squad	TOP																				NSO Archery Canada	National Team AAP	NTS	DEV Squad	ID Squad	TOP														
	PSO BC Archery	Canadian Elite		Can Dev	Prov L1	Prov L2																				PSO BC Archery	Canadian Elite				Can Dev	Prov L1	Prov L2												
	WOMEN	ISV -Skill Level					720 Score																			WOMEN	18m Round 60 arrows																		
	Age	PRT	PRT-1	PRT-2	PRT-3	PRT-4	avg PRT Score			Score -1			Score -2			Score -3			Score -4			Distance	Age	avg PRT	Score-1		Score-2		Score -3		Score -4		Distance												
						50M	60M	70M	50M	60M	70M	50M	60M	70M	50M	60M	70M	50M	60M	70M	50M	60M	70M		60cm	40cm	60cm	40cm	60cm	40cm	60cm	40cm	60cm	40cm											
Cub	13	79.5	71	62	54	45.5	646			616					578						534			482									50	13	574	545	557	522	538	490	514	455	485	414	1.8
	14	80.5	72	63	55	46.5	648			620					582						540			488								50	14	574	547	559	525	540	494	516	460	490	419	1.8	
Cadet	15	81	74.5	68	61.5	55		624				598				566					530				486						60	15		549			532			512		488	460	1.8	
	16	82.5	77	71.5	66	59		628	602			608	576			584	548					556	514			514	464				60	16		552			539			523		505	478	1.8	
	17	87.5	80.5	73.5	66.5	60		646	622			622	594			594	558					558	518			520	472				60	17		562			547			529		507	482	1.8	
Junior	18	90	84	78	72	66						630				608						588								70	18		567			555			541		525	505	1.8		
	19	91.5	85.5	79.5	73.5	67.5						635				614						596					524			70	19		570			559			545		529	510	1.8		
	20	93	87	81	75	69						640				620						596					534			70	20		571			562			549		533	515	1.8		
Senior	21	93.5	88	82.5	77	71.5						642				624					602					576				70	21		573			563			552		539	523	1.8		
	22	94	89	84	79	74						644				628						608					586			70	22		574			565			555		544	531	1.8		
	23	94.5	90	85	80	75						645				630						612					592			70	23		575			567			557		546	533	1.8		
	24	95	90.5	86	81.5	77						646				632						616					598			70	24		576			568			560		550	539	1.8		
	25	95.5	91	87	83	79						648				634						620					598			70	25		576			569			562		553	544	1.8		
	26	96	92	87.5	83.5	79.5						650				637						622					606			70	26		577			571			562		554	545	1.8		
27	96.5	92.5	88.5	84.5	80.5						652				638						626					610			70	27		578			571			564		556	547	1.8			
MEN	ISV -Skill Level					720 Score																			MEN	18m Round 60 arrows																			
Age	PRT	PRT-1	PRT-2	PRT-3	PRT-4	avg PRT Score			Score -1			Score -2			Score -3			Score -4			Distance	Age	avg PRT	Score-1		Score-2		Score -3		Score -4		Distance													
						50M	60M	70M	50M	60M	70M	50M	60M	70M	50M	60M	70M	50M	60M	70M	50M	60M	70M		60cm	40cm	60cm	40cm	60cm	40cm	60cm	40cm	60cm	40cm											
Cub	13	70.5	67	63.5	60	57	614			600					584									568									50	13	557	520	550	509	540	496	530	482	523	469	1.8
	14	73.5	70	66.5	63	60	624			612					598									582									50	14	562	529	554	519	547	507	540	494	530	482	1.8
Cadet	15	79.5	76	73	69	65		618				604				592									572							60	15		545			536			528		515	502	1.8
	16	86	81	76	71	66		640	616			624	596			604	572								582	544						60	16		560			549			536		522	505	1.8
	17	86.5	81	76	71.5	66.5		642	618			624	596			604	572								584	548						60	17		561			549			536		523	507	1.8
Junior	18	91.5	86.5	81	76	71						636				618															70	18		570			561			549		536	522	1.8	
	19	94.5	88.5	83	77	72						646				626															70	19		575			564			553		539	525	1.8	
	20	97.5	91.5	85.5	79.5	73						654				636															70	20		579			570			559		545	528	1.8	
Senior	21	99	93.5	88	82.5	77						658				642															70	21		581			573			563		551	539	1.8	
	22	101	96	91	86	81						664				650															70	22		584			577			569		560	549	1.8	
	23	103	98	93.5	89	85						668				656															70	23		586			580			573		565	557	1.8	
	24	104	99	95	90.5	86						670				658															70	24		587			581			576		568	560	1.8	
	25	105	100.5	96	91.5	87						674				662															70	25		589			583			577		570	562	1.8	
	26	106	101	96.5	92	87						676				664															70	26		590			584			578		571	562	1.8	
27	107	101	97	92	87						678				664															70	27		597			584			578		571	562	1.8		



## APPENDIX 4 – Gold Medal Profile

Benchmark or KPI (key Performance Indicator)	NSO	TOP (Target Objective Performance)	Identification Squad	Development Squad	National Training Squad
	PSO	Provincial Development L2	Provincial Development L1	Canadian Development	
<a href="#">LTAD Category</a>		Train to Shoot Train to Compete	Train to Compete	Train to Compete Shoot to Excel	Shoot to Excel
Training Camps/Clinics		1/yr	1/yr	2/yr -1 National	2/yr National
Follows a Training Plan		generic	personalized	personalized	personalized
Coached DTE		12hr/month	18hr/month	24hr/month-HP coach	30hr/month -HP coach
Meets Key Form Elements		50%	60%	75%	90+%
High Performance Environment		2 Provincial level events/yr	4 High Level events/year	4 months/year	6 months/year
Arrow volumes (average)		500/wk	800/wk	1000/wk	1200+/wk
Sport Psych services		webinars	webinars	suggest personalized	required
Performance Benchmark Score		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
Yo Yo Endurance Test				75% of Blue Standard	Blue Standard
Planks			50% of Blue Standard	75% of Blue Standard	Blue Standard
Side Plank			50% of Blue Standard	75% of Blue Standard	Blue Standard
Hand Grip				75% of Blue Standard	Blue Standard
Bench Pull			50% of Blue Standard	75% of Blue Standard	Blue Standard
Signed Athlete Agreement		required	required	required	required
CCES Drug Free Sport-untracked		Annual	Annual	Annual	Annual