

CANADIAN SPORT INSTITUTE / PACIFICSPOORT / ROWING BC ATHLETE AND COACH SUPPORT

CANADIAN DEVELOPMENT & PROVINCIAL DEVELOPMENT SELECTION

INTRODUCTION

The Canadian Sport Institute Pacific, through a partnership with the Province of BC and ViaSport, the network of PacificSport Centres, and Rowing BC collaborates to deliver programs and services to 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 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 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) medalists. Support may be focused 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.

PODIUM PATHWAY CONCEPT OVERVIEW

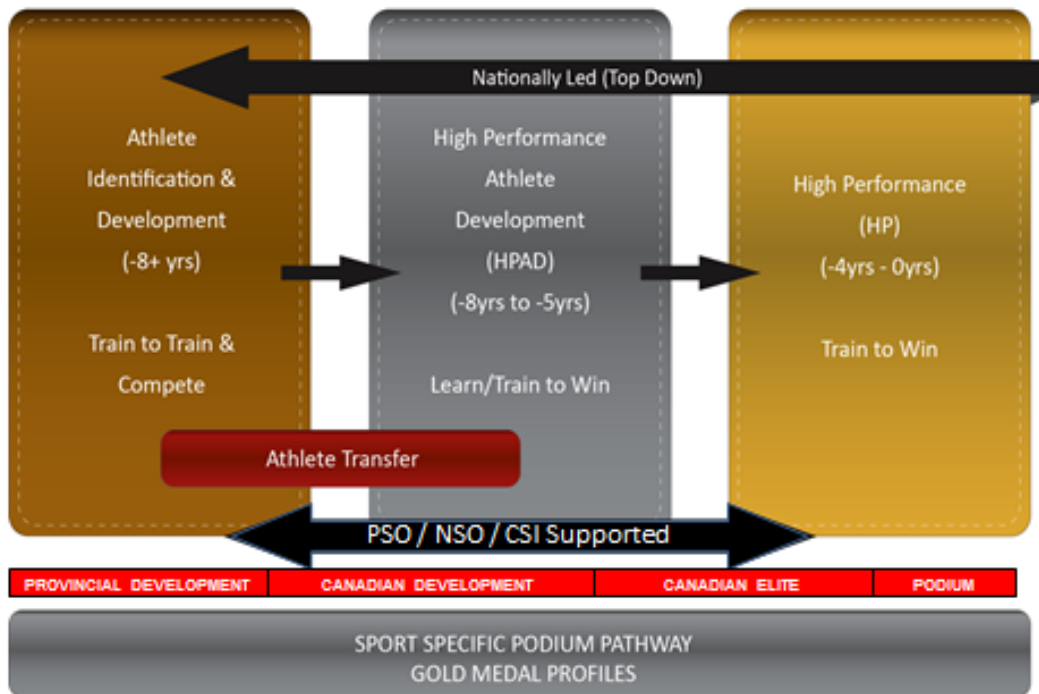


Figure 1, CSI Podium pathway

DETAILS

Through the above partnership Rowing BC may nominate eligible athletes and their coaches, who meet specific criteria, for registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through the Canadian Sport Institute 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](#) generic eligibility, programs, and benefits.

Targeted Athletes and their coaches are nominated by Rowing BC based on the athlete criteria below. Any enquiries regarding the sport specific selection criteria can be made to Rob Richards, BC Provincial Head Coach, (rob.richards@rowingbc.ca). As a general principle, all athletes and their coach are expected to demonstrate evidence of their ongoing performance progression and tracking towards Rowing BC's High Performance program benchmarks as a condition of eligibility (both in terms of initial eligibility and ongoing renewal). Rowing BC Provincial Head Coach and the CSI Pacific Athlete Development Advisor working with Rowing BC have the final authority over the CSI Pacific nomination process.

The athlete and coach nomination cycle for CSI Pacific / PacificSport / Rowing BC targeting runs February 1 – January 31, annually, and athletes are selected based on performances from the previous 12 months. However, following each RCA Athlete Monitoring Program submission period (RADAR), The Rowing BC Provincial Coach will review the data submitted by BC rowers and the regatta results that fall within that period and any athletes (and their coaches) achieving performance criteria during this period may be nominated for support. Information on the RCA Athlete Monitoring Program can be found here:

http://rowingcanada.org/sites/default/files/pdf/athlete_monitoring_12012015_eng.pdf

GENERAL ELIGIBILITY

- 1) BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia
- 2) Athletes must be registered in good standing with a Rowing BC club as a competitive athlete, and meet the definition of a BC athlete¹.
- 3) 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.
- 4) All nominating athletes are to be seeking selection to one of the following teams
 - a. RCA National Team Program
 - i. Rowing Canada Senior Team
 - ii. Rowing Canada U23 Team
 - iii. Rowing Canada Junior Team
 - iv. CanAmMex Team
 - b. 2017 Canada Games
- 5) Selected athletes will make themselves available for any activities as set out by Rowing BC.
- 6) Athletes must have proof of a movement screen or medical assessment in the past calendar year. Please contact the Rowing BC Provincial Coach for further details.
- 7) Athletes must complete an Individual Performance Plan (IPP).
- 8) Athletes must complete and submit the minimum RADAR requirements as set out in RCA's athlete monitoring documents.
- 9) All athletes have to meet the minimum IPS ergometer standard. (As set out below)
- 10) Athletes must submit on-water results to the Provincial Head Coach as outlined in their individual Performance Plan (IPP)

ATHLETE / COACH ENROLMENT

Once the athlete or coach is selected, they will be notified by Rowing BC, and will be provided with information on training camps, 2016 training plans and how to register with their local Canadian Sport Institute or PacificSport Regional Centre. Athletes and coaches must register with their local CSI centre to initiate the process (receive their athlete or coach card).

NOMINATION CRITERIA:

Please note the CSI Pacific generic, and the Rowing BC specific criteria:

Canadian Development (Equivalent to former level 1, 1a):

CSI Pacific Generic Criteria

- Athletes who compete on the senior national team in eligible events, who do not receive Sport Canada Athlete Assistance program funding, **OR**;
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of Rowing Canada's Podium Pathway as identified by RCA (including Gold Medal Profile).

Rowing BC Specific Criteria

Athletes achieving one of the following may be nominated for the Canadian Development level Carding:

- Senior athletes who have been named to the NDC Program, who do not receive Sport Canada Athlete Assistance Program funding
- Athletes who represent Canada at the U23 World Championships, Pan Am Games in the past 12 months who do not receive Sport Canada Athlete Assistance Program funding,
- Canadian National Junior Team athletes who finished in the A Final at the 2015 Junior World Championships.
- Athletes who finish in the Top 6 in an Open event at the 2015 National Rowing Championships and who do not receive Sport Canada Athlete Assistance Program Funding.

Note: Canadian Development support is meant for athletes who are on their way up or are re-entering the sport after a hiatus from Sr1 carding. Athletes may hold level Canadian Development status *for a period of two- years maximum. At this time a performance review will be undertaken to determine the future status of the athlete.*

Provincial Development / Level 1 (Equivalent to former level 2):

CSI Pacific Generic Criteria

Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, as identified by the NSO, and who are tracking towards 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 towards Canadian Development and meet one of the below criteria:

Rowing BC Specific Criteria

- Have competed at the 2015 World Junior Championships in the past 12 months,
- Have won a Gold medal at Can Am Mex Championships in the past 12 months
- Have won a medal at the 2015 National Rowing Championships (NRC) in an U23 or U19 Championship event.
- RTP -TID selected athletes.
- Deemed as a hot prospect within BC.

Note: Athletes are generally eligible for Provincial Development support for a maximum duration of 2 years.

Definition of a Hot Prospect: An athlete who has shown outstanding performances in the past 12 months and

IPS Minimum Ergometer Performance Standards for 2016 awarded athletes

Canadian	Junior	U21	U23	Senior	LWT U23	LWT Senior
Men	6:29	6:15	6:07	6:05	6:30	6:20
Women	7:30	7:17	7:09	7:05	7:29	7:20
Provincial	Junior	U21	U23	Senior	LWT U23	LWT Senior
Men	6:37	6:24	6:19	6:12	6:38	6:30
Women	7:38	7:27	7:18	7:12	7:38	7:30

is not captured within this selection documentation. Athletes will be assessed against RCA ergometer standards and the IPS Minimum Performance standards, as well as on-water performances. Athletes may be required to offer more information on performances.

Note: All test conducted are of 2000 meters.

TID athletes are required to meet the minimum ergometer performance within the first two years.

Coach Nomination

Canadian Sport Institute / PacificSport Generic Criteria:

Coaches are nominated by having their name included in the Targeted Athlete List for an athlete who achieves designated criteria. Rowing BC may nominate up to two coaches per athlete in cases where a personal coach may have significant impact on the athlete’s training program. While not required, it is highly recommended that Rowing BC nominated coaches meet one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete, **OR**;
- Be designated as Provincial or Regional coach by the PSO, **OR**;
- Be designated as a National Development / Senior coach by NSO, **OR**;
- Be designated as athlete’s coach of record based on sport specific criteria below.

Notes:

Listed athletes and coaches can access support on request from Rowing BC Provincial Head Coach.

All listed athletes may be invited to attend RTP camps during the 12 month period.