

CANADIAN SPORT INSTITUTE / PACIFICSPORT / ROWING BC
ATHLETE AND COACH NOMINATION

PURPOSE

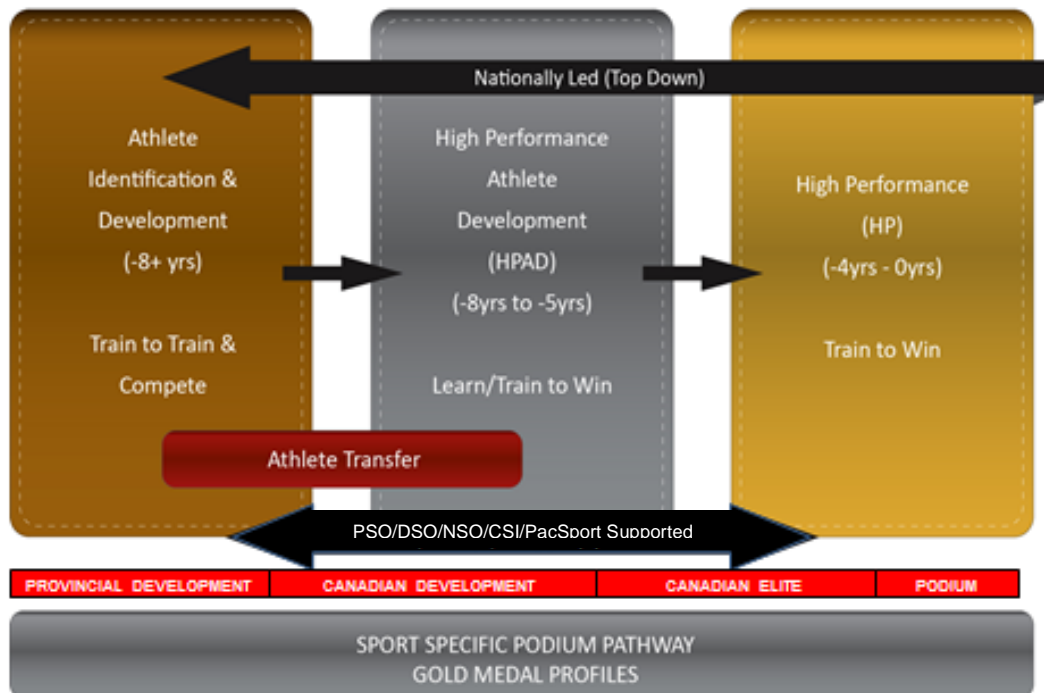
The Canadian Sport Institute, through a partnership with the Province of BC, ViaSport, the network of PacificSport Centers, and Rowing BC, collaborates to deliver programs and services to place BC Athletes¹ on National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout 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.

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.

Figure 1

PODIUM PATHWAY CONCEPT OVERVIEW



DETAILS

Through the above partnership, and with the above purpose in mind, Rowing BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute / Pacific Sport athlete or coach 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 Pacific Sport regional centres in BC

Canadian Sport Institute and Pacific Sport 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 eligibility](#), programs, and benefits. Please see Appendix 1 for an outline of Rowing BC targeted athlete benefits, programs, and services as delivered through Rowing BC.

Targeted athletes are nominated by Rowing BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to [Rowing BC's Provincial Coach: Rob Richards](#). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Rowing BC and RCA's High Performance program benchmarks to remain targeted. PSO/DSO Technical Representative and the Canadian Sport Institute technical lead working with Rob Richards have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / Pacific Sport / Rowing BC targeting runs January 1st 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 Rowing BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

CORE CRITERIA

- 1) For PSO/DSO nominations, athletes must be registered and in good standing with Rowing 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) All nominated athletes are to be seeking selection into one of the following teams
 - a. RCA Nation Team Program
 - i. Rowing Canada Senior Team
 - ii. Rowing Canada U23 Team
 - iii. Rowing Canada Junior Team
 - iv. CanAmMex Team
 - b. 2017 BC Provincial Teams
 - i. 2017 National Rowing Championships.
 - ii. 2017 Canada Cup Team.
 - iii. 2017 Canada Summer Games Team.
- 4) Selected athletes will make themselves available for any activities as set out by the Rowing BC.
- 5) Athletes must have proof of a movement screen or medical assessment in the past calendar year. Please contact Rob Richards for further details.
- 6) Athletes must complete and submit the minimum RADAR requirements as set out in RCA's athlete monitoring documents.
- 7) All athletes need to have meet the minimum ergometer standard. (Appendix 2)

ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by Rowing BC and will be provided with information on how to register with his or her local Canadian Sport Institute or Pacific Sport Regional Centre. A Canadian Sport Institute or Pacific Sport Athlete Coach Services representative may contact the nominated coach to encourage athlete registration. Athletes and coaches must register with their local centre to initiate the process of receiving athlete or coach support.

NOMINATION CRITERIA

Please note the Canadian Sport Institute generic and the Rowing BC sport-specific criteria:

Canadian Development (Equivalent to former level 1 & 1a)

Canadian Sport Institute Core Criteria:

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

Rowing BC Sport Specific Criteria:

- Athletes who represent Canada on the Senior National team in the past 12 months who do not receive Sport Canada Athlete Assistance Program funding,
- Athletes who represent Canada at the Pan Am Games in the past 12 months who do not receive Sport Canada Athlete Assistance Program funding,
- Athletes who have finished in the A Final at either the U23 or Junior World Championships in 2016

Rowing BC Sport Specific Criteria PARA:

- Achieve the following on-water time for the distance of 1000m in the athlete’s respective classification, at an RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp):
 - ASW1x - 06:10.00, ASM1x – 05:35.00, TAM1x – 05:20.00, TAW1x – 05:35.00.

Provincial Development – Level 1 (Equivalent to former level 2)

Canadian Sport Institute Core 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 two criteria below:
 - 1) Have competed at the U23 or Junior World Championships in an eligible event (or equivalent International Developmental Event) in the past 12 months, **OR**;
 - 2) Have won a medal in an eligible event at their Sport Specific National Elite/Open, U23, or U18 Championships (or equivalent level of performance standard) in the previous 12 months.

*Note: Athletes who are eligible for Provincial Development are normally supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

Rowing BC Sport Specific Criteria:

- Achieved a Top 6 finish in the 2016 National Rowing Championships (NRC) in an Open, U23 or U18 Championships event.
- Row To Podium -TID selected athletes.

Rowing BC Sport Specific Criteria PARA:

- Achieve the following on-water time for the distance of 1000m in the athlete's respective classification, at an RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp):
 - ASW1x - 06:25.00, ASM1x – 05:50.00, TAM1x – 05:35.00, TAW1x – 05:50.00.

Provincial Development – Level 2 (Equivalent to former level 3)

Canadian Sport Institute / Pacific Sport Core Criteria:

- Athletes who are tracking towards Provincial Development (Level 1) status (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 in Canada Summer Games or Canada Winter Games in the previous 12 months.²

Rowing BC Sport Specific Criteria:

- Have been selected to an RCA CanAmMex team in 2016.
- Competed for Rowing BC in the 2016 Canada Cup Regatta.
- Have meet the minimum aged based Erg standard. As set out with in this selection policy.
- Deemed as a hot prospect by Rowing BC for the 2017 Canada Summer Games.
- Athletes who have been targeted as a Hot Prospect by Rowing BC

Rowing BC Sport Specific Criteria PARA:

- Achieve the following on-water time for the distance of 1000m in the athlete's respective classification, at an RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp):
 - ASW1x - 06:40.00, ASM1x – 06:05.00, TAM1x – 05:50.00, TAW1x – 06:05.00.
- Athletes who have been targeted as a Hot Prospect by Rowing BC

Coach Nomination

Canadian Sport Institute / Pacific Sport Core Criteria:

Coaches are nominated by having his or her name included in the Targeted Athlete List for an athlete who achieves designated criteria. The PSO/DSO 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 PSO/DSO 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/DSO, **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.

Rowing BC Sport Specific Criteria: (Optional)

- Hold a minimum Performance Coach (or Level 3) NCCP Status **Or;** working towards obtaining Performance Coach
- Able to submit athlete performance plans when asked.

APPENDIX 1

Rowing BC Targeted Athlete/Coach Benefits, Programs, and Services

Canadian Development	<ul style="list-style-type: none"> • Athlete Performance Health Handbook • Community Supporter • Food Stuff • Gym Works • Sport Education events • Row to Podium assessment camps • Coaching support
Provincial Development - Level 1	<ul style="list-style-type: none"> • Athlete Performance Health Handbook • Community Supporter • Food Stuff • Gym Works • Sport Education events • Row to Podium assessment camps • Coaching support
Provincial Development - Level 2	<ul style="list-style-type: none"> • Athlete Performance Health Handbook • Community Supporter • Food Stuff • Gym Works • Sport Education events

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APPENDIX 2

Rowing BC Minimum RADAR Erg Performance Standards for 2016-2020

Canadian	U18	U21	U23	Senior	LWT U23	LWT Senior
Men	6:20	6:14	6:08	6:04	6:25	6:20
Women	7:20	7:14	7:08	7:04	7:28	7:20
Provincial	Junior	U21	U23	Senior	LWT U23	LWT Senior
Men	6:30	6:24	6:15	6:08	6:35	6:30
Women	7:30	7:24	7:15	7:08	7:38	7:30
Canadian	LTA	TA	AS			
Men	3:30	4:10	4:50			
Women	4:10	4:40	5:45			
Provincial	LTA	TA	AS			
Men	3:57	4:30	5:15			
Women	4:35	5:05	6:10			