





Canadian Sport Institute Pacific and Rowing BC

Athlete and Coach Eligibility Criteria

Criteria Approved December 11, 2019:

CSI Pacific Representative	David Hill
	Signature 
Rowing BC Representative	Rob Richards
	Signature 

IMPORTANT NOTES:

Entry into this program is byway of an athlete application process. All interested athletes must complete the application by the indicated date listed within.

PURPOSE

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of Pacific Sport Centres, and Rowing 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 sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process to identify athletes and coaches within the Rowing BC 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 / Pacific Sport 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 / Pacific Sport 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
DETAILS

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.

PODIUM PATHWAY CONCEPT OVERVIEW



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 / Pacific Sport 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 Pacific Sport regional Centre's 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](#) benefits, programs, and services. Please see Appendix 1 for an outline of Rowing BC targeted athlete benefits, programs, and services as delivered through Rowing BC.

Targeted athletes are selected by Rowing BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Rob Richards, rob.richards@rowingbc.ca. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Rowing BC high performance program benchmarks to remain targeted. Rob Richards and the Canadian Sport Institute technical lead working with Rowing BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach Application cycle for Canadian Sport Institute / Pacific Sport / Rowing BC runs 1st of January annually and athletes are selected based on performances from the previous 12 months and targeted list confirmed by January 31. Athletes who meet criteria throughout the annual application and review will be added to the Rowing BC targeted athlete list.

ATHLETE/COACH APPLICATION.

Application for CSI & Rowing BC support will be open following the National Rowing Championship each year and Close on the 15th of January 2020.

Once the athlete has submitted an application and has met the requirements listed within the document, 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 campus or Pacific Sport regional Centre.

Athletes and coaches must register with their local center by the **15th of March 2020** in order to receive athlete or coach support.

Application link [Here](#)

CORE CRITERIA

1. For PSO/DSO to submit nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with Rowing BC as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes selected 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 Athletes applying must submit their current Yearly Training Plan (YTP).
4. All athletes selected must have completed True Sport Clean 101 program before they can be registered with CSI and Rowing BC. See link <https://cces.ca/course-outline>
5. 2019 selected targeted athletes who fail to meet targeting criteria due to injury, long term illness, pregnancy may remain on Rowing BC's nomination list at the discretion of Rowing BC 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 Rowing BC in the previous 24 months.
6. All nominating athletes are to be seeking selection into one of the following teams
 - a. RCA National Team Program
 - i. Rowing Canada Senior Team
 - ii. Rowing Canada U23 Team
 - iii. Rowing Canada U21 Team
 - iv. Rowing Canada Junior Team
 - v. Rowing Canada CanAmMex Team
 - vi. Rowing Canada FISU Team
 - b. BC Provincial Teams
 - i. 2020 National Rowing Championships.
 - ii. 2020 Canada Cup Team.
 - iii. 2021 Canada Summer Games Team.
 7. Selected athletes will make themselves available for any activities as set out below by Rowing BC.
 - a. 2020 National Rowing Championships & Canada Cup.
 - b. Rowing BC August Development Camp.
 - c. Promotional Events.
 8. Athletes must complete and submit the minimum RADAR requirements as set out in RCA's athlete monitoring documents.
 9. 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).
 10. Para athletes must at minimum have been classified by a National Classification Panel approved by Rowing Canada Aviron. Athletes requiring information regarding classification should contact Rowing BC Para Coach, Martin George, at paracoach@rowingbc.ca
 11. Lightweight Athletes. Lightweight athletes are required to demonstrate the ability to achieve the FISA weight requirements.
 12. Out of province athletes training in BC are able to apply if they meet the following criteria:
 - a. Be a resident of British Columbia for more than 3 months.
 - b. Meet the Canada Development minimum standards.
 - c. Are targeted by RCA as an Next Gen Athlete.

Note- Out of province athletes are not able to receive financial support from Rowing BC.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the Rowing 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 verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

Canadian Development

Canadian Sport Institute Criteria:

- Athletes who compete on the senior national team in eligible events (World Cups and World Championships or Olympic/Paralympic Games), 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.

Rowing BC Sport Specific Criteria:

- Athletes who have to achieve a top 8 placing at either the U23 or Junior World Championships in past 12 months

OR;

- Athletes who have achieved the following on water performances at the 2019 RCA Speed Orders or the 2019 RCA National Rowing Championships.

Percentage (%) off winner

	Junior athlete	U21 Athletes	U23 Athletes	Senior Athletes
% off winner	8%	7%	6%	5%

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

OR;

- Athletes who have achieved the following age appropriate 2km erg scores during 2019.

	16	17	18	19	20	21	23	24+
Men	6:21	6:16	6:13	6:09	6:06	6:03	5:58	5:56
LWT Men	N/A	N/A	6:33	6:27	6:22	6:19	6:14	6:12

Women	7:22	7:15	7:08	7:02	6:59	6:56	6:51	6:49
LWT Women	N/A	N/A	7:28	7:22	7:19	7:16	7:11	7:09

Rowing BC Sport Specific Criteria Para:

- Athletes who have achieved the following on water performances over 2000m, in the athlete's respective classification, at a 2019 RCA sanctioned event. (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).
 - ⊖ PR1W1x - 12:20.00
 - ⊖ PR1M1x - 11:03.00
 - ⊖ PR2M1x - 09:55.00
 - ⊖ PR2W1x - 11:10.00

OR,

- Athletes who have achieved the following age appropriate 2km erg scores

PR1W1x	PR1M1x	PR2M1x	PR2W1x
11:40.00	10:08.00	08:34.00	09:38.00

OR,

- An BC based athletes who has been selected to an Rowing Canada Hub program which is located outside of BC.

OR,

- Athletes selected into a Rowing BC Para Centre of Excellence, High Performance Stream.

OR

- Has been selected into one of the two Rowing Canada BC based Hub programs.

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 one of the two criteria below:

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.

Rowing BC Sport Specific Criteria:

- Have competed at the U23 World Championships or Junior World Championships in an eligible event in the past 12 months,

OR,

- Achieved a 1st place finish at the 2019 BC Junior Championships Regatta

OR,

- Athletes who have achieved the following on water performances at the 2019 RCA Speed Orders or the 2019 RCA National Rowing Championships.

Percentage (%) off winner

	Junior Athletes	U21 Athletes	U23 Athletes	Senior Athletes
% off winner	10%	9%	8%	6%

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

OR,

- Athletes who have achieved the following age appropriate 2km erg scores within +/- 2 seconds during 2019.

	16	17	18	19	20	21	23
Men	6:29	6:26	6:22	6:18	6:15	6:12	6:05
LWT Men	N/A	N/A	6:39	6:33	6:27	6:22	6:17
Women	7:25	7:22	7:18	7:15	7:12	7:09	7:03
LWT Women	N/A	N/A	7:35	7:28	7:22	7:19	7:14

Rowing BC Sport Specific Criteria Para:

- Athletes who have achieved the following on water performances over 2000m in the athlete's respective classification, at a 2019 RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).
 - PR1W1x - 12:55.00
 - PR1M1x - 11:35.00
 - PR2M1x - 10:20.00
 - PR2W1x - 11:40.00

OR,

- Athletes who have achieved the following age appropriate 2km erg scores within +/- 2 seconds during 2018.

PR1W1x	PR1M1x	PR2M1x	PR2W1x
12:10.00	10:34.00	08:56.00	09:54.00

OR,

- Athletes selected into a Rowing BC Para Centre of Excellence, High Performance Stream.

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

Rowing BC Sport Specific Criteria:

- Have been selected to an RCA development team in last 12 months (RCA CanAmMex team and or RCA U21 Trans-Tasman Team or RCA FISU team in 2019)

OR,

- Achieved a 2nd to 6th place finish at 2019 BC Junior Championships.

OR,

- Athletes who have achieved the following on water performances at the 2019 RCA Speed Orders or the 2019 RCA National Rowing Championships.

Percentage (%) off winner

	Junior Athletes	U21 Athletes	U23 Athletes	Senior Athletes
% off winner	11%	10%	9%	7%

Note: If an Athlete is unable to be fairly assessed due to regatta scheduling. Time Trial results will be used to develop the % of Winner placing.

OR,

- Athletes who have achieved the following age appropriate 2km erg scores within +/- 2 seconds during 2019.

	16	17	18	19	20	21	U23
Men	6:35	6:30	6:26	6:22	6:19	6:15	6:09
LWT Men	N/A	N/A	6:45	6:39	6:33	6:27	6:19
Women	7:35	7:30	7:26	7:22	7:19	7:15	7:09
LWT Women	N/A	N/A	7:42	7:35	7:28	7:22	7:16

Rowing BC Sport Specific Criteria Para:

- Athletes who have achieved the following on water performances over 2000m in the athlete's respective classification, at a 2019 RCA sanctioned event, (RCA National Rowing Championships, RCA Speed Orders, or an RCA Training Camp).
 - PR1W1x - 13:20.00
 - PR1M1x - 12:00.00
 - PR2M1x - 10:50.00
 - PR2W1x - 12:10.00

OR,

- Athletes who have achieved the following age appropriate 2km erg scores within +/- 2 seconds during 2018.

PR1W1x	PR1M1x	PR2M1x	PR2W1x
12:40.00	11:00.00	09:18.00	10:30.00

OR,

- Athletes selected into a Rowing BC Para Centre of Excellence, High Performance Stream.

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 to 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.

Rowing BC Sport Specific Criteria: (Optional)

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