





# Canadian Sport Institute Pacific and Cycling BC Athlete and Coach Nomination Criteria

Criteria Approved December 5, 2018:

CSI Pacific Representative	
	Signature
Cycling BC Representative, Tara Mowat	
	Signature

## PURPOSE

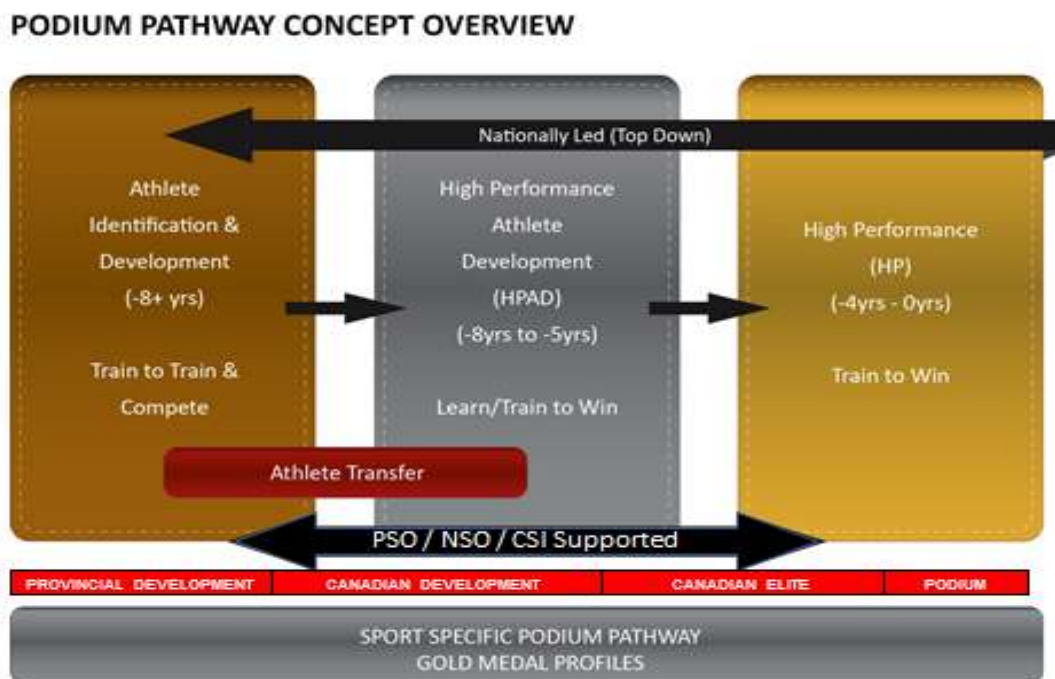
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Cycling BC, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have every 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 Cycling 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 / 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



<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, Cycling BC 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 Cycling BC targeted athlete benefits, programs, and services as delivered through Cycling BC.

Prospective athlete are invited to apply to Cycling BC who meet eligibility requirements outlined in this document. Applications can be made through this link.

Upon receipt of application, targeted athletes are nominated by Cycling BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to [Tara Mowat](#). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Cycling BC high performance program benchmarks to remain targeted. Tara Mowat and the Canadian Sport Institute technical lead working with Cycling BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Cycling BC targeting runs February 1<sup>st</sup> to January 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 Cycling BC 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 [Cycling BC](#) 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 Cycling BC as a competitive athlete and meet the definition of a BC athlete.
2. Must have a valid [UCI License](#)
3. 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 who is NCCP trained or certified coach and possesses valid Technical [UCI License](#) through Cycling BC
4. Athletes who fail to meet targeting criteria due to injury or absence, may remain on Cycling BC'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 Cycling BC in the previous 12 months.
5. All athletes nominated should participate in or be available for Cycling BC programming.
6. Para athletes must be currently classified to compete
7. Athletes must complete CCES true sport clean tracked or untracked version (<http://cces.ca/truesportclean101untracked>)

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the Cycling BC sport-specific criteria:

### **Podium / Canadian Elite (Sport Canada AAP Carded)**

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*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**

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*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 12 months** and verified by the NSO.

*Cycling BC Sport-Specific Criteria:*

- Competed in the previous 12 months as a member of the Cycling Canada Cyclisme National Team – See links for each discipline below for updated CC criteria.

- [BMX](#)
- [MTB](#)
- [ROAD](#)
- [TRACK](#)
- [CYCLO-CROSS](#)
- [PARA](#)

OR

- Achieved top 10 result in World Junior, U23 World Championships or World Para Championships *in the past 12 months.*

OR

- Achieve top 5 result in UCI Senior sanctioned event and within 3% of winning time in past 12 months

OR

- Identified by Cycling Canada as a NextGen hub athlete

### **Provincial Development Level 1**

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#### *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 12 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 12 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).

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

- Named to Cycling Canada Jr./U23 National Team in past 12 months. See links for each discipline below for updated CC criteria.
  - [BMX](#)
  - [MTB](#)
  - [ROAD](#)
  - [TRACK](#)
  - [CYCLO-CROSS](#)
  - [PARA](#)

OR

Achieve two top 10 result in UCI Junior/U23 sanctioned event and within 5% of winning time in past 12 months

OR

Achieve a medal at National Championship event in the U17, Jr. Development, Junior, or U23 age group in past 12 months

AND

- Completed Cycling BC Skill development matrix/Gap analysis (based off the LTAD stages attached in Appendix A) at least once per annual cycle and have a current YTP. These documents must be submitted to Cycling BC.

## **Provincial Development Level 2**

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### *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 in the previous 12 months.

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

- Must meet one of either,
  - Top 20% of the field in a National Championship in the U17, U19, or U23 age group, and within 5% of winner time; or
  - Be a Provincial Champion in the U17 or U19, or U23 age group.

AND

- Completed Cycling BC Skill development matrix/Gap analysis (based off the LTAD stages attached in Appendix A) at least once per annual cycle and have a current YTP. These documents must be submitted to Cycling BC.

## **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.

### *Cycling BC Sport-Specific Criteria: (Optional):*

- Coach must be registered and in good standing with Cycling BC and coaching at (within) a Cycling BC registered club or team
- Be NCCP Level II Certified or Competition Development trained and higher
- Provide Cycling BC with completed skill development matrix/Gap analysis (based off the LTAD stages attached in Appendix A), information related to athlete progress and/or assessment as directed by Cycling BC.

## Appendix A: Cycling Canada High Performance Pathway Matrix

Phase: <b>Train to Train</b> Ages: 11 to 15 (F), 12 to 16 (M), 3-6 Sport Years Key Objective: <b>Physical &amp; Skill Dev't : Window of Opportunity</b>		
DEVELOPMENT	SPORT ENVIRONMENT	
<p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Building the engine- major fitness development</li> <li>• Advanced sport specific drills</li> <li>• Speed, power: Intro to plyometrics</li> <li>• Strength: Key development window for females at onset of menarche. Continue core strength and stability, diagnose for ankle and knee stability, intro free weights</li> <li>• Warm up/cool down- athlete specific routine</li> <li>• Anaerobic power: emphasis in competition phase only</li> <li>• Aerobic power: Emphasize via specific training and complementary sports</li> </ul> <p><b>Motor and Mental</b></p> <ul style="list-style-type: none"> <li>• Motor learning integrated into practices</li> <li>• Develop mental preparation; appropriate attitude to competition, being the best you can be, belief in the process</li> <li>• Profile mental qualities (BMX, MTB, road, track)</li> <li>• Incorporate cross training</li> </ul> <p><b>Tactical Skills</b></p> <ul style="list-style-type: none"> <li>• Specific BMX tactics</li> <li>• Introduction to bicycle racing (other disciplines)</li> <li>• Introduction to sport rules, tactics and ethics</li> </ul> <p><b>Technical Skills</b></p> <ul style="list-style-type: none"> <li>• Develop advanced cycling skills (Skills Academy)</li> <li>• Introduce group riding, drafting, pacing etc.</li> <li>• Rules and ethics</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Develop: cultural / lifestyle habits; nutrition / hydration; recovery/regeneration, tapering and peaking</li> <li>• Parental education, involved in lifestyle management</li> <li>• Intro career planning, use of training diary</li> <li>• Selection of competitions- prioritize competitive sports near end of phase</li> </ul>	<p><b>Coaching</b></p> <ul style="list-style-type: none"> <li>• BMX, MTB, Road: Introduction to Competition</li> </ul> <p><b>Delivery</b></p> <ul style="list-style-type: none"> <li>• Cycling Club/Team</li> <li>• Sport school (link with National Centre)</li> </ul> <p><b>Competition Framework:</b></p> <ul style="list-style-type: none"> <li>• Provincial Champs &amp; Provincial/regional Games</li> <li>• Provincial calendar, Regional calendar</li> <li>• For BMX only: National champs</li> <li>• Exposure to multiple disciplines</li> </ul>	<p><b>RACING AND TRAINING</b></p> <ul style="list-style-type: none"> <li>• 120-400 training hours per year (M), 100-320 (F)</li> <li>• 6 – 12 hrs/week</li> <li>• 3 - 7 sessions/week</li> <li>• Sessions 2:00 – 3.30 hrs</li> <li>• 10 to 25 events per year or 3-6 races per month</li> <li>• Competes in up to 3 disciplines</li> <li>• May participate in up to 2 other sports</li> <li>• Single periodization- follow seasonal schedule</li> </ul>
TESTING & TALENT ID		
<p><b>Talent ID:</b></p> <ul style="list-style-type: none"> <li>• CC 0.4 mi anaerobic test (post-puberty)</li> </ul>	<p><b>Semi-annual testing of:</b></p> <ul style="list-style-type: none"> <li>• Anthropometry</li> <li>• Predicted MAP</li> <li>• CC 0.4 mi anaerobic test (post-puberty)</li> </ul>	<p><b>Annual testing of:</b></p> <ul style="list-style-type: none"> <li>• Medical check-up</li> </ul> <p><b>Regular testing of:</b></p> <ul style="list-style-type: none"> <li>• Performance: discipline specific TT</li> </ul>

Phase: **Learn to Compete** Ages: 15 to 17 +/- (F), 16 to 18 +/- (M), 4-8 Sport Years  
 Key Objective: **Optimizing the engine**

## DEVELOPMENT

### Physical

- Optimizing the engine
- Advanced sport specific drills
- Speed, power: Develop plyometrics, specific sprint training
- Strength: Athlete specific core strength and stability, ankle and knee stability, free weights. Sport specific strength in specific preparation phase
- Warm up/cool down- integral, specific to training and competition
- Anaerobic power: specific prep and competition phases, targeted development
- Aerobic power: Specific training and complementary sports.

### Mental

- Decision making
- Refine mental preparation
- Social psychology and team dynamics

### Tactical Skills

- Refine competition skills and test various strategies
- Develop team event tactics
- Continue sport rules, tactics and ethics

### Technical Skills

- Refine advanced cycling skills (Skills Academy)
- Experiment with techniques: cornering, single track, group riding, drafting, pacing etc.

### Other

- Optimize: cultural / lifestyle habits; nutrition / hydration; recovery / regeneration, tapering and peaking
- Parental education, involved in lifestyle management
- Introduce career planning
- Introduce travel strategies near end of phase
- Refine use of training diary
- Discipline specialization near end of phase
- Selection of competitions- prioritize competitive sports

## SPORT ENVIRONMENT

### Coaching

- BMX, MTB, Road: Introduction to Competition or Competition Development

### Delivery

- Cycling Club/Team
- Sport school (link with National Centre)

### Competition Framework:

- National Championships
- National Series
- East-West Region Series
- Provincial Championships, Provincial Cup, Provincial Games
- Regional / club & High School races
- Brief national exposure
- Up to 4 disciplines, not specialized

## RACING AND TRAINING

- 300-640 training hours per year (M), 240-500 (F)
- 10 – 14 hrs/week
- 4 - 9 sessions/week
- Sessions 3.00- 4:15 hrs
- 20 to 45 events per year or 4-8 races per month
- Competes in up to 4 disciplines
- May participate in up to 2 other sports
- Single periodization- 1 main competition with multiple sub peaks

## TESTING & TALENT ID

### Talent ID:

- CC 0.4 mi anaerobic test

### Semi-annual testing of:

- Anthropometry
- Blood- Hct, HB, Iron
- Predicted MAP
- CC 0.4 mi anaerobic test

### Regular testing of:

- Performance: discipline specific TT

Phase: **Train to Compete** Ages: 17 to 21 +/- (F), 18 to 23 +/- (M), 6+ Sport Years  
 Key Objective: **Optimizing the engine**

## DEVELOPMENT

### Physical

- Optimizing the engine
- Advanced sport specific drills
- Speed, power: Develop plyometrics, specific sprint training, max power
- Strength: Athlete specific core strength and stability, ankle and knee stability, free weights. Develop sport specific strength.
- Warm up/cool down- integral, specific to training and competition
- Anaerobic power: periodized, targeted development
- Aerobic power: Develop pre-season, maintain during season.

### Mental

- Decision making
- Refine mental preparation
- Distraction management
- Social psychology and team dynamics

### Tactical Skills

- Optimize competition skills and test various strategies in competition
- Develop team event tactics; select competitions for development purposes
- Continue sport rules, tactics and ethics

### Technical Skills

- Refine advanced skills
- Master techniques: cornering, single track, group riding, drafting, pacing etc.

### Other

- Optimize: cultural / lifestyle habits; nutrition / hydration; recovery / regeneration, tapering and peaking
- Career planning
- Travel strategies
- Media training
- Regular monitoring and testing
- Discipline specialization; fitting other life goals within HP quest
- Incorporate cross training

## SPORT ENVIRONMENT

### Coaching

- BMX, MTB, Road: Competition Development

### Delivery

- Cycling Club / Trade team
- Provincial Team
- Nat Center Team

### Competition Framework:

- Jr/U23 World Champs, International, National competition: National Champs, Canada Cup & Canada Games
- Provincial competition: Prov Champs, Prov Cup & Regional Games
- Brief international exposure
- 2 main cycling disciplines

## RACING AND TRAINING

- Road: 450-700 training hours/year (M), 400-600 (F)
- MTB: 400-600 hr/year (M). 350-550 (F)
- 11 – 17 hrs/week
- 4 - 9 sessions/week
- Sessions 3.30- 5:00 hrs
- 20 to 50 events per year or 5-10 races per month
- Competes in up to 3 disciplines
- May participate in up to 2 other sports
- Single periodization- 1 main competition with multiple sub peaks

## TESTING & TALENT ID

### Quarterly testing of:

- Anthropometry
- Blood- Hct, HB, Iron
- Direct MAP test
- Efficiency: HR/Wattage/HLa

### Regular testing of:

- Performance: discipline specific TT

Phase: **Learn to Win** Ages: 18 to 23 +/- & up (F), 19 to 23 +/- & up (M), 8+ Sport Years  
 Key Objective: **Maximizing the engine**

## DEVELOPMENT

### Physical

- Maximizing the engine
- Speed, power: Develop plyometrics, specific sprint training, max power
- Strength: Athlete specific core strength and stability, ankle and knee stability, free weights. Develop sport specific strength and maximum power.
- Warm up/cool down- integral, specific to training and competition
- Anaerobic power: periodized, targeted dev't
- Aerobic power: Develop pre-season, maintain during season.

### Mental

- Focus on target results
- Refine decision making
- Advanced mental preparation
- Distraction management
- Social psychology

### Tactical Skills

- Refine tactics
- Optimize competition skills and test various strategies in competition
- Optimize team event tactics in competitions
- Optimal integration of technical and tactical elements
- Continue sport rules and ethics

### Technical Skills

- Master advanced cycling skills and techniques.
- Optimize technique- correct Challenges

### Other

- Maximize: cultural / lifestyle habits; nutrition / hydration; recovery/regeneration, tapering and peaking
- Career planning
- Refine travel strategies
- Media training
- Regular monitoring and testing
- Event specialization; fitting other life goals within HP quest
- Incorporate cross training

## SPORT ENVIRONMENT

### Coaching

- BMX, MTB, Road: Competition High Performance

### Delivery

- Trade team
- National Center Team
- National Development Team

### Competition Framework:

- World Champs & World Cup
- Continental Cup
- International & National Championships
- Domestic National Series.
- Up to 2 cycling disciplines

## RACING AND TRAINING

- Road: 550-700 training hours/year (M), 450-650 (F)
- MTB: 450-650 hr/year (M). 400-600 (F)
- 15 – 22 hrs/week
- 4 - 9 sessions/week
- Sessions 5:00- 6:00 hrs
- 40 to 60 events per year or 5-14 races per month
- Competes in up to 3 disciplines
- Participate in 1 sport
- Single or multi-periodization - multiple competition peaks

## TESTING & TALENT ID

- Anthropometry
- Blood- Hct, HB, Iron
- Direct MAP test
- Efficiency: HR/Wattage/HLa; use of SRM
- Performance: discipline specific TT