




## Canadian Sport Institute Pacific and BC Artistic Swimming Athlete and Coach Nomination Criteria

Criteria Approved **September 22, 2022:**

CSI Pacific Representative  David Hill	
BC Artistic Swimming Representative	
	Signature

## PURPOSE

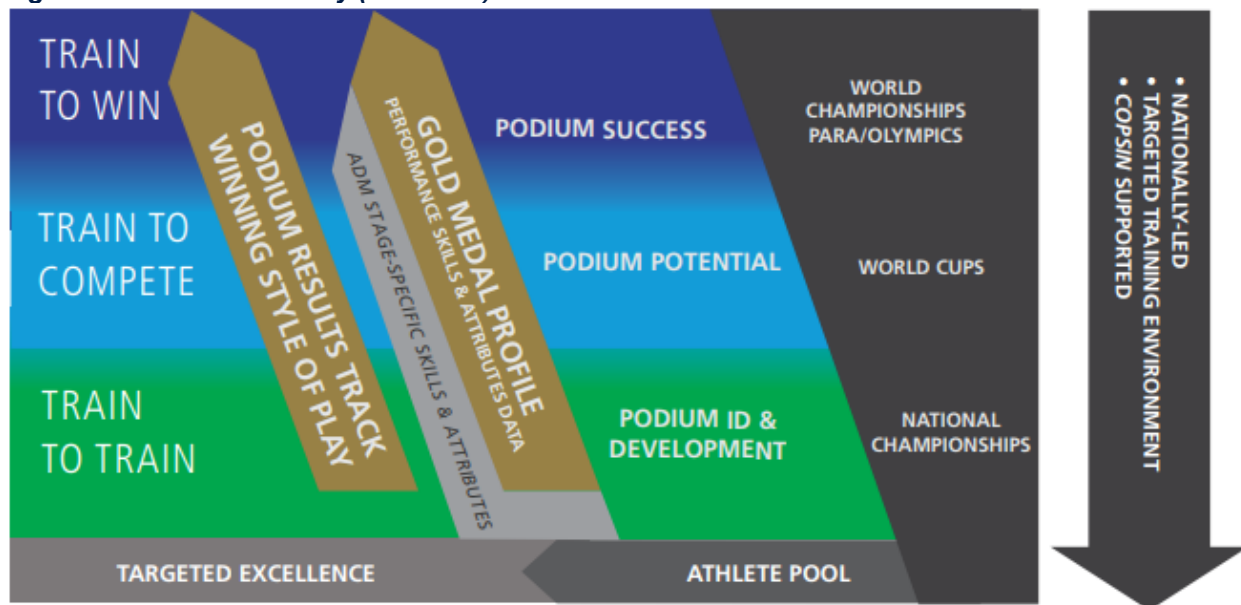
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Artistic Swimming, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches 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 Artistic Swimming high performance pathway 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 (see Figure 2 below). 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 (see Figure 2 below). 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) medallists. 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 its partnership with CSI-Pacific and with the program purpose in mind, BC Artistic Swimming 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 targeted athlete benefits, programs, and services as delivered through BC Artistic Swimming.

Targeted athletes are nominated by BC Artistic Swimming based on the athlete criteria outlined herein. Any enquiries regarding the sport-specific selection criteria can be made to the BC Artistic Swimming Sport Development Director at [sdd@bcartisticswimming.ca](mailto:sdd@bcartisticswimming.ca). As a general principle, to remain on the BCAS targeted athlete list, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Artistic Swimming high performance program benchmarks that align with the Canada Artistic Swimming Gold Medal Profile (see Figure 2 below) and as outlined in Appendix 2. The BC Artistic Leadership Team, including the High Performance Lead, Sport Development Director, and Executive Director, and the Canadian Sport Institute technical lead working with BC Artistic Swimming have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Artistic Swimming targeting runs October 1 – September 30 annually, and athletes are selected based on prior competition results, monitoring and program participation as outlined herein. Athletes who meet criteria throughout the annual nomination cycle may be added to the BC Artistic Swimming targeted athlete list, on a case-by-case basis, by contacting the BC Artistic Swimming Technical Representative.

**Figure 2 – Canada Artistic Swimming Gold Medal Profile**



## ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by BC Artistic Swimming and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. Athletes and coaches must register with their local centre in order to receive athlete or coach support.

## CORE CRITERIA

1. Athletes must be considered in good standing at the discretion of BC Artistic Swimming as a Competitive National 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 Artistic Swimming's nomination list at the BCAS Leadership Team'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 Artistic Swimming in the previous 24 months.

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Artistic Swimming 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.

*\*Note, it is the responsibility of BC Artistic Swimming, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

### 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 "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 Artistic Swimming Sport-Specific Criteria:**

- ✦ Score more than 125 points on the BC Artistic Swimming Athlete Profile (Appendix 3) demonstrating an ability to score in National, Provincial, Monitoring, and Performance categories;

**AND**

- ✦ BC Athletes who are members of a Canada Artistic Swimming (CAS) Senior, Junior, or 13-15 National Team who do not meet Sport Canada AAP Carding Criteria in the past 24 months as verified by the NSO; **OR**
- ✦ BC Athletes who are members of a Canada Artistic Swimming (CAS) Senior, Junior, or 13-15 National Team Athlete Pool in past 24 months as verified by the NSO.

**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 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 U23 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, U23, or U19 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 Artistic Swimming Sport-Specific Criteria:**

- ✦ Score minimum of 125 points on the BC Artistic Swimming Athlete Profile (Appendix 3) demonstrating an ability to score in Provincial, Monitoring and Performance categories;

**AND**

- ✦ Placed in a podium position – Top 3 – at Canadian Artistic Swimming Championships within the last 12-months in any event where the field of competition is greater than five (5). Technical and or Free Routines will qualify for Senior and Junior athletes; **OR**
- ✦ Athletes who were named to Team BC – Artistic Swimming, for the Canada Summer or Winter Games in the previous 24-months. **OR**
- ✦ Athletes who have achieved at least one of the criteria below, within the last 12 months:

- BC Athletes invited to participate in a Senior, Junior, or 13-15 National Team or Athlete Pool Selection Camp and/or a national development initiative (e.g., Project Paris, etc.) **OR**;
- BC Athletes selected to participate and registered in the Ignite Provincial High Performance Program. **OR**;
- USPORT and NCAA University athletes\* who train in BC for a minimum of three months **AND** are selected to participate in the Ignite Provincial High Performance Program.

*\*Note: After 3 years of eligibility, the USPORT and NCAA University athlete must participate in a Provincial High Performance Program to continue nomination eligibility.*

## 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 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 Artistic Swimming Sport-Specific Criteria:

- ✦ Score more than 60 points on the BC Artistic Swimming Athlete Profile (Appendix 3) demonstrating an ability to score in Provincial, Monitoring and Performance categories.



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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.



## 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 Artistic Swimming Sport-Specific Criteria:**

- Be certified as an NCCP Competition Development Coach or higher.



## Appendix 1: Targeted Member Benefits, Programs & Services

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BC Artistic Swimming will provide targeted athletes and coaches with the following benefits:

- ✦ Financial support to their respective club for athlete monitoring activities
- ✦ Priority enrollment in provincial programs and training camps
- ✦ Discounted participation in Team Element events at provincial competition
- ✦ Sport eligibility for External Sport Credits – Athlete 10, Athlete 11, or Athlete 12
- ✦ Access to Ignite Provincial Program apparel and related training equipment
- ✦ Support from Provincial Program coaches, experts, or consultants
- ✦ Travel subsidies and bursaries for Provincial Program participation
- ✦ Access to BC Artistic Swimming Integrated Support Team service providers
- ✦ Private Athletic Training Program support



## Appendix 2: High Performance Monitoring & Tracking

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Targeted athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Artistic Swimming high-performance program benchmarks that align with the Canada Artistic Swimming Gold Medal Profile. Monitoring and tracking activities are subject to change annually in alignment with national and provincial benchmarks and standards.

The following events and activities will guide BC Artistic Swimming in monitoring and tracking targeted athletes:

### Junior Team Elements & Figure Results

- 🌸 National Stream Provincial Qualifier
- 🌸 National Stream Provincial Championships
- 🌸 National Qualifier
- 🌸 Canadian Championships

### CAS Development & Audition Camps

- 🌸 National testing protocols and results performed by Canada Artistic Swimming to monitor current and prospective national team athletes.

### Ignite Assessment Camp

Annually, BC Artistic Swimming will host an assessment camp at a location to be determined. BC Artistic Swimming staff and BC's National Stream Head Coaches will lead the assessment camp in consultation with Canada Artistic Swimming, judges, and Integrated Support Team services providers.

In alignment with the CAS Gold Medal Profile, athlete evaluations may include, but are not limited to:

- 🌸 Aerobic Power
- 🌸 Flexibility
- 🌸 Sport-specific Technical Assessments
- 🌸 Athleticism Protocols

### Club Monitoring Program

BC Artistic Swimming partners with its National Stream clubs to conduct targeted athlete monitoring. BCAS will financially support clubs in completing the club monitoring program.

Subject to annual monitoring and tracking requirements, targeted athletes will be required to meet minimum monitoring standards, which may include, but are not limited to:

- 🌸 Movement Screening
- 🌸 Flexibility Testing
- 🌸 Aerobic Power Water Test
- 🌸 Junior Elements
- 🌸 Junior Team Routine Video

## Appendix 3: BCAS Targeted Athlete Profile

Targeted athletes will be identified based on the accumulation of points associated with activities and performances that align with the high-performance pathway. Only activities **within the last 12 months** will be considered when completing the Targeted Athlete Profile.

Accumulated score for targeted athletes must acquire points in either national or provincial categories, AND points in the monitoring and performance categories.

BCAS will evaluate all registered National Stream athletes annually and Athlete Profile Scores will be shared with the respective Club Head Coaches. Athletes or coaches may submit evidence to support the review and consideration of additional athletes at any time during the carding cycle.

TARGETED ATHLETE PROFILE			
	Evidences	Points	Standard
National Programs	Member of a Senior, Junior or Youth National Team	25	Only one Evidence: highest value allocated to eligible athletes
	Member of Senior, Junior or Youth National Athlete Pool	20	
	Attended a National Team Selection Camp	15	
	Identified and invited to a National Team Selection Camp	10	
	Identified, invited to, and attended CAS Regional Development & Audition Camp	5	
Provincial Programs	Participated in Ignite Private Athletic Training Program	5	Athletes must accumulate points in at least 3 Evidences to a maximum 65 points
	Participated in Team Elements at prior season's Provincial Qualifier and Provincial Championships	5 per event	
	Participated in Ignite Assessment Camp	10	
	Participated in Ignite Choreography Camp	15	
	Selected to and participated in Ignite Provincial Program Next Gen: 20 points or Team BC Athlete Pool: 25 points	20-25	
Monitoring	Annual completion of True Sport Clean	5	Athletes must accumulate points in at least 3 Evidences to a maximum 80 points
	Completion of Safe Sport Training (e.g., Respect in Sport for Activity Leaders, NCCP Safe Sport Training, etc.)	5	
	Demonstrated club-directed training days per week	2 per day (max 12)	
	Demonstrated strength & conditioning training days per week	2 per day (max 8)	
	Annual completion of movement screening	10	
	Achieved targeted athlete monitoring minimum standards: <ul style="list-style-type: none"> <li>🏆 Flexibility Testing (up to 5 pts per leg)</li> <li>🏆 Aerobic Power Water Test</li> <li>🏆 Junior Elements (Aggregate Score)</li> <li>🏆 Technical Team Swim</li> </ul>	Up to 10 per standard (max 40) See table below	
Performance (based on prior season results)	National Stream Provincial Champion where the field of play is at least 3	2 per event (max 6)	Athletes may accumulate up to a maximum of 60 points
	Qualified and attended National Qualifier in a Solo or Duet event	10 (max 10)	
	Qualified and attended National Qualifier in a Team event	5	
	Placed top 10 at Canadian Championships where the field is greater than 15	5 per event (max 15)	
	Podium performance (Top 3) at Canadian Championships where the field is greater than 5	15 per event (max 45)	
<b>TARGETED ATHLETE PROFILE SCORE:</b>			

Athlete Monitoring Standards Point Allocations:		
Monitoring Assessment		Points
Flexibility	Up to 5 points per leg	
	140-149 degrees	1
	150-159 degrees	2
	160-169 degrees	3
	170-179 degrees	4
	180+ degrees	5
Aerobic Power	4:01-4:10 minutes	2
	3:51-4:00 minutes	4
	3:41-3:50 minutes	6
	3:31-3:40 minutes	8
	3:30 minutes or less	10
Junior Elements	Aggregate Score	
	60-69 points	2
	70-79 points	4
	80-89 points	6
	90-99 points	8
	100+ points	10
Technical Team Swim	6.0-6.4	2
	6.5-6.9	4
	7.0-7.4	6
	7.5-7.9	8
	8.0 or higher	10

