



# Canadian Sport Institute & Triathlon BC 2022 Athlete and Coach Nomination Criteria

Approved December 31, 2021:

A handwritten signature in black ink, appearing to read "David Hill".

David Hill – CSI Pacific

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Allan Prazsky, Triathlon BC

## **2022 Canadian Sport Institute / Pacific Sport Athlete and Coach Eligibility Criteria**

### **Sport: Triathlon**

Athletes applying for Triathlon BC / Canadian Sport Institute Pacific support must submit an application using the electronic form available from Triathlon BC and attached to this document.

Canadian Sport Institute support targets athletes that are 16 through to 23 years of age (Juniors & U23). Exceptions may be made, on a case by case basis, for athletes that demonstrate significant sport performances and fall outside of this age range.

Triathlon BC & Canadian Sport Institute reserve the right to award discretionary support to athletes meeting long term athlete development appropriate performance standards not listed below, with the endorsement of Triathlon BC, Triathlon Canada and Canadian Sport Institute.

Any swim or run performance standards submitted must comply with Triathlon Canada's most current, ratified performance standards policy posted to the Triathlon Canada website.

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## PURPOSE

The Canadian Sport Institute, through a partnership with the Province of BC and ViaSport, the network of PacificSport Centers, and Triathlon BC collaborates to deliver programs and services to place BC Athletes<sup>1</sup> 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 Triathlon BC's performance pathway. 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 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.

## DETAILS

Through the above partnership, and with the above purpose in mind, Triathlon BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute / PacificSport 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 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. Please see Appendix 1 for an outline of Triathlon BC targeted athlete benefits, programs, and services as delivered through Triathlon BC.

In 2021, the athlete criteria and nomination process will continue to have a strong focus on athlete health and wellness, sport specific performances and enriched Triathlon BC High Performance Pathway programming. This focus is referred to throughout this document as the Athlete Health, Wellness and Performance Matrix, this combination of factors embodies the performance pathway.

Targeted athletes will be nominated by Triathlon BC based on the criteria below. Enquiries regarding the sport-specific selection criteria can be made directly with [Triathlon BC](#). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Triathlon BC's Performance program benchmarks to remain targeted.

Please note, Triathlon BC Performance Representatives and the Canadian Sport Institute Technical Lead working with Triathlon BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Triathlon BC targeting runs February 1<sup>st</sup> to January 31<sup>st</sup>, of each year. Athletes who meet Canadian Development criteria throughout the annual nomination cycle may be added to Triathlon BC targeted athlete list, on a case by case basis, by contacting the PSO High Performance Representative.

## GENERAL CRITERIA

<sup>1</sup> A BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

- 1) For PSO nominations, athletes must be registered and in good standing with Triathlon BC as a competitive athlete and meet the definition of a BC athlete, as described above.
- 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) Triathlon BC requires evidence of an athlete's progress relative to the Triathlon BC Health, Wellness and Performance Matrix (attached). This is measured using swim and run benchmarks as well as a Daily Performance Environment (DPE) evaluation.
- 4) Any previously nominated athletes may be given consideration for identification if unable to achieve event performance standard due to their injury or other life circumstances. Eligibility will be based on the discretion of the Triathlon BC High Performance Committee.
- 5) Athletes will be referred to by the specific sport terms of age-graded categories, Youth (14 & 15yrs), Junior (16 to 19yrs), U23 (20 to 23yrs).
- 6) All multisport athletes must submit a swim and run time. Talent transfer athletes must submit a run OR swim time.

Triathlon BC, in close collaboration, and in full alignment with Triathlon Canada, strives to ensure sustained competitive excellence embracing both, a systems-based approach and a winning focused approach, using the Long-Term Athlete Development (LTAD) model to provide a critical understanding of our high-performance development pathway.

## **ATHLETE/COACH ENROLLMENT**

Once the athlete or coach is nominated, they will be notified by Triathlon BC and will be provided with information on how to register with a local Canadian Sport Institute or PacificSport Regional Centre. A Canadian Sport Institute or PacificSport Athlete Coach Services representative may contact the nominated coach to assist with athlete registration. Athletes and coaches must register with their local centre to initiate the process of receiving athlete or coach benefits.

## **ATHLETE LEVEL: CANADIAN DEVELOPMENT**

### **Canadian Sport Institute Generic Criteria:**

- Athletes who compete on the senior national team in eligible events OR
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of *the Podium Pathway* – as identified by Triathlon BC.

### **Triathlon BC Criteria:**

- Evidence to demonstrate the minimum age specific Canadian Development Performance Standards outlined in Tables 1 & 3 for men and Tables 2 & 4 for women, in combination with points outlined in Athlete Health, Wellness and Performance Matrix to equal a total of 20 to 21 points

## ATHLETE LEVEL: PROVINCIAL DEVELOPMENT LEVEL 1

### Canadian Sport Institute Generic Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, as identified by Triathlon BC, and who are tracking towards the HP Athlete Development stage according to the Triathlon BC specific Podium Pathway.

*Note: Athletes who are eligible for Provincial Development are normally supported for a maximum duration of 7 years (combined Provincial Development Level 1 and Level 2).*

### Triathlon BC Criteria:

- Evidence to demonstrate the minimum age specific Provincial Development Level 1 Performance Standards outlined in Tables 1 & 3 for men and Tables 2 & 4 for women in combination with points outlined in Athlete Health, Wellness and Performance matrix to equal a total of 17 to 19 points

## ATHLETE LEVEL: PROVINCIAL DEVELOPMENT LEVEL 2

### Canadian Sport Institute Generic Criteria:

- Athletes who are tracking towards Provincial Development Level 1 status (according to Triathlon BC specific Podium Pathway).

### Triathlon BC Criteria:

- Evidence to demonstrate the minimum age specific Provincial Development Level 2 Performance Standards outlined in Tables 1 & 3 for men and Tables 2 & 4 for women, in combination with points outlined in Athlete Health, Wellness and Performance matrix to equal a total of 10 to 16 points
- Talent Transfer athletes who demonstrate:
  - Previous HP competitive experience in another sport (Canada Games or higher)
  - Endorsement by coach who has provided an individualized YTP for the next 12 months *AND*
  - Meets or shows a plan to meet criteria in Athlete Health, Wellness and Performance Matrix to achieve a minimum of 10 points within the following 12 months.

*Note: Youth athletes are not eligible for Provincial Development carding.*

## ATHLETE LEVEL: PARALYMPIC PROVINCIAL DEVELOPMENT

Paralympic athletes seeking Provincial Development carding will be reviewed on an individual, case by case basis by Triathlon BC's High-Performance Committee, in combination with Triathlon Canada and CSIP representatives. Please submit sport history and intended sport classification.

Current sport classification can be found at <https://www.triathlon.org/paratriathlon/categories>

**REQUIRED INFORMATION FOR APPLICATION (Electronic Submissions Only)**

**DEADLINE FOR SUBMISSIONS: 5PM JANUARY 14, 2022**

**ATHLETE PERSONAL INFORMATION**

Last Name:		First Name:	
Age (As of 12/31):		Birth Date:	
Age Category: <input type="checkbox"/> JUNIOR		<input type="checkbox"/> U23	
Gender: <input type="checkbox"/> Male		<input type="checkbox"/> Female	
Email:			
Telephone:			
Address:			
City:		Province: BC	Postal Code:
Coach Name:			
Coach NCCP #:			
Coach Email:			
<b>EVIDENCE INCLUDED WITH THIS SUBMISSION</b>			
Triathlon Results	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
Swim Performance	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
Run Performance	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
IPP	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
YTP	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
Triathlon BC Membership Number #:			
I am a Canadian Citizen holding a valid Canadian passport			<input type="checkbox"/> yes

Please select the CSI support level you are eligible for and provide supporting evidence with your application. Incomplete submissions will not be processed and will delay carding requests.

<input type="checkbox"/>	CANADIAN DEVELOPMENT
<input type="checkbox"/>	PROVINCIAL DEVELOPMENT - LEVEL 1
<input type="checkbox"/>	PROVINCIAL DEVELOPMENT - LEVEL 2
<input type="checkbox"/>	PARALYMPIC PROVINCIAL DEVELOPMENT / TALENT TRANSFER

**ATHLETE HEALTH, WELLNESS AND PERFORMANCE MATRIX**

<b>LEVEL OF CARDING</b>				
<b>CRITERIA REQUIREMENT</b>	<b>NUMBER OF POINTS</b>	<b>CANADIAN DEVELOPMENT</b>	<b>PROVINCIAL DEVELOPMENT 1</b>	<b>PROVINCIAL DEVELOPMENT 2</b>
		Evidence	Evidence	Evidence
SWIM 200TT PERFORMANCE	Can Dev = 6points Prov Dev 1 = 5 points Prov Dev 2 = 4 points			
RUN 1500TT PERFORMANCE	Can Dev = 6points Prov Dev 1 = 5 points Prov Dev 2 = 4 points			
MEDICAL SCREEN	2 points			
PHYSIOLOGY TESTING	2 points			
PODIUM PERFORMANCE AT TRIBC SUPER SERIES EVENT 2021	3 point			
FUNCTIONAL MOVEMENT ASSESSMENT AND S&C PROGRAM	2 points			
<b>TOTAL POINTS</b>	<b>21</b>	<b>20 - 21pts</b>	<b>17 - 19pts</b>	<b>10 - 16pts</b>

<b>POINTS REQUIRED FOR CSI-P CARDING</b>	
ATHLETE LEVEL	TOTAL POINTS
CANADIAN DEVELOPMENT	20 - 21 pts
PROVINCIAL DEVELOPMENT 1	17 - 19 pts
PROVINCIAL DEVELOPMENT 2	10 - 16 pts

**DEFINITIONS**

*MEDICAL SCREEN:* Sports medicine deals directly in sports, exercise and physical activity, including prevention, diagnosis and treatment. Sports medicine includes professionals from many different fields who have shared interest in preventing and treatment of sport-related injuries. This includes physicians, athletic trainers, nutritionists, exercise physiologists, physical therapists and biomechanists. Criteria can also be met with Triathlon Canada ICC medical documentation.



**PHYSIOLOGY TESTING:** Physiological testing that underpins sport performance through testing and analysis of biomarkers. Example: Lactate testing

**S&C PROGRAM:** A professionally developed Strength and Conditioning routine which is informed by and addresses functional movement needs.

**EVIDENCE:** Documentation through written assessment from a professional practitioner, or attendance of a Triathlon BC Performance Pathway Testing Camp. Time trial performance standards must meet Triathlon Canada's criteria for unsanctioned time trials (ratified times) or provide a hyperlink to a sanctioned event within the last 12 months.

**All applicants MUST submit a current and complete Individual Performance Plan (IPP) AND Yearly Training Plan (YTP) using the Triathlon Canada or Triathlon BC template.**

## **ADDITIONAL CONSIDERATIONS**

### **Key Performance Indicators | Daily Performance Environment:**

An Individual Performance Plan (IPP) is a measure of your Daily Performance Environment. It demonstrates to Triathlon BC and CSI-Pacific that you have created a plan to address your development as an Olympic or Paralympic pathway athlete relative to the Triathlon BC's performance pathway. A Yearly Training Plan (YTP) provides evidence of specific and planned training to meet the needs of the IPP

### **Daily Performance Environment (DPE):**

All athletes must provide a completed and current Individual Performance Plan (IPP) to Triathlon and a YTP. The IPP and YTP is used as evidence that the athlete is in a suitable coached environment. Athletes must keep an up to date and complete training log which will be granted access to Triathlon BC's High-performance committee upon request. Further details may be requested upon review.

### **Improvement:**

All athletes must demonstrate evidence of improvement in individual sport performance or performance environment annually to retain CSI-P support. Canadian Development athletes are exempt from this requirement. Athletes who do not show evidence of improvement must provide adequate rationale for an absence of improvement to Triathlon BC's High-Performance Committee. Exceptions are granted on a case by case basis, at Triathlon BC's discretion.

## 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 a designated criteria. Triathlon 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 Triathlon 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 head coach or assistant coach of record based on sport specific criteria below.
- The coach that has submitted an IPP for a Triathlon BC carded athlete(s).

### Triathlon BC Specific Criteria:

- Coach should be Triathlon Canada NCCP Trained
- Coach must commit to Triathlon BC’s High-Performance Plan and requirements
- Coach must commit to Triathlon BC Performance Stream
- Coach must submit Yearly training plan, or evidence thereof, for each athlete they are on record for by noon, February 28, 2022.

### COACH PERSONAL INFORMATION

Last Name:		First Name:	
Age (As of 12/31):		Birth Date:	
NCCP #	Certification Level:		
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female			
Email:			
Telephone:			
Address:			
City:	Province: BC	Postal Code:	
Triathlon BC Membership Number:			
I am a Canadian Citizen holding a valid Canadian passport <input type="checkbox"/> yes <input type="checkbox"/> no			

**Other relevant information to support your CSI application:**

## TRIATHLON BC PERFORMANCE BENCHMARKS

**Table 1. Short Course Swim Performance Benchmarks For Men**

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown.

i.e. a 2:17 200 m would award;

- Level 1 for an athlete under 22, or
- Level 2 for an athlete under 24, or

200 SWIM TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
2:07	< 24	<24	<24
2:10	< 20	<24	<24
2:14		<24	<24
2:17		<22	<24
2:20		<20	<23
2:23		<18	<23
2:27		<16	<20
2:30			<20
2:34			<18
2:37			<16

**Table 2. Short Course Swim Performance Benchmarks For Women**

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown. i.e. a 2:22 200m would award;  
Canadian Development for an athlete under 20, or

- Level 1 for an athlete under 22, or
- Level 2 for an athlete under 24, or

200 SWIM TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
2:17	<24	<24	<24
2:20	<20	<24	<24
2:23		<22	<24
2:26		<20	<24
2:28		<18	<23
2:31		<16	<23
2:33			<20
2:37			<20
2:40			<18
2:42			<16

**Table 3. Run Performance Benchmarks For Men**

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown. i.e. a 4:11 1500 m would award; Canadian Development for an athlete under 20, or

- Level 1 for an athlete under 23, or
- Level 2 for an athlete under 24, or

1500m RUN TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
3:56	<24	<24	<24
3:58	<24	<24	<24
4:02	<24	<24	<24
4:05	<22	<24	<24
4:11	<20	<23	<24
4:16	<16	<23	<24
4:21		<22	<23
4:27		<22	<23
4:33		<20	<22
4:38		<18	<20
4:44		<16	<20
4:50			<18
4:55			<16

**Table 4. Run Performance Benchmarks For Women**

For a given performance time, the minimum age required to achieve Canadian Development, Level 1, Level 2 and Level 2 talent transfer are shown. i.e. a 4:43 1500 m would award;  
Canadian Development for an athlete under 20, or

- Level 1 for an athlete under 23, or
- Level 2 for an athlete under 24, or

1500m RUN TIMES	CANADIAN DEVELOPMENT ATHLETE AGE	PROV. DEV.1 ATHLETE AGE	PROV. DEV. 2 ATHLETE AGE
4:31	<24	<24	<24
4:34	<24	<24	<24
4:37	<24	<24	<24
4:40	<22	<24	<24
4:43	<20	<23	<24
4:46	<16	<23	<24
4:51		<22	<23
5:00		<22	<23
5:07		<20	<22
5:10		<18	<20
5:15		<16	<20
5:20			<18
5:25			<16

## **APPENDIX 1: *Triathlon BC Targeted Athlete/Coach Benefits, Programs, and Services***

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Triathlon BC will provide targeted athletes with the following:

- ✓ Priority enrollment to training camps at a subsidized rate;
- ✓ Access to team clothing and related training and competition equipment at subsidized cost.
- ✓ Sport eligibility for External Sport Credit – Athlete 10, Athlete 11 or Athlete 12;
- ✓ Support from our provincial coach with respect to annual training consultation;
- ✓ Priority Athlete Assistance Program funding.
- ✓ Priority discounts with Association suppliers.

Triathlon BC will provide athletes named to Triathlon Canada's National Development Teams with the following:

- ✓ Priority enrollment to training camps at a subsidized rate;
- ✓ Access to team clothing and related training and competition equipment at subsidized cost.
- ✓ Sport eligibility for External Sport Credit – Athlete 10, Athlete 11 or Athlete 12;
- ✓ Support from our provincial coach with respect to annual training consultation;
- ✓ Priority Athlete Assistance Program funding.
- ✓ Eligibility for travel subsidies.
- ✓ Priority discounts with Association suppliers.