



**BCASA**

**Team BC Athlete  
Selection Process**



## British Columbia Amateur Softball Association

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### Section 1 – Purpose

Team BC will compete in various tournaments and competitions during the selection year and competition year. The purpose of this document is to set out the process that will be used by BCASA (commonly known as Softball BC) to select athletes to Team BC. This process will also be used to identify athletes eligible to be nominated for future carding (Canadian Sport Institute/PacificSport).

#### This selection process has three objectives:

1. Select eligible athletes to an Athlete Pool. Athletes in the Pool are those identified by BCASA and appointed coaches and support staff as having demonstrated potential to earn a position on the current Team BC. At any given time, the Athlete Pool represents a ‘snapshot’ of British Columbia’s talent in Fastpitch Softball.
2. From the Pool, select the best possible Teams for specific events. While some *objective* criteria will be used to select Teams, it is also recognized that there is a significant *subjective* element. Subjective elements include such factors as previous and current performance, experience, positional requirements, leadership qualities and team cohesion.
3. This selection process also forms the basis for nomination of athletes for Canadian Sport Institute/PacificSport Carding.

### Section 2 – Eligibility

To be eligible to be selected to the Athlete pool, an athlete must be in good standing with BCASA and meet the requirements listed in Article 3 of the Softball BC Handbook. For example, the athlete must be a Canadian Citizen, achieved Landed Immigrant status prior to May 1<sup>st</sup> of competition year, or if a non-Canadian citizen, have lived in Canada for at least one year prior to May 1<sup>st</sup> of competition year. For precise details, see Article 3 of the Softball BC Handbook.

To be eligible to be selected to a Team, the athlete must meet any age requirements and citizenship requirements stipulated by the organizers of the event at which the Team will be competing.

Once selected to the Pool or to a Team, all athletes will be expected to be training towards, or to meet the physical standards outlined in Appendix B. These standards on their own will not be used to include or exclude an athlete from consideration for the Pool or a Team, but they will be used by BCASA, appointed coaches, and support staff to measure and monitor an athlete’s training, progress and preparation.



### Section 3 – Authority for Selection

BCASA has delegated authority for all decision making under this policy to the Head Coach.

The Head Coach has final authority for all selection decisions, including selecting athletes to the Pool, adding additional athletes to the Pool, selecting Teams from the Pool, removing athletes from the Pool or from a Team, and selecting replacement athletes to a Team where applicable. In making selection decisions, the Head Coach will consult with his Coaching Staff, defined for the purposes of this document, to include assistant coaches, scouts and evaluators as designated by BCASA.

### Section 4 – Athlete Selection Process

#### Pool Selection

For Team BC, there will be multiple Identification camps in the selection year in preparation for finalizing the team roster. In addition to camp advertisements being posted on BCASA's website, some athletes may receive a personal invitation to attend. Following the conclusion of the Identification Camps, a final pool roster will be named. The selection of the pool will be based on:

- Previous and current performance
- Experience
- Positional requirements
- Present and projected development and/or improvement
- Leadership/Contribution to team chemistry
- Availability for competition and training



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### Team Selection

Athletes from the Pool will be selected to the Team, with the goal being to put together the best possible team for any particular event. Factors that will be considered in this selection include physical and technical aspects of the game, as well as team dynamics. These factors, which will be assigned weight by the Head Coach, as he or she deems appropriate for the decision making process, include:

- Previous and current performance
- Experience
- Positional requirements (primary and backup)
- Present and projected development and/or improvement
- Leadership/Contribution to team chemistry
- Availability for competition and training
- The depth chart, as developed from the evaluation criteria in Appendix A

It is understood that in making selections to create the best possible Team, it is possible that the best individual athletes may not be selected. The Head Coach also has the discretion to name an athlete to a Team even though that athlete may not have participated in selection camps or other Team events. The timelines that will be followed in selecting the Pool and selecting athletes for the Team are as follows. *Note that specific events, dates and times may be subject to change.*

- **This section will include specific selection dates for each event in which the Team will participate. TBA**

Alternates may be added to the Team to replace an athlete removed from the team pursuant to Section 5. The addition of alternates to the team is at the sole discretion of the Head Coach and will be in keeping with the philosophy of fielding the best possible team. Off-season camps/events will be held throughout the selection year, and in addition to the above mentioned events, athletes are expected to follow the prescribed training regime, take the required regularly scheduled fitness tests and be available to meet with Team BC staff at agreed to times and locations throughout the year.



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### Unforeseen Circumstances/Changes to the Document

If unforeseen circumstances arise which do not allow for this selection process or the above timelines to be implemented as outlined in this document, BCASA reserves the right to identify an alternate process or alternate timelines. Should this occur, all athletes in the Athlete Pool will be notified of these changes in a timely manner.

### Section 5 – Removal from the Athlete Pool or From a Team

#### 5.1 Upon selection to the Athlete Pool or Team, an athlete must:

- Sign a Team BC Athlete Agreement
- Provide BCASA with all required documents (passport information etc.)
- Participate in Team events, activities and meetings, as directed by the Head Coach or his/her designate
- Ensure they wear proper equipment and clothing
- Obey all rules established by the Head Coach and/or BCASA
- Assist BCASA in public relations and fund raising projects where required

#### 5.2 An athlete may be removed from the Athlete Pool or from a Team where the athlete:

- Is unable to maintain, or begin working towards, to the Head Coaches satisfaction, the training standards set out in Appendix B;
- Is unable to meet performance expectations;
- Is unable to perform due to injury, illness or for other medical reason as determined by a medical practitioner;
- Is unable to commit to Team BC Program activities and events (note that an athlete may obtain an exemption from the Head Coach and BCASA);
- Violates team rules and/or BCASA's policies and procedures;
- Exhibits conduct that is detrimental to the image of the Team BC Program;
- Breaches the Team BC Athlete Agreement;
- Voluntarily withdraws;



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- Is removed by a Appeal panel; or
- Fraudulently misrepresents themselves

### **Section 6 – Substitution of Alternatives**

Where necessary and appropriate, an athlete removed from a Team may be replaced by an alternate from the Athlete Pool.

### **Section 7 - Appeals**

Team BC Athlete selections may be appealed in accordance with the procedures set out in the BCASA Team BC Athlete Appeals Policy.













### Appendix B – Training Standards

	Team BC Minimum Standard	Team BC Best	Junior National Team Minimum Standard	National Team Minimum Standard	National Team Best
<b>Pitchers</b>					
Fastball	55 mph		60 mph	64 mph	69 mph
Change-Up *	15-18 mph slower		15-18 mph slower		
<b>Any two of the following:</b>					
Rise Ball	53 mph		58 mph	60 mph	64 mph
Curve Ball	53 mph		58 mph	60 mph	64 mph
Screw Ball	55 mph		60 mph	60 mph	64 mph
<b>Catchers</b>					
Throw Home to 2 <sup>nd</sup>	<2.25 sec		2.00 sec	< 2.00 sec	1.67 sec
Throw Home to 3 <sup>rd</sup>	<1.75 sec		1.50 sec	< 1.50 sec	1.24 sec
Glove to Glove Release	<1.10 sec		0.95 sec	<0.95 sec	0.80 sec
<b>General Fitness</b>					
Throwing Speed (overhand)	53 mph		55 mph	> 60 mph	68 mph
Plank	2.00 min		2.00 min	2.30 min	3.45 min
Beep Test Score (Leger)	5.5		6.00	6.5	12
Pro Agility	6.00 sec		6.00	5.5 sec	4.6 sec
Crunches	30 in 1 min		30 in 1 min	30 in 1 min	60 in 1 min
Push Ups	15 in 1 min		15 in 1 min	25 in 1 min	40 in 1 min

\*Numbers based on 2014 Junior and Senior National Team Standards. Junior National Team standards retrieved from <http://www.softball.ca/english/programs/national-teams/junior-womens-national-team/junior-womens-selection-criteria.html> and Senior National Team standards retrieved from <http://www.softball.ca/english/programs/national-teams/senior-womens-national-team/senior-womens-selection-criteria.html>



## Fitness Testing Protocol Form

**Athlete:**

**Date:**

Month	Beep Test	Push Ups	Crunches	Pro-Agility	Plank			Comments:
June								
July								
August								
September								
October								
November								
December								
January								
February								
March								
April								
May								