





## Canadian Sport Institute Pacific and **Softball BC** Athlete and Coach Nomination Criteria

Criteria Approved: June 20, 2019

CSI Pacific Representative <b>Drew Todd</b> Athlete Services Lead	
	Signature
<b>Softball BC</b> Representative <b>Rick Benson</b> Executive Director	
	Signature

## PURPOSE

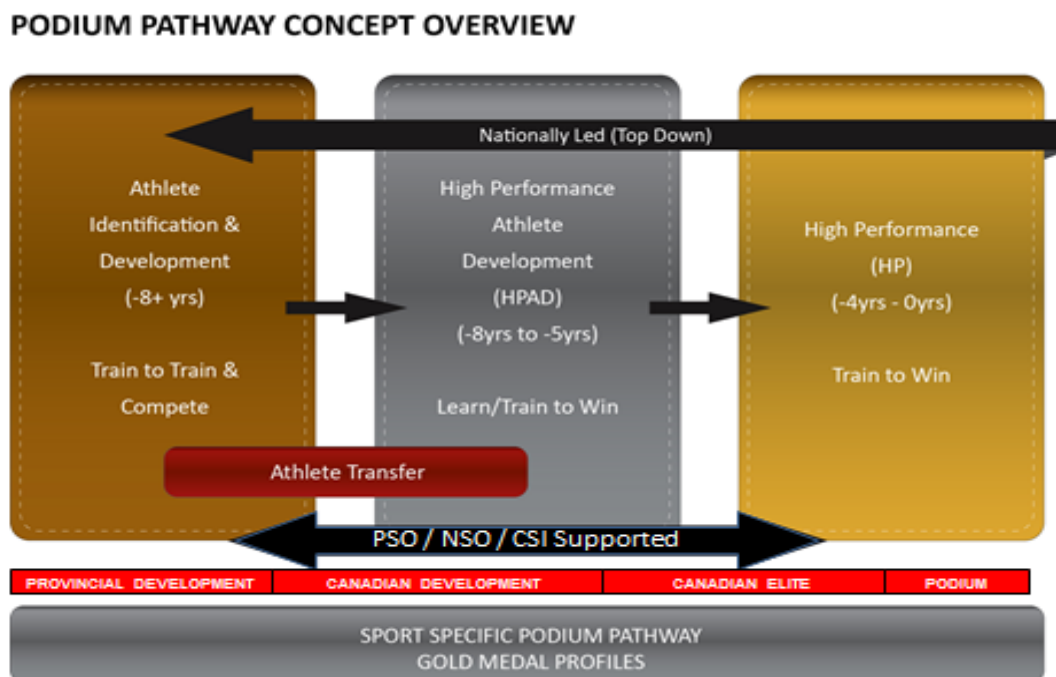
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and **Softball BC**, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have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

Targeted athletes are nominated by **Softball BC** based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to **Rick Benson**, [rbenson@softball.bc.ca](mailto:rbenson@softball.bc.ca). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward **Softball BC** high performance program benchmarks to remain targeted. **Rick Benson** and the Canadian Sport Institute technical lead working with **Softball BC** have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / **Softball BC** targeting runs **July 1 – June 30** 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 **Softball 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 **Softball 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 **Softball BC** as a competitive 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 **Softball 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 **Softball BC** in the previous 24 months.
4. Athletes must apply for nomination and declare that they are available to participate in age appropriate **Softball BC** programming (if applicable) including Targeted Athlete POD's, Provincial Team, and Centre for Performance; and committed to necessary training and programming to progress in the High Performance Pathway.

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the **Softball 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, 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.

*Softball BC Sport-Specific Criteria:*

- Athletes on Senior National Team roster in previous 12 months who are not currently Sport Canada AAP carded (<https://softball.ca/programs/national-teams>).

**OR**

- U Sport / NCAA athletes who train in BC for a minimum of three months, verified by the NSO as being in the Senior National Team pool for the current Olympic quadrennial.

**OR**

- Athletes selected to the Junior National team, identified by the NSO as being in the Senior National Team pool, and invited to Softball Canada's offseason selection camp in preparation for international competition within the previous 24 months.

\*Refer to Appendix A for National Team Selection Criteria Standards.

### **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:
  - Have competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 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 24 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).

*Softball BC Sport-Specific Criteria:*

- Provincial Development athletes who have been named to Softball Canada's Junior National Team athlete pool or attended an NSO ID camp in the previous 12 months. **OR**
- U Sport / NCAA athletes who train in BC for a minimum of three months and have been invited to participate in a Junior National Team identification and/or selection camp. **OR**
- U Sport / NCAA athletes who train in BC for a minimum of three months, verified by the NSO as being in the National Development Team athlete pool.

**AND**

- Participate in Softball BC provincial programming within the previous 12 months.

\*See Appendix A for National Team Selection Criteria Standards.

### **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. 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 or Canada Winter Games in the previous 12 months.

*Softball BC Sport-Specific Criteria:*

- Athletes who have competed for Team BC at the Canada Summer Games in the previous 12 months.

**OR**

- Medal winners from the most recent U19 Canadian Championships providing they meet Team BC selection criteria standards (see Appendix B).

**OR**

- Gold or Silver medal winners from the most recent U16 Canadian Championships providing they meet Team BC selection criteria standards (see Appendix B).

\*See Appendix B for Team BC Selection Criteria Standards.

## **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 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.

**APPENDIX A – National Team Selection Criteria Standards**Senior Women's - <https://softball.ca/wnt/rosters.htm>Senior Men's - <https://softball.ca/mnt/rosters.htm>

## Senior Men's

	National Team Best
<b>Pitchers</b>	
Rise Ball	79 mph
Drop	84 mph
Change Up	15-20 mph slower
<b>Catchers</b>	
Throw Home to 2 <sup>nd</sup>	1.70 sec
Glove to Glove Release	0.80 sec
<b>General Fitness</b>	
Throwing Speed (overhand)	88 mph
Plank	8 min
Beep Test Score (Leger)	12
Broad Jump	9.2 ft
Crunches	60 in 1 min
Push Ups	60 in 1 min
Home to 1B – Run	3.0 sec
Home to 2B – Run	5.4 sec

## Senior Women

	National Team Best
<b>Pitchers</b>	
Fastball	65 mph
Change-Up	15-18 mph slower than max
<b>Any (2) of the following</b>	
Rise Ball	60 mph
Drop	60 mph
Screw Ball	62 mph
<b>Catchers</b>	
Throw Home to 2 <sup>nd</sup>	1.84 sec
Glove to Glove Release	0.80 sec
<b>General Fitness</b>	
Throwing Speed (overhand)	65 mph
Plank	3 min
Beep Test Score (Leger)	Level 8.5
Pro Agility	5.0
Crunches	60 in 1 min
Push Ups	25 in 1 min

**Appendix B – Team BC Selection Criteria Standards**Team BC Women's: <https://softball.bc.ca/team-bc-selection-criteria-women/>Team BC Men's: <https://softball.bc.ca/team-bc-selection-criteria-men/>

	Team BC Minimum Standard
<b>Pitchers</b>	
Rise Ball	73 mph
Drop	76 mph
Change Up	15-20 mph slower
<b>Catchers</b>	
Throw Home to 2 <sup>nd</sup>	2.00 sec
Throw Home to 3 <sup>rd</sup>	1.50 sec
Glove to Glove Release	0.95 sec
<b>General Fitness</b>	
Throwing Speed (overhand)	70 mph
Trunk Rotation throw	35 ft.
Plank	3 min
Beep Test Score (Leger)	10
Broad Jump	7 ft.
Crunches	40 in 1 min
Push Ups	40 in 1 min
Home to 1B – Run	3.50 sec
Home to 2B – Run	6.2 sec

## Team BC Women

	Team BC Minimum Standard
<b>Pitchers</b>	
Fastball	58 mph
Change-Up	15-18 mph slower
<b>Any (2) of the following</b>	
Rise Ball	56 mph
Curve	56 mph
Screw Ball	58 mph
<b>Catchers</b>	
Throw Home to 2 <sup>nd</sup>	<2.00 sec
Glove to Glove Release	<0.95 sec
<b>General Fitness</b>	
Throwing Speed (overhand)	55 mph
Plank	2 min
Beep Test Score (Leger)	Level 6
Pro Agility	6.0
Crunches	30 in 1 min
Push Ups	15 in 1 min