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Team BC Games Prep Program

Long-List Process & Guidelines

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1 – DEFINITIONS

High Performance: High performance sport in British Columbia is defined by: **the LTD aligned Podium Pathway that is athlete-centred and coach-led with optimal support to enable athletes to convert toward national teams and contribute, where possible, to Olympic and Paralympic medals.**

BC Athlete: An athlete is considered a “BC athlete” if they meet the criteria for Team BC qualification as per the sport’s Canada Games Technical Package (<https://www.canadagames.ca/sports>).

BC Coach: A coach is considered a “BC coach” if they meet the criteria for Team BC qualification as per the sport’s Canada Games Technical Package (<https://www.canadagames.ca/sports>).

Long-Lists: A list of athletes and/or coaches, equivalent up to 2X the size of the Team BC allotment, (as per your sport’s individual Canada Games technical package), who are targeted as having potential to represent BC at the upcoming Canada Games.

Nomination: The process whereby the PSO/DSO lists athletes and coaches that are being targeted to represent Team BC at the upcoming Canada Games.

Eligibility: The process whereby CSI Pacific and Team BC approve the nominated athletes and coaches giving them the ability to access CSI Pacific and/or PacificSport benefits, programs, and support services.

Provincial Development 3: Athletes who are Canada Games prep identified and not already part of the provincial nominated list will be designated as Provincial Development 3 in Smartabase.

2 – PURPOSE & BACKGROUND

One of the key features of BC’s high performance landscape has been the identification of athletes and coaches by PSOs and DSOs to register with a CSI Pacific campus and/or a PacificSport centre to receive benefits geared towards enhancing their training. In order to better enhance the BC sport system, it has been recognized these benefits could contribute to optimal performance at the Canada Summer Games and Canada Winter Games events. Additionally, evidence suggests that PSOs and DSOs who long-list athletes and coaches and prepare for Canada Games team selection have a strongly aligned high performance program and perform better at the Games.

While many athletes and coaches that participate at the Canada Games are already targeted and part of CSI Pacific’s program, this new initiative provides a greater number of athletes and coaches access to valuable services and resources they may not have been eligible for before.

To support athlete and coach development, the submission of a PSO/DSO’s Team BC long-list, in a timely and consistent manner, allows these organizations to clearly define their high performance pathway and identify athletes with the potential to perform at the Canada Games. By targeting athletes in the lead-up to Games, PSO/DSOs will be able to:

1. Build effective programming that is athlete-centred and coach-led;
2. Monitor and track athlete progress in the sport system;
3. Enhance athlete and coach support through CSI Pacific / PacificSport programs, benefits, and services.

Over the past 20 years, the provincial network of CSI Pacific campuses and PacificSport centres has developed a substantial number of partnerships with local businesses to assist athlete and coach training including:

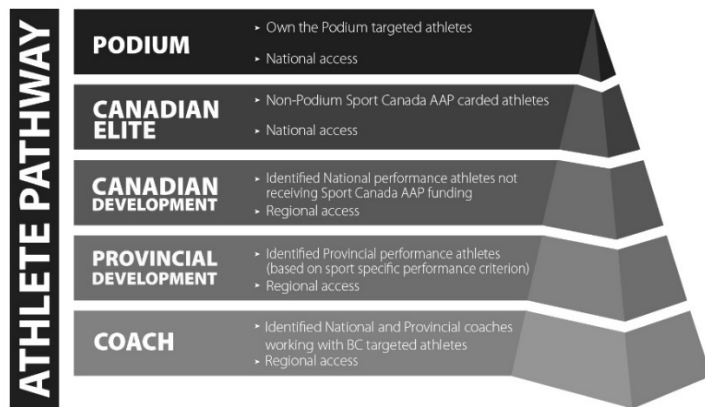
- **GymWorks™** – Free gym and fitness facility access;
- **FoodStuff™** – Discounts at food-related retailers;

- **SportHealth™** – Discounts and/or priority access to local paramedical service providers (e.g. physiotherapy, massage therapy);
- **Community Partners** – Numerous discounts on miscellaneous performance products.

Beyond partnerships, the benefits to athletes and coaches include free access to sport education programs such as the Sport Performance Speaker Series and regional PacificSport workshops. Both CSI Pacific and PacificSport offer a slate of athlete grants available by application. In total, value in kind (VIK) benefits across all registered athletes and coaches is estimated at more than **\$5 million annually**.

The ability for sports to identify potential Canada Games participants is **foundational to providing quality high performance programming that is athlete-centred and coach-led**. By identifying athletes and coaches based on specific criteria, the PSO/DSO has greater assurance that their programming is making the impact that is intended. CSI Pacific has been managing the targeting of provincial athletes and coaches, in conjunction with Sport Canada and Own The Podium, as identified in Figure 1. The link between national and provincial high performance programming is key to ensuring the definition of high performance is made a reality in British Columbia – namely the ability to progress athletes toward national teams and, where possible, to win medals at Olympic and Paralympic Games. In a broad sense, the entrance to the high performance system begins at the Canada Games, and thus, should be seen as a important marker in an athlete’s development.

Figure 1 – CSI Pacific Athlete Pathway



3 – PROVINCIAL NETWORK



Figure 2 – Provincial Network Map

Through a partnership with the Province of British Columbia, Team BC, and viaSport, CSI Pacific and the network of PacificSport centres collaborate to deliver programs and services to support the full continuum of sport development from participation to excellence. The centres work jointly to encourage growth in sport participation at the grassroots level and increased podium performances in communities throughout BC.

Working in support of national, provincial, and regional sport partners, the network is creating a stronger system for the development of athletes, coaches, and performance enhancement for teams and facilities. Targeted athletes and coaches in BC have access to five regional centres and three CSI Pacific locations allowing for localized support through high performance benefits, programs, and services.

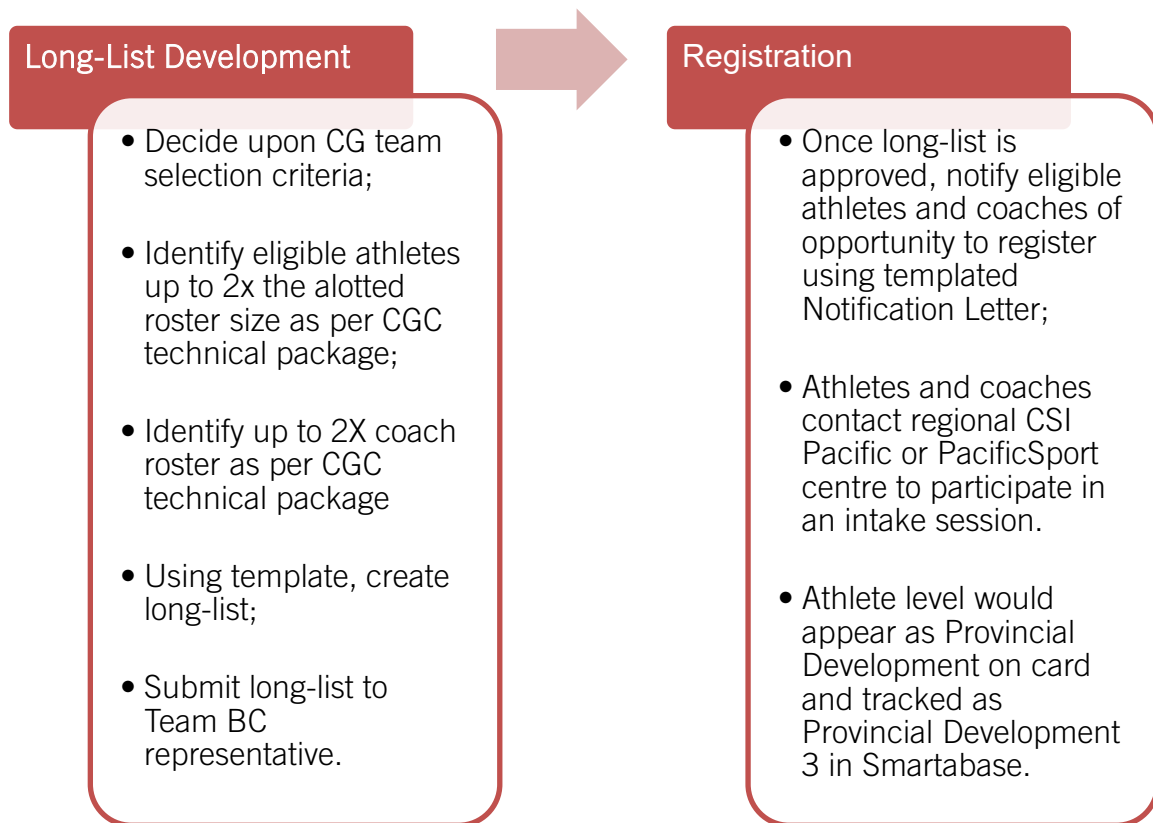
4 – OVERALL PROCESS

Unlike the annual Athlete/Coach Nomination process with CSI Pacific, the Team BC Games Prep Program requires two phases. First is **Long-List Development**. Note that while sports are not expected to create and submit targeting criteria ahead of their long-list submission, it is expected the athletes and coaches are targeted based on a fair and legitimate process. CSI Pacific and Team BC will review the submission, and once the list is approved, the PSO/DSO moves into the **Registration** phase.

The registration phase requires the PSO/DSO to notify the athletes and coaches of their eligibility to register with CSI Pacific and/or PacificSport and encourage them to connect with their regional Athlete Coach Services representative (a notification letter template will be provided). Once the athlete/coach has registered, they are able to access the benefits, programs, and services offered in their region.

**Note: only sports who have an existing CSI Pacific-approved Athlete Nomination List, as part of annual targeted athlete support, are eligible to receive benefits through the Team BC Games Prep program. For more information, contact CSI Pacific.*

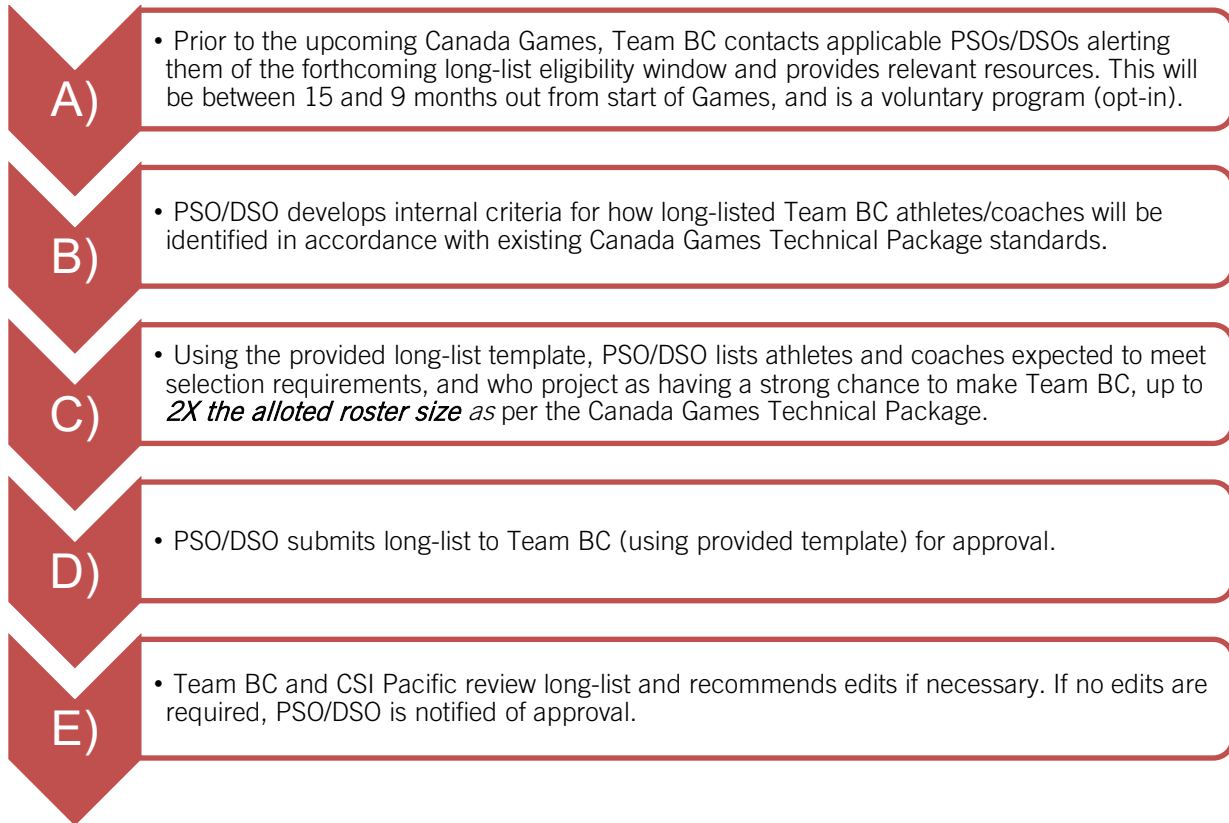
Figure 3 – Athlete/Coach Targeting Process



5 – PHASE 1: LONG-LIST DEVELOPMENT

The specific steps in the long-list development phase are outlined in the diagram below. In collaboration with CSI Pacific and Team BC, the PSO/DSO will work through each step of the process.

Figure 4 – Phase 1: Long-List Development Process

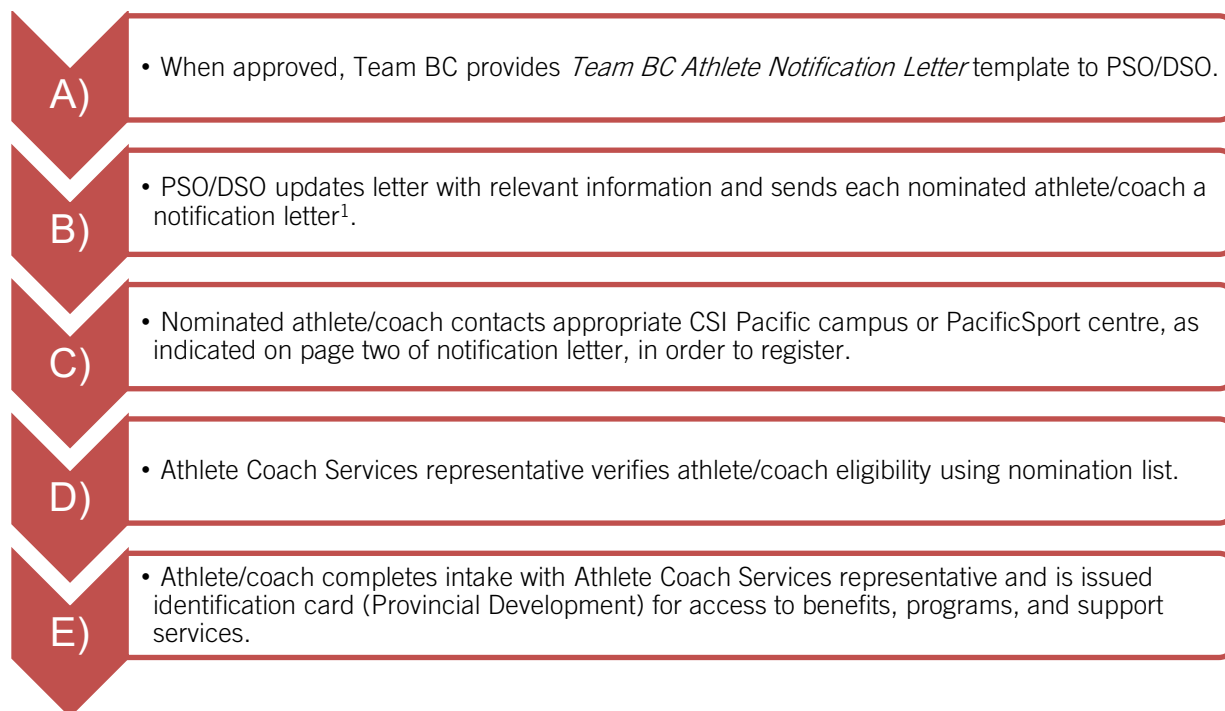


6 – PHASE 2: REGISTRATION

The second and final phase of the process involves the notification and registration of each athlete and coach to gain access to the benefits, programs, and services available to them. **Athletes will be designated as “Provincial Development 3” Level in Smartabase, provided they do not already appear on the provincial nomination list.**

The specific steps in the registration phase are outlined in the diagram below.

Figure 5 – Phase 2: Registration Process



¹ If the athlete/coach is under 19 years of age, the PSO/DSO is required to also send a copy of the letter to their parent/guardian.

7 – NOMINATION CYCLES

Team BC long-lists will be submitted in conjunction with the Canada Games calendar to ensure:

1. The program maintains the standard of being specifically Games-prep oriented;
2. Efficiency in managing athlete nomination on a consistent basis;
3. Increased vertical alignment between Canada Games and annual PSO/DSO high performance programming;
4. End of the nomination cycle will culminate with the end of the games.

8 - COACH IDENTIFICATION & REGISTRATION

Coaches can be identified through the Canada Games template (coach tab). Nominated coaches should be those that are targeted to go to the Canada Games. PSOs may nominate 2X the size of the Team BC allotment in the CGC technical package. Coach nominations may include coaches identified through the CAC coach apprentice program. Nominated coaches may register for CSI Pacific provided that they are Comp-Dev certified. Coaches who are not Comp-Dev certified may be eligible for an exemption.

9 - PERFORMANCE PLANNING & SPORT TECHNICAL SUPPORT

As a part of the Games Prep Program and under the guidance of the Team BC Performance Coordinator, Team BC is offering performance planning and sport technical support to PSOs participating in the Canada Games. Support will be deployed on a multi-sport basis to ensure efficiency of resources which are currently part of CSI Pacific benefits and programs. The Team BC Performance Coordinator will provide support to PSOs during the pre-Games planning phase as well as post-Games to debrief Games performance and evaluate the Games Prep Program.

Some of the services the Team BC Performance Coordinator will be offering include:

- Conduct needs assessment and benchmarking for sports to determine program gaps to ensure understanding of sport specific needs prior to the games.
- Provide performance planning opportunities for targeted Canada Games coaches through the NCCP performance planning module.
- Liaise with Canada Games coaches and PSO technical leaders to provide access to CSI Pacific benefits and programs including the Speaker Series on demand certificate and relevant Powering Podiums events.
- Conduct virtual check-ins with individual PSOs during Games time, as required.
- Along with the Team BC Operations Manager, lead post-games debrief sessions with each PSO to assess performance and the services and support provided to them pre-Games.

Eligibility

To gain access to the Team BC Performance Coordinator, PSOs must:

1. Have a targeted athlete criteria and current list of CSI Pacific nominated athletes.
2. Identify a long list of athletes at least 12-15 months prior to the games.
3. Identify a long list of coaches at least 12-15 months prior to the games.

10 – APPEALS / DISPUTE RESOLUTION POLICY

In instances where athletes/coaches disagree with the nomination process or results, they may challenge the nomination using the following procedure:

1. Athlete/coach notifies PSO/DSO representative in writing;
2. PSO/DSO reviews disputing athlete/coach's nomination status;
3. PSO/DSO will attempt to resolve the dispute with athlete/coach by confirming criteria achieved or not achieved.
4. If the PSO/DSO determines that an error in procedure occurred where an athlete/coach should have been long-listed, PSO/DSO informs Team BC and requests an addition to the long-list;
5. Team BC and CSI Pacific review the request and renders the final decision, informing PSO/DSO of the athlete/coach's eligibility status.