



Canoe Kayak BC

2024-2025 NextGen Athlete Nomination Criteria

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2024-2025 Canoe Kayak BC Athlete Nomination Criteria

1. NEXTGEN PROGRAM OBJECTIVES

- Identify and ensure the next generation of high performance athletes have the resources and support along the development pathway required to transition successfully to the Provincial Team
- Athletes will receive support to participate in sport-specific testing, training and monitoring, as well as invitation to Provincial Team workshops.

2. CKBC HIGH PERFORMANCE PROGRAM GOALS

- Produce medalists at Canadian National Championships and Canada Summer Games; **AND**
- Recognize and support athletes who have a potential to make Junior, U23 and Senior Development and National Teams, and who have shown a commitment to training to achieve this objective; **AND**
- Successfully transfer our most talented athletes from the U16 and U18 age groups to the U23 ranks, and continue this progression towards becoming Senior National Team members and then Olympic medalists; **AND**
- Strive to deliver programs that integrate with CanoeKayak Canada, Canadian Sport Institute - Pacific (CSI-P) and PacificSport Regional Centers.

3. ATHLETE SELECTION OBJECTIVES

- Identify BC athletes by their level of performance; **AND**
- Compare performances of athletes in different racing ages; **AND**
- Compare performances of athletes in different disciplines; **AND**
- Be inclusive for both sexes, canoe and kayak disciplines and para-canoe representation; **AND**
- Provide project subsidies according to the athlete's level of performance (when available); **AND**
- Provide all CKBC members with clear and transparent selection criteria that will focus on individual long-term athlete development.

4. ELIGIBILITY

Eligibility to participate in any of CKBC's programs shall be made open to all CKBC athletes who meet and adhere to the following criteria:

- Competitive member of a CKBC affiliated Club that is in good standing; **AND**
- Athletes must race for a CKBC-affiliated Club for the current season or club approved by the Technical Director; **AND**
- Athletes receiving support from the NextGen Program are deemed to have participated in a selection process and are therefore committing to competing for the Province of British Columbia; **AND**
- Born between (and including) 2005 and 2011; **AND**
- Does not have any outstanding accounts with CKBC that are more than 30-days in arrears or are without an approved payment plan; **AND**
- Is not a member of the 2024-2025 Provincial Team (*n.b. Athletes that were previously members of the Provincial Team are eligible for the 2024-2025 NextGen Team*); **AND**

- Not be serving a period of ineligibility pursuant to the Canadian Anti-Doping Program and/or pursuant to the ICF's Anti-Doping Rules.

5. IDENTIFICATION

Athletes may be named to the NextGen Team by meeting one of the following criteria (see *Core Selection Criteria* below for specifics):

- Achieving BC Performance Standards;
OR
- Achieving BC Performance Time Standards

6. APPLICATION

Athletes wishing to be selected to the CKBC NextGen Team must submit the CKBC NextGen Team Form: https://docs.google.com/forms/d/e/1FAIpQLSd11xpahsK_6hEF7YWQNFhR7xcEYdEqTFIYXIkf6mdUqLqaEg/viewform?usp=sf_link

DEADLINE FOR SUBMISSION IS SEPTEMBER 1, 2024 UNLESS APPROVED BY THE TECHNICAL DIRECTOR.

7. CORE SELECTION CRITERIA

1. CKBC PERFORMANCE STANDARD

- Arrived within the top 3 at the 2024 Provincial Championships in singles event (U14, U16, U18, U19+ category)

OR

- Arrived within the top 3 (from BC athletes) at the 2024 Pacific Cup/Ridge-Fort Fall Classic in a singles event (U16 and U14 category)

AND

Meeting **3 out of 5** "Minimum Off-Water Performance Standards" results, while participating in all disciplines

2. CKBC PERFORMANCE TIME STANDARD

- Achieved a CKBC NextGen Time Standard listed in **Appendix 1** at an approved event.

AND

Meeting **3 out of 5** “Minimum Off-Water Performance Standards” results, while participating in all disciplines

8. ELIGIBLE VENUES

Each athlete will have multiple opportunities throughout the competitive season to demonstrate his/her/their level of performance. The following sites have been approved having hosted Nationally recognized Championships/events or International Championship events:

- 2024 Provincial Championship/BC CUP #2
- 2024 Ted Houk International Regatta
- 2024 National Team Trials
- 2024 National Championships
- 2024 Season Opener
- 2024 Pacific Cup/Ridge Fort Fall Classic

9. ATHLETE RESPONSIBILITIES

Athletes nominated as Performance Athletes are accountable to CKBC:

General:

- Participate in a year round training program with a CKBC member club or under the direction or approval of the Technical Director; **AND**
- Demonstrate a commitment to high performance training; **AND**
- Participate in CKBC and Team BC events, including fall and winter testing, training camps, selection events with workshops/webinars/presentations, tracking of training activities, etc;
 - An athlete who is unable to participate in an CKBC event due to illness, injury or other extenuating circumstances must notify CKBC in writing, with appropriate documentation, in advance of the event in which the athlete is unable to participate.

All athletes are expected to meet the following specific performance objectives:

1. Total number of session for the week: 5 - 6 sessions/week (7.5 - 10 hours/week)
2. Total on-water volume for the week or month: 1400 - 1800km/year
3. Complete mental performance report form: 2x per term
4. Athletes must attend at minimum, unless approved by the Technical Director:

1. **Provincially:** Provincial Team Trials (if applicable)
 - Provincial Championship
 - Spring Long Distance Trials
 - Fall Long Distance Trials
 - Fall Provincial Camp
 - Fall Off-water testing
 - Winter Provincial Camp (if applicable)
 - Winter Off-water testing
 - Online meetings, webinars, workshops
 - RBC Training Ground

2. **Nationally:** Canadian National Championship AND/OR National Team Trials

5. Working on Monitoring sheets/Training logs regularly as per instructions of the Technical Director

10. ATHLETE ILLNESS, INJURY OR OTHER EXTENUATING CIRCUMSTANCES

An athlete who is unable to participate in a selection event due to illness, injury or other extenuating circumstances may nevertheless be considered for selection by CKBC, provided that the athlete notifies CKBC in writing, with appropriate documentation, which is satisfactory to CKBC, in advance of the event in which the athlete is unable to participate. There is an expectation the athlete in question would have met the performance standards stated above if no injury, illness or absence had occurred and the athlete was previously nominated to the NextGen Team in the previous 24 months. CKBC, in its sole discretion, may approve an exemption from the selection procedure.

If an athlete selected to a team becomes ill or injured, he or she must seek immediate medical attention and report the illness or injury to CKBC. CKBC will assess the situation and make a recommendation. The assessment may involve gathering further information or conducting additional medical tests. Where it is determined by CKBC that an athlete will be replaced, the selection of the replacement will be based upon previous results in competitions and trials.

11. UNFORESEEN CIRCUMSTANCES

Situations may arise where unforeseen circumstances or circumstances beyond the control of CKBC do not allow racing or team selection to take place in a fair manner. In the event of such unforeseen circumstances as determined by the Technical Director, Executive Director and Sprint Chair, in their sole discretion, will determine if the circumstances justify selection to take place in an alternative manner. In such circumstances, the alternative selection will be posted on the CKBC website one week after the competition in question.

12. REMOVAL

Any selected athlete may have their selection status reviewed by the Technical Director if any of the requirements listed in section 9 (Athlete Responsibilities). The Technical Director will notify the athlete in writing as to why their NextGen Team status is under review. The athlete shall be given a reasonable opportunity (no more than seven days) to provide reasons why they should not be removed from the NextGen Team. The Technical Director or Sprint Chair may request a meeting with the athlete and their coach to discuss the training level required to remain on the Provincial Team.

If the athlete receiving the notice remedies the breach within the specified time or provides satisfactory justification for the breach to the Technical Director and Sprint Chair, the dispute shall be resolved.

If the athlete fails to remedy the breach within 10 days of receiving the first written notice, the athlete shall be notified, in writing, by the CKBC Sprint Chair of their removal from the NextGen Team.

13. APPEALS

Appeals must be made in writing and delivered to the CKBC Office within seven days of the posting on the CKBC website of those athletes selected to the NextGen Team or within seven days of being notified that the athlete has been removed from the NextGen Team.

Notification of an appeal must contain the participant's name, contact information and the complete details of the appeal issue.

A panel made up of the Executive Director, Sprint Chair and a person appointed by the Executive Director and Sprint Chair. The appeal meeting will take place at a time and date as decided by the panel.

At any time during the review/appeal process, the athlete may be required to provide evidence demonstrating satisfactory achievement in each of the selection components.

CKBC reserves the right to withhold all programming and/or funding if an athlete's training situation cannot be verified.

APPENDIX 1 - 2024-2025 CKBC NextGen Time Standards

	U16				U18			
	MK	MC	WK	WC	MK	MC	WK	WC
Singles - 1000m	04:12.7	05:00.2	04:51.7	05:50.0	3:59.6	4:37.8	4:42.0	5:28.3
500m	02:01.6	02:20.2	02:18.4	02:45.7	1:56.1	2:13.2	2:15.3	2:41.2
200m	0:44.1	0:51.4	0:52.5	0:58.2	0:41.9	0:47.7	0:48.8	0:57.7

- Athletes must meet 1 of the benchmarks to meet the standard
- Athletes must meet age standard (e.g. U16 athlete can not meet U18 standard)
- All time standards at all levels have unlimited trailing zeroes

APPENDIX 2: CKBC NextGen 2024-2025 Minimum Off water performance standards

NG					
	Pull ups in 1min	Push ups in 1min	Squat Jumps (Vertical Frogs) in 1 min	1500m run	200m swim
U16 men	24	42	48	5:45.0	3:30.0
U16 women	14	28	39	7:00.0	4:00.0
U18 men	24	42	48	5:45.0	3:30.0
U18 women	14	28	39	7:00.0	4:00.0
U19+ men	24	42	48	5:45.0	3:30.0
U19+ women	14	28	39	7:00.0	4:00.0

Note 1:

The athletes will have the opportunity to use their results of strength components of “Minimum Off water Performance Standards” achieved during the months of June, July and August 2024.

These must be achieved under the direction of CKBC Technical Director together with respective club coaches.

Other disciplines such as 1500m run and 200m swim will be run and performed during the Fall Provincial Meet, which will include the Provincial Fall testing.

Note 2:

Those who fail achieving the “Minimum Off water Performance Standard” during the first round of testing, will have the opportunity to reach the “Standard” during the Fall and/or Winter testing.

APPENDIX 3 – Support for NextGen Team Athletes

- Detailed performance service plan based on your completed intake form and meeting
- Access to sport science/sport medicine support, including:
 - Invitation and support during Provincial/NextGenTeam Camps
 - Online professional development workshops throughout the year
 - Monthly performance monitoring
- Team BC gear