



Team BC and BC Summer Games Athlete Selection Process

Section 1 – Purpose

Team BC will compete in various tournaments and competitions during the selection year and the competition year. The purpose of this document is to set out the process that will be used by Softball BC (commonly known as Softball BC) to select athletes to Team BC. This process will also be used to identify athletes eligible to take part in the BC Summer Games and 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 Softball BC and appointed coaches and support staff as having demonstrated potential to earn a position on the current Team BC or Zone team for BCSG. 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 factors such as previous and current performance, experience, positional requirements, leadership qualities, and team cohesion.
3. This selection process also serves as the basis for nominating athletes for the Canadian Sport Institute/PacificSport Carding program.

Section 2 – Eligibility

To be eligible to be selected to the Athlete pool, an athlete must be in good standing with Softball BC and meet the residency requirements as listed in the Softball BC Handbook.

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

Once selected to the Pool or a Team, all athletes will be expected to train towards, or 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. However, they will be used by Softball BC, appointed coaches, and support staff to measure and monitor an athlete's training, progress, and preparation.

Section 3 – Authority for Selection

Softball BC 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 a Team, and selecting replacement athletes to a Team where applicable. When making selection decisions, the Head Coach will consult with their Coaching Staff, as defined in this document, which includes zone representatives, assistant coaches, scouts, and evaluators designated by Softball BC.

Section 4 – Athlete Selection Process

Pool Selection

For Team BC, there will be multiple Identification camps in preparation for finalizing the team roster. For the BC Summer Games, there may be only a single identification camp, depending on the size of the zone and the number of athletes attending. In addition to camp advertisements being posted on Softball BC'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

Team Selection

Athletes from the Pool will be selected to the Team, with the goal being to put together the best possible team for the chosen 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 for selecting the Pool and the Team will be promoted on the Softball BC Website.

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. Athletes are expected to follow the prescribed training regimen, take the required regularly scheduled fitness tests, and be available to meet with Team BC and/or BC Summer Games staff, as well as attend off-season camps/events.

Unforeseen Circumstances/Changes to the Document

If unforeseen circumstances arise that prevent the implementation of this selection process or the timelines outlined in this document, Softball BC reserves the right to identify an alternative

process or timeline. 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/BC Summer Games Athlete Agreement
- Provide Softball BC 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 Softball BC
- Assist Softball BC or their Summer Games Zones in public relations and fundraising 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 Coach's satisfaction, the training standards set out in Appendix B or C;
- 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 or BC Summer Games Program activities and events (note that an athlete may obtain an exemption from the Head Coach and Softball BC);
- Violates team rules and/or Softball BC's policies and procedures;
- Exhibits conduct that is detrimental to the image of the Team BC or BC Summer Games Program;
- Breaches the Team BC/BC Summer Games Athlete Agreement;
- Voluntarily withdraws;
- Is removed by an Appeal panel; or
- Fraudulently misrepresents themselves

Section 6 – Substitution of Alternatives

Where necessary and appropriate, an athlete removed from a Team will be replaced by one of the alternates identified during the selection process. In the absence of an identified alternate, the Head Coach may select an alternate from the Athlete Pool.

Section 7 - Appeals

Team BC and BC Summer Games Athlete selections may be appealed in accordance with the procedures set out in the Softball BC Team BC and BC Summer Games Athlete Appeals Policy.



Team BC Program Player Evaluation – Catchers

[illegible]

**Appendix B – Training Objectives Women (Reference for BC Summer Games only)**

	Team BC Minimum Standard	Junior National Team Minimum Standard	National Team Minimum Standard	National Team Best
Fastball	58 mph	62 mph	65 mph	69 mph
Change-Up *	15-18 mph slower	15-18 mph slower		
Any two of the following:				
Rise Ball	56 mph	58 mph	60 mph	64 mph
Curve Ball	56 mph	58 mph	60 mph	64 mph
Screw Ball	58 mph	60 mph	60 mph	64 mph
Throw Home to 2nd	<2.0 sec	2.00 sec	< 1.84 sec	1.73sec
Throw Home to 3rd	<1.75 sec	1.50 sec	< 1.50 sec	1.24 sec
Glove to Glove Release	<0.95 sec	0.90 sec	<0.80 sec	0.75 sec
General Fitness				
Throwing Speed (overhand)	55 mph	55 mph	> 65 mph	68 mph
Plank	2.00 min	2.00 min	3.00 min	3.45 min
	Level 6	6.00	6.5	Level 8.5
Pro Agility	6.00 sec	6.00	5.0 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	20 in 1 min	25 in 1 min



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								



APPENDIX C Training Objectives – Men **(Reference for BC Summer Games only)**

Glove-to-Glove Testing

All athletes will be lined up at the shortstop position behind a set of pylons. Coach will be positioned 20 feet in front of the athletes and will bowl the softball towards the set position. The athlete will field the ball and throw it over to 1B. When the athlete touches the softball the stopwatch will start, as soon as the receiver catches the ball at 1B the stopwatch will stop and the time will be recorded. Each athlete will be given 5 throws from the set position.

If an athlete doesn't like the ball that's bowled to them they do not have to accept it and another ball will be bowled.

Velocity Testing

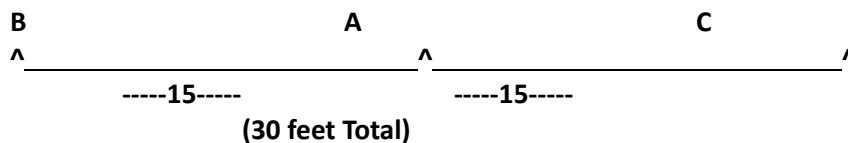
All athletes will be lined up at the third base position behind a set of pylons. Coach will be positioned 20 feet in front of the athletes and will bowl the softball towards the set position. The athlete will field the ball and throw it over to first base, 2nd Coach will be standing behind the receiver with the radar gun recording the velocity. Each athlete will get 5 throws each.

Running Test "A" – Straight 60

All athletes will be lined up in a single file behind pylon A. Pylon B will be positioned 60 feet away from pylon A and on first movement athlete will take off to Pylon B. Stopwatch will start on first movement and will stop once athlete passes Pylon B. Each Athlete will get 2 attempts at this test.

Running Test "B"- Sprint Agility Test

Three Pylons will be placed on the floor a total of 30 feet apart, athlete will start at the middle pylon "A", on first movement stopwatch will start and athlete runs to pylon B touch pylon sprint to pylon C touch pylon then back across pylon A to stop the clock.



Pitchers Testing

Each Pitcher will have their Rise, Drop, and Change-Up, Curve Ball velocity scored by Radar Gun. A ten-pitch accuracy sequence will call to each pitcher and a point scored for each spot hit for a perfect score of 10 points.

Rise In- Drop Away- Rise Away- Change Up Strike- Drop In- Change Up Bounce- Strike- High Ball- Curve Strike- Drop Middle.



Catchers Testing- Home – 2B = 84 feet 10.25 inches

The catcher will establish their set position and catch a pitched ball (either off a machine or live pitcher). If the pitched ball is difficult to catch and would negatively skew test results, that pitch should be aborted by the catcher or coach no penalty.

Each catcher will have 5 throws to 2B and all throws will be recorded on accuracy, glove-glove and velocity.

Fitness Testing

Plank - The plank (also called a front hold, hover, or abdominal bridge) is an [isometric core](#) strength exercise that involves maintaining a position similar to a [push-up](#) for the maximum possible time.

Pushups- Each athlete will be given 60 seconds to do as many as they can, focus on good form and forehead coming down to touch partners fist.

Sit Ups- the head and neck muscles should be completely relaxed and the hands in position to steady the head. The neck should be as straight as possible.

Feet should be kept flat on the floor and shoulder distance apart at all times. This provides a steady base to work from.

The back should be flat on the floor, but not completely. The hips and shoulders should be completely in contact with the floor but the back has a natural curve, which should be maintained.

The back should neither be arched too much, nor should the arch be pressed into the floor. The spine should feel relaxed and there should be no tension in the lower part.

The chin should be kept away from the chest, to avoid restricting breathing. 60 seconds to do as many as you can, your partner can stand on your feet.

Bleep Test- The **bleep test** is a multi-stage fitness **test** in which you must do 20 meter shuttle runs in time with the bleeps until the bleeps get too quick for you. It is a maximal **test**, which **means** it will take you to your fitness limit. The shuttle runs are done in time to **bleep** sounds on a pre-recorded audiocassette.

Broad Jump - The Standing long jump, also called the Broad Jump, is a common and easy to administer **test** of explosive leg power. The athlete attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.

Hitting Testing (Machine & Exit Speed)

Each athlete will get 10 swings off the machine and a 3-point scoring system will be put in place. 3pts for a hard hit ball

2pts for a medium hit ball

1 point for a slow roller or routine pop fly 0 points for a swing and miss or foul ball.

Bunting Test

Each athlete will get 10 bunts off the machine and a 3-point scoring system will be put in place. 3pts for a perfect bunt

2pts for a medium bunt 1 point for a hard bunt

0 points for a miss or a fouled bunt



Throwing Accuracy

All athletes will be positioned from a target 110 feet away. The ball will be positioned in front of the athletes and they must approach it like an outfielder and toss towards the target.

3 points for a hit target no bounce 2 points for a hit target one bounce

1 point for a hit target more than 1 bounce 0 points for a missed target

Coaches Choice

Head coach will split the athletes into 2 groups, group A will position themselves at the SS position and Group B will position them at 1B. Coach will roll a bucket of balls to group A and one by one they will field the balls and toss over to 1B. At the same time group B will receive the ball and drop in a bucket one after another. Each time there is a ball rolled out there will be a new thrower and receiver. Once the bucket is empty the groups will switch and the drill is repeated.



Appendix D - Training Objectives Men (Reference for BC Summer Games only)

	Team BC Minimum Standard	National Team Best
Pitchers		
Rise Ball	73 mph	79 mph
Drop	76 mph	84 mph
Change Up	15-20 mph slower	
Catchers		
Throw Home to 2 nd	2.00 sec	1.70 sec
Throw Home to 3 rd	1.50 sec	1.24 sec
Glove to Glove Release	0.95 sec	0.80 sec
General Fitness		
Throwing Speed (overhand)	70 mph	88 mph
Plank	3 min	8 min
Beep Test Score (Leger)	10	12
Trunk Rotation Throw	35 ft.	52.4 ft.
Crunches	40 in 1 min	60 in 1 min
Push Ups	40 in 1 min	60 in 1 min
Home to 1B - Run	3.50 sec	3.0 sec
Home to 2B - Run	6.2 sec	5.4 sec