

# 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.
- 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.

Update - July 2023 3



## Team BC Program Player Evaluation – Infielders

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4	An above aver	age elite-level performance. Good plays and decisions clearly or	tnumber poor	r ones. Factors	s not allowing	performance t	o be (5) might	t include: play	ing time lost	to game circu	mstances; sli	ght skill deficie	ncy compared	to a (5): slight	inconsistency	in terms of eff	ort, grittiness,	and lapse in o	discipline or e	motional con	trol as exampl	es. Athlete ca	an definitely pla	y at the top le	vel with the onl	/ limitation bei	ng depth at a	similar position	<u>ı.</u>										
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Team BC Program Player Evaluation - Pitchers

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4	An above average	elite-level performance. Good plays and decisions clearly outnut	erformance. Good plays and decisions clearly outnumber poor ones. Factors not allowing performance to be (5) might include: playing time lost to game circumstances; slight skill deficiency compared to a (5): slight inconsistency in terms of effort, grittiness, and lapse in discipline or emotional control as examples. Athlete can definitely play at the top level with the only limitation being depth at a similar position.																																				
3	An average elite-le	vel performance. Requires more observation. Athlete made their	share of mist	takes/poor ded	cisions, but the	ey countered b	y an equal nur	mber of good p	olays/decisions	s. Factors with	hin the game	may have inhi	bited achieving	g satisfactory	evaluation on th	nis athlete. At	thlete warrants	consideration	n as a candida	te for the Tear	BC Program	n. Athlete dem	onstrates don	ninant play at t	the Minor or Ju	unior level of p	lay (i.e., Provir	ncials, Canadia	an Champions	ships).									
2	A below average el	lite-level performance. Bad plays/decisions outnumber good one	es. Athlete ma	y have lacked	d effort and hus	stle and made	errors costly to	the team. At	itude, behavio	rs and perfor	mance questi	onable. Physic	cal and mental	components	were deficient a	and below av	erage. This ath	hlete shows so	some potential t	out has definite	limitations w	hich would no	t allow them t	o play at the to	op level. Athle	te demonstrate	es above avera	age play at the	Minor or Jun	ior level of pla	y (i.e., Provinc	ials, Canadian	Championshi	.ps).					
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## Team BC Program Player Evaluation – Catchers Base Running

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4	An above average eli	lite-level performance. Good plays and decisions clearly outnumber poor ones. Factor	ors not allowing	g performance	to be (5) might	nt include: play	ving time lost to	o game circun	mstances; sligh	ht skill deficier	ncy compared t	o a (5): slight i	inconsistency	in terms of e	fort, grittiness, a	and lapse in d	liscipline or em	notional contr	ol as examples. Athle	te can definite	ly play at the	top level with t	he only limitat	on being depth	at a similar pos	ition.											
3	An average elite-leve	el performance. Requires more observation. Athlete made their share of mistakes/poor	or decisions, b	out they counter	ed by an equa	al number of o	good plays/dec	sisions. Factor	rs within the ga	ame may have	e inhibited achie	eving satisfact	tory evaluatio	n on this athle	te. Athlete warr	ants considera	ation as a can	didate for the	Team BC Program. A	Athlete demon	strates domin	nant play at the	Minor or Juni	r level of play (i	.e., Provincials	Canadian Cha	impionships).										
2	A below average elite	te-level performance. Bad plays/decisions outnumber good ones. Athlete may have la	acked effort an	nd hustle and m	ade errors cos	stly to the tea	m. Attitude, be	haviors and p	performance qu	uestionable. P	Physical and me	ental compone	ents were defi	cient and belo	w average. This	s athlete show	vs some poten	ntial but has d	efinite limitations which	ch would not a	llow them to	play at the top	evel. Athlete	emonstrates at	ove average pl	ay at the Minor	or Junior level	of play (i.e., I	Provincials, Can	adian Champ	ionships).						$\Box$
1	Unacceptable elite-le	evel performance. Well below acceptable standards. Not approaching level of contrib	ution required	or expected. Si	ignificant defic	ciencies in ma	iny areas of the	e game. Athle	ete has not den	monstrated the	e appropriate sl	kill set to warra	ant participati	on in the Tea	n BC Program.	Significant im	provements a	re necessary	in order to successfu	lly compete at	the top level.	<u>.</u>															$\neg$



## Team BC Program Player Evaluation – Outfielders

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3	An average	elite-level performance. Requires more observation. Att	hlete made the	eir share of mi	istakes/poor o	decisions, but t	they countered	d by an equal n	umber of good	d plays/decision	ons. Factors wi	thin the game	may have inh	bited achievin	ig satisfactory	evaluation on	this athlete.	Athlete warran	nts considerat	tion as a candi	date for the Te	eam BC Progr	ram. Athlete de	lemonstrates	dominant play	at the Minor o	r Junior level o	of play (i.e., Pro	ovincials, Cana	adian Champi	onships).								
2	A below ave	rage elite-level performance. Bad plays/decisions outnot	umber good or	nes. Athlete m	nay have lack	ed effort and h	nustle and mad	de errors costly	to the team. A	Attitude, behav	viors and perfo	rmance quest	tionable. Physi	cal and menta	l components	were deficien	t and below a	verage. This a	athlete shows	some potentia	l but has defi	nite limitations	s which would	not allow the	em to play at the	e top level. At	hlete demonst	rates above av	erage play at	the Minor or J	lunior level of p	olay (i.e., Provi	ncials, Canadia	an Champions	ships).				
1	Unacceptabl	e elite-level performance. Well below acceptable stand	lards. Not app	roaching level	l of contribution	on required or	expected. Sig	nificant deficien	ncies in many a	areas of the ga	ame. Athlete h	as not demon	strated the ap	propriate skill :	set to warrant	participation in	n the Team B	C Program. Si	Significant impr	rovements are	necessary in	order to succe	essfully compe	ete at the top	level.														



## **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	15-18 mph		
	slower	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 2 <sup>nd</sup>	<2.0 sec	2.00 sec	< 1.84 sec	1.73sec
Throw Home to 3 <sup>rd</sup>	<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 mir
Push Ups	15 in 1 min	15 in 1 min	20 in 1 min	25 in 1 mir



## **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							



### <u>APPENDIX C Training Objectives – Men</u> (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**

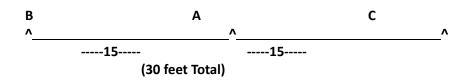
All athletes will be lined up at the third base position behind a set of pylons. Coach will be positioned 20 feet in front of the athletes and will bowl the softball towards the set position. The athlete will field the ball and throw it over to first base, 2<sup>nd</sup> Coach will be standing behind 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.



#### <u>Catchers Testing- Home – 2B = 84 feet 10.25 inches</u>

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.

Beep 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

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

O 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 <sup>nd</sup>	2.00 sec	1.70 sec
Throw Home to 3 <sup>rd</sup>	1.50 sec	1.24 sec
Glove to Glove Release	0.95 sec	0.80 sec
<b>General Fitness</b>		
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