

## Biathlon Canada 2019 Training Team Selection Criteria

### Introduction:

The purpose of this document is to define the selection criteria for athletes to be selected for a **Training Team**. A **Training Team** is a group of athletes named to a Biathlon Canada national team that will train together between May 1, 2019 and March 31, 2020. The “off-season” will be defined as being between May 1, 2019 and November 1, 2019. The nature of the commitment (i.e. camp based vs. centralized) is dependant on the Training Team and will be defined in the “Training Teams and Selection Criteria” section below.

NOTE: The ability for Biathlon Canada to offer centralized/camp-based Training Teams is dependent on budget. Therefore, positions described below may not be filled due to budgetary considerations.

*Reference document:* **2019 – 2020 ATHLETE ASSISTANCE PROGRAM SELECTION CRITERIA (AAP)**.

*Eligibility:* Each Training Team defines specific eligibility requirements; however, all athletes must meet the following eligibility requirements:

- The athlete must be a Canadian Citizen.
- The athlete must be a member, in good standing, with Biathlon Canada.
- The athlete must abide by the Biathlon Canada Code of Conduct, policies, procedures, and guidelines.

### Training Teams and Selection Criteria:

#### 1. Senior National Training Team:

<b>Number of athletes:</b>	Four (4) men and four (4) women with the possibility to add additional athletes in order to meet the strategic high performance objectives of Biathlon Canada.
<b>Environment:</b>	Centralized at the National Training Centre in Canmore, Alberta.
<b>Coaching:</b>	Senior National team coaches will lead this group.
<b>Program:</b>	<ul style="list-style-type: none"> <li>- Training based in Canmore, AB.</li> <li>- Training camps and activities will be planned throughout the off-season in different locations as required</li> <li>- An individualized Year Training Plan (YTP) will be provided to each athlete.</li> </ul>
<b>Cost:</b>	To be defined once budget is confirmed
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>- Athletes must train at the National Training Centre in Canmore from May 1 to November 1, 2019 under the leadership and direction of Biathlon Canada coaching staff, unless engaged in approved activities outside the National Training Centre.</li> </ul>

**Selection Criteria:**

Team	Senior National Training Team
Women Criteria As per the 2019-2020 AAP document*	<ol style="list-style-type: none"> <li>1. Athlete achieving the top AAP Carding Criteria</li> <li>2. Athlete achieving the second best AAP Carding Criteria</li> <li>3. Athlete achieving the third best AAP Carding Criteria</li> <li>4. Discretionary Selection (as per the definition below)</li> <li>5. Possible additional positions will be selected via Discretionary Selection.</li> </ol>
Men Criteria As per the 2019-2020 AAP document*	<ol style="list-style-type: none"> <li>1. Athlete achieving the top AAP Carding Criteria</li> <li>2. Athlete achieving the second best AAP Carding Criteria</li> <li>3. Athlete achieving the third best AAP Carding Criteria</li> <li>4. Discretionary Selection (as per the definition below)</li> <li>5. Possible additional positions will be selected via Discretionary Selection.</li> </ol>

*\*NOTE that "AAP Carding Criteria" applies to receiving a carding through the AAP program. Athletes who have received carding for more than seven years will need to meet the Performance Requirements as outlined in Section III, C (as per the 2019-2020 AAP) in order to be ranked for position 1, 2, or 3 noted above. Otherwise the athlete could be considered for Discretionary Selection.*

**2. Senior National Development Training Team**

<b>Number of athletes:</b>	To a maximum of eight (8) athletes.
<b>Environment:</b>	Camp-based
<b>Coaching:</b>	The Long Term Athlete Development Director will lead this group.
<b>Program:</b>	<ul style="list-style-type: none"> <li>- Training camps and activities, in conjunction with the Senior National Team or U20 team, will be planned throughout the off-season with respect to the training age and needs of the individual athlete. Camps will likely take place in Canmore, Alberta.</li> <li>- Athlete monitoring and testing.</li> <li>- Additional resources and services (full program to be defined)</li> </ul>
<b>Cost:</b>	To be defined once budget is confirmed
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>- Athletes born in 1995 to 2002 are eligible</li> <li>- It is recommended that athletes train at one of Biathlon Canada's approved training centres: Biathlon Alberta Training Centre, Whistler Nordic Development Centre, Centre de Biathlon d'Excellence du Quebec, OR a High Performance Club program (see Appendix 1: Training Centre and High Performance Club recommendations).</li> <li>- Biathlon Canada requires access to athlete training plans and diaries. It is recommended that programs utilize Training Peaks.</li> </ul>

	- YTP must be approved and monitored by the Biathlon Canada LTAD Director in collaboration with the athlete's individual coach.
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#### Selection Criteria

Team	Senior National Development Training Team
<b>Athlete criteria – to a maximum of eight athletes</b> <i>Described in rank order i.e. as soon as the quota of athletes is reached, no further positions will be offered.</i>	<ol style="list-style-type: none"> <li>1. Athlete achieves the following standard in an individual (non-relay) event:               <ol style="list-style-type: none"> <li>a. U25: 2 x Top 16 IBU Cup <b>or</b> 2 x Top 50 WC/WCH</li> <li>b. U22: 2 x Top 30 IBU Cup <b>or</b> 2 x Top 60 WC/WCH, <b>or</b> 1 x Top 16 WJCH/JIBUC <b>or</b> a combination of the above.</li> <li>c. U19: 1 x Top 6 WYCH</li> </ol> </li> <li>2. Junior athlete with best individual (non-relay) performance as per 2018-2019 Nationals ranking (below) (1 male, 1 female)</li> <li>3. Youth athlete with best individual (non-relay) performance as per 2018-2019 Nationals ranking (below) (1 male, 1 female)</li> <li>4. Discretionary Selection</li> </ol>

### 3. U24 Training Team

<b>Number of athletes:</b>	To a maximum of eight (8) athletes.
<b>Environment:</b>	Camp-based
<b>Coaching:</b>	The Long Term Athlete Development Director will lead this group
<b>Program:</b>	- Training camps and activities, in conjunction with the Senior National Team and Senior Development Team, will be planned throughout the off-season in Canmore, AB.
<b>Cost:</b>	To be defined once budget is confirmed
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>- Athletes born from 1996 to 1999 are eligible</li> <li>- It is recommended that athletes train at one of Biathlon Canada's approved training centres: Biathlon Alberta Training Centre, Whistler Nordic Development Centre, Centre de Biathlon d'Excellence du Quebec, OR a High Performance Club program (See Appendix 1: Training Centre and High Performance Club recommendations).</li> <li>- Biathlon Canada requires access to athlete training plans and diaries. It is recommended that programs utilize Training Peaks.</li> <li>- YTP must be approved and monitored by the LTAD Director in collaboration with the athlete's individual coach.</li> </ul>

<b>Team</b>	U24 Training Team
<b>Athlete criteria – to a maximum of eight athletes</b> <i>Described in rank order i.e. as soon as the quota of athletes is reached, no further positions will be offered.</i>	<ol style="list-style-type: none"> <li>1. Athlete achieves the following standard: <ol style="list-style-type: none"> <li>a. U24: 2 x Top 40 IBU Cup</li> <li>a. U22: 2 x Top 40 IBU Cup <b>or</b> 2 x Top 30 WJCH/JIBUC <b>or</b> a combination of both</li> </ol> </li> <li>2. Junior athlete with best individual (non-relay) performance as per 2018-2019 Nationals Ranking (below) (removing any athletes who have been selected for another Training Team) (1 male, 1 female)</li> <li>3. Discretionary Selection</li> </ol>

#### 4. U20 Development Team

<b>Number of athletes:</b>	To a maximum of 24 athletes.
<b>Environment:</b>	Camp-based
<b>Coaching:</b>	The Long Term Athlete Development Director will lead this group
<b>Program:</b>	<ul style="list-style-type: none"> <li>- Training camps and activities will be planned throughout the off-season in different locations.</li> </ul>
<b>Cost:</b>	To be defined once budget is confirmed
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>- Athletes born in 2000 to 2004 are eligible</li> <li>- The athlete must be training at a Biathlon Canada recognized Club or a Biathlon Canada approved Training Centre.</li> <li>- Biathlon Canada requires access to athlete training plans and diaries. It is recommended that programs utilize Training Peaks.</li> <li>- YTP must be approved and monitored by the Biathlon Canada LTAD Director in collaboration with the athlete's individual coach.</li> </ul>

<b>Team</b>	U20 Training Team
<b>Athlete criteria – to a maximum of 24 athletes</b> <i>– Described in rank order i.e. as soon as the quota of athletes is reached, no further positions will be offered.</i>	<ol style="list-style-type: none"> <li>1. Athletes qualifying for Biathlon Canada's 2019 World Youth Championships team.</li> <li>2. Youth athlete with best individual (non-relay) performance as per 2018-2019 Nationals ranking (below) (removing any athletes who have been selected for another Training Team or selected in point #1) (1 male, 1 female).</li> <li>3. Top 3 Senior boy/girl with best individual (non-relay) performance as per 2018-2019 Nationals ranking (below) (removing any athletes who have been selected for another Training Team or selected in point #1) (3 male, 3 female).</li> <li>4. U19 Athletes who qualify for a Junior IBU Cup</li> <li>5. Athletes achieving a Top 5 performance at Cross Country Ski de Fond Canada 2019 National Championships.</li> <li>6. Discretionary Selection (as defined below)</li> </ol>

### **Nationals Ranking:**

- Athletes will be ranked using Race Points awarded as per the World Cup Discipline Points Scoring System (IBU Event and Competition Rules 15.8.2.1 (2015/2016))
- There will be three individual (non-relay) competitions at 2018-2019 Nationals. The Race Points of the best two-of-three races of a particular athlete will be added together for ranking.
  - In the event that only two individual races are offered at 2018-2019 Nationals (i.e. due to force majeure – snow conditions, cold weather etc.) then Race Points from both races will count towards the ranking.
  - In the event that one individual race is offered at 2018-2019 Nationals (i.e. due to force majeure – snow conditions, cold weather etc.) then Race Points from the one race will count towards ranking.
- In the event of a tie, competitor's **Performance Percentage** for each race that contributes to the Race Points ranking will be calculated by dividing the average of the top three finishers' final times by the final time of a particular athlete, truncated to two decimal points.
  - Of the three races, the Performance Percentages for the two races used in ranking for Race Points will be averaged for ranking.
  - In the event that there are only two individual races offered, both Performance Percentages will be averaged to calculate the competitor's Performance Percentage.
  - In the event that there is only one individual race offered, the Performance Percentage from that race will be used to calculate the competitor's Performance Percentage.
- Should there still be a tie, Discretionary Selection will be used to determine the ranking for the tied athletes in question.
- A Youth/Junior athlete must achieve an overall Performance Percentage of at least 90% during 2018-2019 Nationals in order to be eligible for selection. Overall Performance Percentage will be calculated as follows:
  - One individual race is offered: The Performance Percentage from that race will determine the overall Performance Percentage.
  - Two individual races are offered: The Performance Percentages from both races will be averaged to determine the overall Performance Percentage.
  - Three individual races are offered: The Performance Percentages for the two races used in ranking for Race Points will be averaged to determine the overall Performance Percentage.

### **Discretionary Selection:**

The High Performance Working Group (HPWG), in consultation with coaches, will make Training Team selection decisions in consideration of any or all of the following:

- Current and historical results
- Demonstrated ability to meet Biathlon Canada's objectives for the high-performance program. This includes potential to meet long-term objectives of Olympic, World Cup, or World Championship medals through 2026 and beyond.
- Strategic long-term athlete development
- Selection process impacted by illness, injury or force majeure

- Recent improvements in performance parameters, such as shooting performance or ski speed
- Recent decline in performance parameters, such as shooting performance or ski speed
- Ability to effectively contribute to a relay performance
- Athlete behavior and compliance to Biathlon Canada's policies, procedures, and guidelines.
- Should no athletes meet established criteria for a team position, or should an athlete decline selection, the HPWG may:
  - Fill the position as a discretionary selection; or,
  - Leave the position unfilled.
- The HPWG may choose not to fill an available tour position based on Biathlon Canada budget considerations and overall long-term athlete development strategy.

### **Training Team Selection Process**

Training Team selections will be made by the High Performance Working Group (HPWG), which is comprised of the Biathlon Canada General Manager and Board Representative. Starting on April 10, 2019 the HPWG will contact athletes for positions on selected teams starting with the Senior National Team and finishing with the U20 Development Team. Athletes will have seven days to provide their acceptance so that all teams can be confirmed by April 26, 2019.

Upon acceptance of their position, athletes will sign the 2019-2020 Athlete Agreement and complete an athlete information sheet.

### **Question and Answer: (answers in bold)**

- How many camps will there be throughout the off-season at each level? **The number of camps throughout the off-season will depend on the needs of the athletes selected for the team and the finalized budget. For camps, the Senior Development Team will train alongside the National Team and the U24 team will have a few camps in conjunction with the Development Team and National team.**
- Throughout the document it mentions that "Biathlon Canada requires access to athlete training plans and diaries" and that the "YTP must be approved and monitored by the LTAD Director in collaboration with the athlete's individual coach." What exactly does this mean and what would BiCan do with this information? **This data sharing is designed to be helpful to both the athlete, coach, club, and Biathlon Canada. Information will be used to track athlete progress, monitor our development pathway, gather information of best practices, identify gaps in our system, bolster athlete accountability to their training and monitoring, and provide opportunity for coach development.**
- If I have been offered a position on the World Youth Championships team, but cannot accept it, would I still qualify for that selection criteria for the U20 Development Team? **Yes. The same answer applies to a U19 athlete offered a position for a Junior IBU Cup.**

## **APPENDIX 1 - Training Centre and High Performance Club Recommendations**

Training Centres and High Performance (HP) Club programs need to build programs to produce an optimal training environment for Canada's best development biathletes and to align with Biathlon Canada's strategic development strategy. As such, we recommend athletes train at a centre or high performance club with the following components:

- Be within 50km to a biathlon range.
- Range has pavement for rollerskiing.
- Winter snow making/storage or reliable early season snow access.
- Competition development certified or equivalent coaches.
- 8:1 Athlete:Coach ratio.
- 5+ days per week coached sessions.
- Basic Integrated Support Team (IST) (basic access to strength specialist, physio/massage therapy, performance dietician, sport psychology, doctor).
- Biathlon Canada directed testing protocols (incremental/MAS twice in training season blood analysis 2-3 per year through team/club physician).
- Participation in Festival West or East (tESTival)
- Use of Biathlon Canada training plan, diary, and monitoring system - Training Peaks
- **HP Clubs** must promote grassroots program development within their club.