

Biathlon Canada

2020-2021 Training Team Selection Criteria

UPDATED: August 30, 2019

Introduction:

The purpose of this document is to define the selection criteria for athletes to be selected for a **National Training Team**. A **Training Team** is a group of athletes named to a Biathlon Canada national team that will train together between May 1, 2020 and March 31, 2021. The “off-season” will be defined as being between May 1, 2020 and November 1, 2020. 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: **2020 – 2021 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 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 (Heather Ambery) and Board Representative (Lyle McLeod). Decisions will be informed by advisors to the HPWG. The HPWG may decide who to contact depending on the decision being made and the individuals involved in the decision.

- Potential advisors (this list is non-exhaustive): Biathlon Canada National Team Coaches, Tour Coaches, Long Term Athlete Development Director, Athlete and Coach Development Manager, Club coaches, athlete representatives etc. NOTE: The HPWG reserves the right to contact whomever necessary in order to make the best decision

Starting on April 8th, 2020 the HPWG will contact athletes for positions on selected teams starting with the Senior National Training Team and finishing with the U20 Training Team.

Athletes will have seven days to provide their acceptance so that all teams can be confirmed by April 27th, 2020.

Upon acceptance of their position, athletes will sign the 2020-2021 Athlete Agreement and complete an athlete information sheet.

Training Teams and Selection Criteria

1. Senior National Training Team:

Number of Athletes:	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.
Environment:	Centralized at the National Training Centre in Canmore, Alberta
Coaching:	Senior National team coaches will lead this group.
Program:	<ul style="list-style-type: none"> - Training based in Canmore, AB. - Training camps and activities will be planned throughout the off-season in different locations as required - An individualized Year Training Plan (YTP) will be provided to each athlete.
Cost:	To be defined once budget is confirmed
Eligibility:	<ul style="list-style-type: none"> - Athletes must train at the National Training Centre in Canmore from May 1 to November 1, 2020 under the leadership and direction of Biathlon Canada coaching staff, unless engaged in approved activities outside the National Training Centre. Approval to train at other National Training Centres may be approved through the HPWG.

Selection Criteria

Team	Senior National Training Team
Women Criteria As per the 2020-2021 AAP document*	<ol style="list-style-type: none"> 1. Athlete achieving the top AAP Carding Criteria 2. Athlete achieving the second best AAP Carding Criteria 3. Athlete achieving the third best AAP Carding Criteria 4. Discretionary Selection (as per the definition below) 5. Possible additional positions will be selected via Discretionary Selection.

<p>Men Criteria As per the 2020-2021 AAP document*</p>	<ol style="list-style-type: none"> 1. Athlete achieving the top AAP Carding Criteria 2. Athlete achieving the second best AAP Carding Criteria 3. Athlete achieving the third best AAP Carding Criteria 4. Discretionary Selection (as per the definition below) 5. Possible additional positions will be selected via Discretionary Selection.
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**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 2020-2021 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

Number of athletes:	To a maximum of eight (8) athletes.
Environment:	Camp-based
Coaching:	The Long Term Athlete Development Director will lead this group.
Program:	<ul style="list-style-type: none"> - Training camps and activities, in conjunction with the Senior National Training Team and/or U24/U20 Training Teams, will be planned throughout the off-season. - Athlete monitoring and testing. - Additional resources and services (full program to be defined)
Cost:	To be defined once budget is confirmed
Eligibility:	<ul style="list-style-type: none"> - Athletes born in 1995 to 2002 are eligible - 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 Québec, OR a High Performance Club program (see Appendix 1: Training Centre and High Performance Club recommendations). - Biathlon Canada requires access to athlete training plans and diaries. It is recommended that programs utilize Training Peaks. - YTP must be submitted to Biathlon Canada’s LTAD Director

Selection Criteria

Team	Senior National Development Training Team
Athlete criteria – to a maximum of eight athletes <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"> 1. Athlete achieves the following standard in an individual (non-relay) event: <ol style="list-style-type: none"> a. U25: 2 x Top 16 IBU Cup or 2 x Top 50 WC/WCH or a combination of the above. b. U22: 2 x Top 30 IBU Cup or 2 x Top 60 WC/WCH, or 1 x Top 16 WJCH/JIBUC or a combination of the above. c. U19: 1 x Top 6 WYCH 2. Junior athlete with best individual (non-relay) performance as per 2019-2020 Nationals ranking (below) (1 male, 1 female) 3. Youth athlete with best individual (non-relay) performance as per 2019-2020 Nationals ranking (below) (1 male, 1 female) 4. Discretionary Selection

3. U24 National Development Training Team

Number of athletes:	To a maximum of ten (10) athletes.
Environment:	Camp-based
Coaching:	The Long Term Athlete Development Director will lead this group
Program:	<ul style="list-style-type: none"> - Training camps and activities, in conjunction with the Senior National Training Team and/or Senior Development team and/or U20 Training Teams, will be planned throughout the off-season.
Cost:	To be defined once budget is confirmed
Eligibility:	<ul style="list-style-type: none"> - Athletes born from 1997 to 2000 are eligible - 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 Québec, OR a High Performance Club program (See Appendix 1: Training Centre and High Performance Club recommendations). - Biathlon Canada requires access to athlete training plans and diaries. It is recommended that programs utilize Training Peaks. - YTP must be submitted to the LTAD Director.

Team	U24 National Development Training Team
Athlete criteria – to a maximum of ten athletes <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"> 1. Athlete achieves the following standard: <ol style="list-style-type: none"> a. U24: 2 x Top 40 IBU Cup b. U22: 2 x Top 50 IBU Cup or 2 x Top 30 WJCH/JIBUC or a combination of both 2. Junior athlete with best individual (non-relay) performance as per 2019-2020 Nationals Ranking (below) (removing any athletes who have been selected for another Training Team) (1 male, 1 female) 3. Discretionary Selection

4. U20 Athlete Development Training Team

Number of athletes:	To a maximum of 24 athletes.
Environment:	Camp-based
Coaching:	The Long Term Athlete Development Director will lead this group
Program:	<ul style="list-style-type: none"> - Training camps and activities will be planned throughout the off-season in different locations.
Cost:	To be defined once budget is confirmed
Eligibility:	<ul style="list-style-type: none"> - Athletes born in 2001 to 2004 are eligible - Athletes must have regular supervision from a competition certified biathlon coach - Biathlon Canada requires access to athlete training plans and diaries. It is recommended that programs utilize Training Peaks for athlete training plans and diaries. - YTP must be submitted to the Biathlon Canada LTAD Director.

Team	U20 Athlete Development Training Team
Athlete criteria – to a maximum of 24 athletes – <i>Described in rank order i.e. as soon as the quota of athletes is reached, no further</i>	<ol style="list-style-type: none"> 1. Athletes qualifying for Biathlon Canada's 2020 Youth Olympic Games or World Youth Championships team. 2. Youth athlete with best individual (non-relay) performance as per 2019-2020 Nationals ranking (below) (removing any athletes who have been selected for another Training Team or selected in point #1) (1 male, 1 female). 3. Top 3 Senior boy/girl with best individual (non-relay) performance as per 2019-2020 Nationals ranking (below)

<i>positions will be offered.</i>	<p>(removing any athletes who have been selected for another Training Team or selected in point #1) (3 male, 3 female).</p> <p>4. Athletes achieving a Top 5 performance at Nordiq Canada 2020 National Championships who are Biathlon Canada members.</p> <p>5. Discretionary Selection</p>
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2019-2020 Nationals Ranking:

- Athletes will be ranked using **Performance Percentage** by dividing the average of the top three finishers' final times by the final time of a particular athlete, truncated to two decimal points.
 - At selection events with one race, the competitor with the highest Performance Percentage will be ranked higher.
 - At selection events with two races, the two Performance Percentages will be averaged for ranking.
 - At selection events with three races, the Performance Percentages for the two races used in ranking for Race Points will be averaged for ranking.
 - At selection events with four races, the Performance Percentages for the three races used in ranking for Race Points will be averaged for ranking.
- If there is still a tie, Discretionary Selection will be used.
- An athlete in the men's/women's category must achieve an overall Performance Percentage of at least 94% in the trials period to be eligible for selection. A Junior athlete must achieve an overall Performance Percentage of at least 90% in the trials period to be eligible for selection. A Youth athlete must achieve an overall Performance Percentage of at least 85% in the trials period to be eligible for selection.
- Results of pre-selected athletes at trial events will not be factored into the performance percentages.
- International athletes competing in Nationals will not be factored into the ranking.

Discretionary Selection: The HPWG will make 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;
- Fit with the appropriate competition level for the athlete's long-term development;
- 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 Training 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.

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.**
- 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.**

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+ coaches sessions per week.
- 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** should promote grassroots program development within their club.