

## Biathlon Canada

### 2021-2022 Training Team Selection Criteria

UPDATED: February 25, 2021

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**Changes made on October 16, 2020:** Note that due to the current COVID-19 restrictions and changes to the IBU Calendar, a number of adjustments to this document have been made. In particular, it is anticipated that any athlete taking part in Junior Youth World Championships will be unable to attend Canadian National Championships due to a quarantine period upon returning to Canada. Therefore, the selection criteria has been adjusted within this document to include different trials events.

All changes are reflected in red.

**Changes made on February 25, 2021:** These changes reflect the fact that no trials were run for IBU Cup or JYWCH and that Canadian Championships were cancelled. Changes also align with the Discretionary Selection criteria used for the JYWCH selection process. Finally, some edits were made for clarification.

All changes on February 25, 2021 are reflected in purple.

#### Introduction:

The purpose of this document is to define the criteria for athletes to be selected to a **National Training Team**. A **National Training Team** (Training Team) is a group of athletes that will train together between May 1, 2021 and March 31, 2022. The “off-season” will be defined as being between May 1, 2021 and November 1, 2021. The nature of the commitment (i.e. camp based vs. centralized) is dependent 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:* **2021-2022 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 composed 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, IST members etc. NOTE: The HPWG reserves the right to contact whomever necessary in order to make the best decision.

Starting on April 8th, 2021 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 be given a minimum of four business days to provide their acceptance so that all teams can be confirmed by April 27th, 2021.

Upon acceptance of their position, athletes will sign the 2021-2022 Athlete Agreement and complete an athlete information sheet.

## **COVID-19**

Biathlon Canada is carefully following the evolution of the Coronavirus on the global and domestic level and how it may impact the 2020-2021 Biathlon season. Unless otherwise required by exceptional and unforeseen circumstances related to the impact of the Coronavirus, Biathlon Canada will respect the published Team Selection document as written. However, situations related to the Coronavirus pandemic may arise that require this document to be modified. Any modifications will be made promptly and as often as required following developments that directly impact the team selection document. In such circumstances, any modifications will be communicated to all affected individuals as soon as possible.

Further, situations may arise that do not allow the team selection document to be modified or applied as written due to time constraints or other exceptional and unforeseen circumstances. In such situations, any decision, including nomination decisions, will be made by the High Performance Working Group, in consultation with the relevant individual(s) or committee(s) (as applicable), and in accordance with the stated performance objectives and selection philosophy and approach as stated herein. Should it be necessary to make any decision in this manner, Biathlon Canada will communicate with all affected individuals as soon as possible.

## **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
<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> <li>- Athlete monitoring, testing and assessment driven by Biathlon Canada's Gold Medal Profile</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, 2021 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 training centres may be approved through the HPWG.</li> </ul>

### Selection Criteria

<b>Team</b>	Senior National Training Team
<b>Women Criteria</b> As per the 2021-2022 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>
<b>Men Criteria</b> As per the 2021-2022 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 2021-2022 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 Training Team and/or U24/U20 Training Teams, will be planned throughout the off-season.</li> <li>- Athlete monitoring, testing, and assessments driven by Biathlon Canada’s Gold Medal Profile <b>and in collaboration with the athlete’s home program.</b></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 1996 to 2003 are eligible</li> <li>- It is recommended that athletes train at one of Biathlon Canada’s approved training centres 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 submitted to Biathlon Canada’s LTAD Director</li> </ul>

### Selection Criteria

<b>Team</b>	Senior National Development Training Team
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<p><b>Athlete criteria – to a maximum of eight athletes</b></p> <p><i>Described in rank order i.e. as soon as the quota of athletes is reached, no further positions will be offered.</i></p>	<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 <b>or</b> a combination of the above.</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/<del>JOECH/JIBUG</del> <b>or</b> a combination of the above.</li> <li>c. U19: 1 x Top 16 WYCH</li> </ol> </li> <li>2. Athlete 2002-1999 year of birth with the best individual WC trials ranking as per the NTP (one male, one female).</li> <li>3. <del>Male and female athlete 2002-1999 year of birth with the best individual IBU trials ranking as per the NTP (one male, one female).</del></li> <li>4. Discretionary Selection</li> </ol>
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### 3. U24 National Development Training Team

<b>Number of athletes:</b>	To a maximum of <del>ten</del> twelve (12) 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 <del>other</del> 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.</li> </ul>
<b>Cost:</b>	To be defined once budget is confirmed
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>- Athletes born from 1997 to 2001 are eligible</li> <li>- It is recommended that athletes train at a training centre approved by Biathlon Canada 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 submitted to the LTAD Director.</li> </ul>
<b>Team</b>	U24 National Development Training Team

<p><b>Athlete criteria – to a maximum of ten athletes</b></p> <p><i>Described in rank order i.e. as soon as the quota of athletes is reached, no further positions will be offered.</i></p>	<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>b. U22: 2 x Top 50 IBU Cup <b>or</b> 2 x Top 30 WJCH/<del>JOECH/JIBUG</del> <b>or</b> a combination of both</li> </ol> </li> <li><del>2. Junior athlete with best individual (non-relay) IBU trials ranking, as per the NTP (removing any athletes who have been selected for another Training Team) (1 male, 1 female):</del></li> <li><del>3. Junior athlete with the best individual (non-relay) Junior trials ranking, as per the NTP (1 male, 1 female):</del></li> <li>4. Discretionary Selection</li> </ol>
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**4. U20 Athlete Development Training 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 <b>other</b> 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 2002 to 2005 are eligible</li> <li>- Athletes must have regular supervision from a competition development certified biathlon coach</li> <li>- Biathlon Canada requires access to athlete training plans and diaries. It is recommended that programs utilize Training Peaks for athlete training plans and diaries.</li> <li>- YTP must be submitted to the Biathlon Canada LTAD Director.</li> </ul>

<b>Team</b>	U20 Athlete Development Training Team
<p><b>Athlete criteria – to a maximum of 24 athletes –</b></p> <p><i>Described in rank order i.e. as soon as the quota of athletes is reached, no further</i></p>	<ol style="list-style-type: none"> <li>1. Athlete achieves the following standard: <ol style="list-style-type: none"> <li>a. 2002 YOB selected to YWCH team.</li> <li><del>b. 2003-2005 YOB: Top 60 result at YWCH</del></li> </ol> </li> <li><del>2. Top two Youth athletes with best individual (non-relay) Youth trials ranking, as per the NTP (removing any athletes who have been selected for another Training Team or selected in point #1) (2 males, 2 females):</del></li> <li><del>3. Top two 2004-2005 YOB athletes with best individual (non-relay) Youth trials ranking, as per the NTP (removing any</del></li> </ol>

<p><i>positions will be offered.</i></p>	<p><del>athletes who have been selected for another Training Team or selected in point #1) (2 male, 2 female).</del></p> <p><del>4. Top two Sr. Boys and Girls athletes with best individual (non-relay) Nationals ranking (removing any athletes who have been selected for another Training Team or selected in point #1) (2 male, 2 female).</del></p> <p><del>5. Athletes achieving a Top 6 performance at Nordiq Canada 2021 National Championships who are members of Biathlon Canada</del></p> <p>6. Discretionary Selection</p>
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**2021 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 athlete's best two races will be averaged for ranking.~~
  - ~~○ At selection events with four races, the Performance Percentages for the athlete's best three races will be averaged for ranking.~~~~
- ~~● If there is still a tie, Discretionary Selection will be used.~~
- ~~● Athletes competing for a nation other than Canada 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 results: **This includes local, regional, provincial, national, and international events; team time trials, in both biathlon and cross country skiing; and testing results (Testival 2020 (Summer and Fall) and 2021 National At Home Challenge.**
- Historical results: **International, NorAm, Biathlon Canada Trials, and/or Canadian Championship results from the 2019 and/or 2020 calendar year. 2020 team selections in both biathlon and cross country skiing.**
- 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 (this includes the inability to participate in an event/competition due to the COVID-19 illness and/or restrictions imposed due to the pandemic);
- 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.

### **Failure to Meet 2021-2022 Criteria for Health-related Reasons**

Athletes who were selected to a Training Team in the previous year and were unable to meet the selection criteria strictly due to health-related reasons may be considered for re-nomination to a Training Team by Biathlon Canada High-Performance Working Group for the upcoming carding period if:

- a. The athlete has abided by the Injury provision requirements of the Biathlon Canada Athlete Contract, Section III.1 (i): *"In the case of an injury or illness which prohibits the Athlete from participating in a National Team activity, the athlete must send a signed certificate from a physician to the HPWG within eight (8) days following injury or sickness. The certificate should indicate the details of the problem and the prognosis. National Team athletes are expected to follow a recovery program as prescribed by the practitioner (physician or other), including following the training and recovery regime/strategy assigned by the coach;"*

In addition, the athlete must provide the following within eight days following injury or sickness:

- i. A doctor's medical certificate indicating the date and nature of the injury with the prescribed rehabilitation program and an estimated recovery period. An indication that a full medical recovery will be possible within the next carding period. Biathlon Canada reserves the right to have a second medical opinion;
- ii. For the period during which the athlete is unable to fulfill the training and competition commitments which are part of the normal carded athlete's



contract, the athlete undertakes in writing to train and/or rehabilitate under the supervision of Biathlon Canada at a level which minimizes risk to the athlete's personal health, and ensures an optimal return to full training and competition;

- iii. The athlete signifies in writing his / her intention to return to full high-performance training and competition at the earliest date possible following the illness or injury;

**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, the finalized budget and the Covid-19 situation.**
- 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 on best practices, identify gaps in our system, bolster athlete accountability to their training and monitoring, and provide opportunities for coach development.**

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

Official 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 and Gold Medal Profile (GMP). As such, we recommend athletes train at an Official Training Centre or high performance club with the following components:

- Live 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, from May through March.
- Basic Integrated Support Team (IST) (basic access to strength specialist, physio/massage therapy, performance dietician, sport psychology, doctor).
- Alignment to Biathlon Canada's GMP (~~incremental/MAS twice in training season blood analysis 2-3 per year through team/club physician~~).
- Participation in Festivals.
- Use of Biathlon Canada training plan, diary, and monitoring system - Training Peaks
- **HP Clubs** should promote grassroots program development within their club.