



HIGH PERFORMANCE PROGRAM SELECTION PROTOCOL PARA-SNOWBOARD: 2019-20 PROGRAM YEAR

Updated: October 15, 2018

Ratified by the Executive Director: November 30, 2018

INTRODUCTION

1. The High Performance Program (HPP) consists of those athletes formally named by Canada Snowboard (CS) and who are then eligible to receive support directly from CS. Athletes named to the HPP are recognized as members of Canada Snowboard's National Team in the disciplines of Alpine, Halfpipe, Slopestyle & Big Air, Snowboardcross or Para-Snowboard; or are team members of a NextGen Program within a given discipline.
2. This "*High Performance Program Selection Protocol*" sets out the process of:
 - a) Identifying those athletes who are eligible for selection to the 2019/20 High Performance Program in the Para-Snowboard discipline; and
 - b) From this group, determining which athletes shall be offered positions on the 2019/20 National Snowboard Team and NextGen Program.
3. This High Performance Program Selection Protocol and other Canada Snowboard Selection Protocols are published on the 'Document Centre' of the Canada Snowboard web site at: www.canadasnowboard.ca/en/docs.
4. Athletes eligible for selection to the HPP are identified, ranked, and offered National Snowboard Team and NextGen Program positions in accordance with the specific procedures set out below.

TERMS

The following abbreviated terms are used in this Protocol:

- a) WPSB: World Para Snowboard
- b) HPP: High Performance Program
- c) WC: World Cup
- d) WCH: World Championships
- e) PWG: Paralympic Winter Games
- f) EC: Europa Cup
- g) SHC: South American Cup
- h) NAC: NorAm Cup



- i) SBX: Snowboardcross
- j) BSL: Banked Slalom

GENERAL CONSIDERATIONS

5. The HPP Management and Para-Snowboard coaching staff shall meet on or before May 8, 2019 to identify those athletes who will be recommended for positions in the HPP for the 2019-20 program year. If required, the selection committee will seek input from:
 - HPP Strength and Conditioning Trainer(s)
 - HPP Integrated Support Team (IST)
6. The Canada Snowboard HPP's recommendations shall be made on the basis of athletes' performances during the just-concluded season, in accordance with the procedures detailed in this document. Other factors which may be included in determining selections are athletes' progress towards established performance objectives, long term potential as measured against the discipline's Performance Curve, and athletes' physical conditioning.
7. All HPP athlete selections are effective for a one-year period defined as May 1, 2019 to April 30, 2020, inclusive.
8. The maximum number of available positions in the HPP shall be identified at the outset of the selection process. This number will be based on the program constraints of the HPP, primarily financial.

Note: Due to these constraints, the HPP may **not** be able to support a NextGen Program for some disciplines. If this is the case for any given discipline, the selection protocol for the NextGen Program will be **voided** as there will simply not be a program for that season.

9. Athlete rankings, based on the selection process, will be determined by the order of selection for available HPP positions. The Canada Snowboard HPP Management and coaching staff have the right to recommend athletes for selection in an order other than that indicated by the rankings. The grounds for any such recommendations must be set out in detail, and must be in accordance with the document "*General Policies High Performance Program*" located in the 'Document Centre' of the Canada Snowboard website here: <https://www.canadasnowboard.ca/files/HPP-GeneralPolicies.pdf>
 - a) If necessary, some individuals currently named to the Para-Snowboard National Team will be given benchmarks with their athlete agreement. The benchmarks will be created by the National Team coach which will be thought to be performance enhancements for the individual to progress their competitive future to become a Paralympic medal potential. If the individual meets all of the benchmarks and engages in at least 80% of the National Team



program over the course of the season they will be named to the 19/20 National Team regardless of competition results. If an athlete is unsuccessful in meeting the benchmarks and program engagement requirements they will still be eligible for team selection based on the eligibility and selection criteria in sections #10 through #15.

IDENTIFICATION OF ELIGIBILITY

National Team

10. To be eligible for selection to the **National Team** an athlete must:
- a) Be in good standing with Canada Snowboard;
 - b) Have competed in a minimum of two (2) World Cup level or higher events in the program year just ended;
 - c) Have completed international classification by the International Paralympic Committee (IPC) with a confirmed sport classification or a sport classification with a fixed review date;
 - d) Be ranked within the top half (1/2) of sport classification field on the latest WPSB World Ranking List; and
 - e) Have submitted their '**Skills Based Assessment**' to kim.krahulec@canadasnowboard.ca by April 20, 2019.
 - i. Currently named 2018/19 National Team and NextGen athlete applications will be completed by their respective national team coach.

NextGen Program

11. To be eligible for to the **NextGen Program** an athlete must:
- a) Be in good standing with Canada Snowboard;
 - b) Have competed in a minimum of two (2) Continental Cup level or higher events in the program year just ended;
 - c) Have completed international classification by the International Paralympic Committee (IPC) with a confirmed sport classification or a sport classification with a fixed review date;
 - d) Place within 45% of the leader in their respective sport classification field at a NAC event or higher; and
 - e) Have submitted their 'NextGen Application Package' to kim.krahulec@canadasnowboard.ca by April 20, 2019 which shall include:
 - i. Skills Based Assessment;
 - ii. Supporting video footage; and
 - iii. Application letter describing why they snowboard, what their yearly plan (on-snow and off-snow) is and what their snowboarding goals are.
12. An athlete who does not meet the eligibility criteria set out above may be considered for



selection if she or he meets the conditions of the Exceptional Circumstances provisions set out in the *'High Performance Program General Policies'* document here: <https://www.canadasnowboard.ca/files/HPP-GeneralPolicies.pdf>

SELECTION PROCESS

- All athletes meeting eligibility will be contacted by email from the HPP Manager around April 7, 2019 and will be asked to submit their completed application including their 'Skill Based Assessment', video footage and document(s) the athlete incorporates into their yearly plan.

Note: Canada Snowboard will use the email available in the Membership system (GoalLine) associated with the athletes CS Membership.

OVERALL ATHLETE RANKINGS

- The athletes will be ranked based on the categories below (sections A. to C.): the athlete scores will be a total out of 100 and the athletes with the highest score will be the highest ranked for selection. The team will be decided based on the highest ranked athletes until a significant gap is presented, there are no longer eligible athletes, or by reaching the maximum number of athletes Canada Snowboard can support.

Athletes Eligible for National Team will be ranked on a different sheet than the athletes eligible for the NextGen.

Each category will be given a value, from the values listed below, to make up the total 100 points for their ranking in the team selection worksheet:

Event Criteria	50
Skills Based Assessment	30
<u>Performance Characteristics</u>	<u>20</u>
Total	100

A. Event Criteria (50% of Total Score)

Athletes will be ranked based on their top three eligible events on the following criteria as of April 10, 2019 and will be given a score value based on the following charts:

National Team Event Value	
Criteria	Value
Top 5 at World Championships	25
Top 5 in SBX at World Cup	7.5
Top 5 in BSL at World Cup	7.5
Be ranked within the top half of sport	



classification field on the latest WPSB Ranking List	10
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**All results must be achieved within the top half of the field*

NextGen Event Value	
Criteria	Value
Top 12 at a World Cup	25
45% off lead in SBX at NAC or higher	7.5
45% off lead in BSL at NAC or higher	7.5
Be ranked within the top two thirds (2/3) of sport classification field on the latest WPSB Ranking List	10

**All results must be achieved within the top half of the field*

B. Skill Based Assessment (30% of Total Score)

Athlete event placement and rankings sometimes does not coincide with the actual skill level of the athlete.

A point score of skill will be made based on:

- i. Comparing the leading Canadian athletes;
- ii. Submitted 'Skill Based Assessment' (Appendix 'A');
- iii. Submitted documentation (i.e. video footage); and
- iv. The expertise of the selection committee.

Discretion will be used for the athletes within the spread of the next skill level assessment. For example, the most skilled athlete that falls into the 'Top 5' men category would be given a point score of 15 instead of 12.

NextGen will be assessed based on the eligible athletes within the NextGen selection chart.

Skill Based Assessment	
Skill Level	Point Score
Top Athlete	30
Discretion	27
Top 2	24
Discretion	21
Top 3	18
Discretion	15
Top 5	12
Discretion	9
Top 8	6



Top 10	3
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C. Performance Characteristics (20% of Total Score)

Performance Characteristics are to be included in the submission for selection to the team; these should be made with a coach (On-snow and Strength and Conditioning) to show the athlete is taking the necessary steps to becoming a high performance athlete.

- i. Follows a documented, structured on-snow training plan that aligns with the recommendations of Canada Snowboard’s Long Term Athlete Development (LTAD) model available on the Canada Snowboard website here: <https://www.canadasnowboard.ca/en/about/snowboarding/ltad/>;
- ii. Incorporates and follows a documented, structured off-snow training plan (strength and conditioning, dryland and recovery/regeneration);
- iii. Identifies Performance Gaps and follows structured plan to address gaps;
- iv. Has appropriate equipment, travels with spare parts and diligently performs upkeep (waxing, maintenance of prothesis etc.) that positively impacts performance; and
- v. Optimizes opportunities and limits distractions during structured training and competitions (i.e. – effective use of time, features/courses, coaches, video review, recovery and self-care on and off snow).

Discretion will be used for athletes clearly showing initiative with the performance characteristics they have established.

Performance Characteristics	
Characteristic	Point Score
5 Characteristics	20
Discretion	16
3 Characteristics	12
2 Characteristics	8
1 Characteristic	4

- 15. Athletes will be selected for National Team and NextGen Program positions by the order of their final ranking on the selection sheet.

EXCEPTIONAL CONSIDERATIONS

- 16. Canada Snowboard, at any time, may require an athlete who appears, by reason of a



health-related curtailment of activities, to be unable to participate in training or competition activities to obtain a medical assessment conducted by a Canada Snowboard recognized doctor or other health support practitioner. The medical assessment is for the purpose of confirming the degree of the athlete's ability to compete and to determine the expected timeline for the athlete's recovery.

17. It may occur that an athlete may, by reason of a health-related curtailment of activities or extraordinary circumstances, be unable to participate in a minimum of two national or international level events in the program year just ended. In such circumstances the athlete's eligibility for selection shall be reviewed on the basis of his or her projected medical rehabilitation as well as such other information (results, video, coaches' assessments, etc.) as available to the Para Coaching staff.

ALLOCATION OF COMPETITIVE OPPORTUNITIES

18. Selection to the National Snowboard Team & NextGen Program does not automatically provide an athlete with entry into a World Cup, World Championship or Paralympic Winter Games competitions.
19. The selection of athletes for participation in the World Championships and Paralympic Winter Games is done according to separate Selection Protocols, which are available on the Para discipline page of the 'Document Centre' on the Canada Snowboard website at: <http://www.canadasnowboard.ca/en/docs/?discipline=Para>

APPROVAL AND APPEAL PROCESS

20. Final decisions on the selections of athletes shall be made by the Executive Director of Canada Snowboard, on the basis of recommendations by the Sport & HPP Director, in consultation with Canada Snowboard coaching staff and HPP Managers.
21. The Executive Director of Canada Snowboard, in consultation with the Sport & HPP Director, shall resolve issues not otherwise addressed by this Selection Protocol.
22. Any decision of the professional staff relating to the operation and conduct of the HPP may be appealed by any individual directly affected by a Canada Snowboard decision, as long as they are in good standing with Canada Snowboard and their Provincial/Territorial Snowboard Association; and provided there are sufficient grounds for an appeal according to the Canada Snowboard '*Appeals Protocol*', available on the 'Document Centre' of the Canada Snowboard website at www.canadasnowboard.ca/en/docs/.



**APPENDIX A
Skill Based Assessment**

A 'Skill Based Assessment' that has been completed for the 2018-19 season by an athlete's coach must be submitted by April 20, 2019 to Kim Krahulec:
kim.krahulec@canadasnowboard.ca

The Skill Based Assessment chart can be downloaded from the 'Document Centre' here:
<http://www.canadasnowboard.ca/en/docs/> but will be distributed with the invitation to apply at the end of the season for all eligible athletes.

Example of the Skills Based Assessment chart:

Skill Development: 1 = First exposure to skill, initial attempts 2 = Skill complete but rough form, inconsistent execution 3 = More polished form in controlled conditions 4 = Polished form under stress, still refining 5 = Perfect form in any conditions, varied, personalized	Athlete Name					
	Date of Birth					
	Height					
	Mass					
	Stance: Reg. / Goofy					
	Dominant Leg (Left / Right)					
	Provincial Association:					
	Date of Assessment:					
	Assessor:					
	Events attended and results: (this and last season)					
Provide a brief overview of the athletes program:	Stage of LTAD:					
	Coach:					
	Club:					
	Days on snow / week:					
	Dryland:					
	Dryland Details					
	Recovery Training:					
	Terrain Use:					
<small>Key Performance Factors KPI IMPORTANCE</small>	Level of development					Notes:
Snowboard Skills	1	2	3	4	5	
Stance and Balance						
Manage instability - remain balanced in varying conditions						
Strong adaptable position (In and out of neutral) over varied terrain/features (Wu, Rollers etc)						
Hip and knee flexion and extension - not breaking at waist						
Edging:						
Turn using both legs						
Maintain CoM inside turn						
Balance over working edge						
Carve turns						
Pressure:						
Generate lift (Pop, Coast, Retract or Ollie/Nollie)						
Absorption on edge and/or flat based						
Adjust turn shape using flexion & extension						
Build board pressure and deflect it in direction of travel						
Pop / Resistance through takeoff						
Stabilization in air						
Control and absorb landing forces						
Discipline Specific Skills (SBX)						
Read & Understand the Race Line						
Ride the Race Line						
Speed Control in Course						
Starts (Gate Pull)						
Riding in close proximity to other riders						
Course Features (Stage appropriate, Smart Style)						
Start Features & Combos (Wu-Tang, Stairs, Wedges, etc...)						
Rollers and Variations						
Berms and Variations						
Jump and Jump Variations						
Tactical Skills						
Line for Heats (Plan A & B)						
Drafting						
Passing (Where & How)						
Blocking/Closing lanes						
Teamwork on the track						
On the fly decision making						
Perform in adverse conditions						