



## HIGH PERFORMANCE PROGRAM SELECTION PROTOCOL PARA-SNOWBOARD NATIONAL TEAM & NEXTGEN PROGRAM 2020-21

<b>Approval Authority:</b>	Executive Director
<b>Responsible Department:</b>	High Performance
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<b>Revision:</b>	Yearly (Pre-Season)
<b>Next Review Date:</b>	August 2020
<b>Related Policies:</b>	HPP – General Policy

### 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 CS'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 2020/21 HPP in the Para-Snowboard discipline; and
  - b) Determining which athletes shall be offered positions on the 2020/21 Para-Snowboard National Snowboard Team and NextGen Program.
3. This HPP Selection Protocol and other CS Selection Protocols are published on the 'Document Centre' of the CS web site at: [www.canadasnowboard.ca/en/docs](http://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 in the 'Selection Process' which can be referenced in Sections 15 through 17 of this document.

### TERMS

5. 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

6. The HPP Management and Para-Snowboard coaching staff shall meet on or before May 8, 2020 to identify those athletes who will be recommended for positions in the HPP for the 2020-21 program year. If required, the selection committee will seek input from:

- HPP Strength and Conditioning Trainer(s)
- HPP Integrated Support Team (IST)

Examples of situations where the Selection Committee would seek input from members outside of the committee include, but are not limited to: off-snow programming, injury management and return to snow plans, and when an athlete designates the use of a private coach as their primary coach to ensure the committee has the necessary and relevant information to support the 'Selection Process'.

7. The Selection Committee's recommendations shall be made on the basis of athletes' performances during the August 2019 – April 2020 season.
8. All HPP athlete selections are effective for a one-year period defined as May 1, 2020 to April 30, 2021, inclusive.
9. The maximum number of available positions in the HPP shall be identified at the outset of the 'Selection Process' on or before May 8, 2020. This number will be based on the program constraints of the HPP, which are primarily financial.
10. Only eligible results achieved from individual SBX and BSL competition(s) will be considered in the 'Selection Process' detailed in Sections 15 through 17 below. Team Event results **will not** be considered in the recommendation of athletes for available positions within the Para HPP.
11. Athlete rankings, based on the selection process, will be determined by the order of selection for available HPP positions. The Selection Committee has 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 CS 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 which act, in part, as a condition of selection for the following program year. 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 85% of the National Team program over the course of the season they will be named to the 20/21 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 12 through 17.

## IDENTIFICATION OF ELIGIBILITY

### National Team

12. To be eligible for selection to the **National Team** an athlete must:

- a) Be in good standing with Canada Snowboard; as that term is understood in Section 1.1(f) of the Canada Snowboard Bylaws, applied *mutatis mutandis*;
- b) Have competed in a minimum of two (2) World Cup level or higher events at two (2) different locations 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; and
- d) Have submitted their '**Skills Based Assessment**' to [kim.krahulec@canadasnowboard.ca](mailto:kim.krahulec@canadasnowboard.ca) by April 20, 2020.
  - i. Currently named 2018/19 National Team and NextGen athlete applications will be completed by their respective national team coach.

### NextGen Program

13. To be eligible for to the **NextGen Team** an athlete must:

- a) Be in good standing with Canada Snowboard; as that term is understood in Section 1.1(f) of the Canada Snowboard Bylaws, applied *mutatis mutandis*;
- 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 IPC with a confirmed sport classification or a sport classification with a fixed review date; and
- d) Have submitted their 'NextGen Application Package' to [kim.krahulec@canadasnowboard.ca](mailto:kim.krahulec@canadasnowboard.ca) by April 20, 2020 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.

14. An athlete who does not meet the eligibility criteria set out above may be considered for selection if they meet the conditions of the 'Exceptional Circumstances' provisions set out below in Section 18 through 19 or the discretionary grounds within the '*High Performance Program General Policies*' document, which can be referenced here: <https://www.canadasnowboard.ca/files/HPP-GeneralPolicies.pdf>

## SELECTION PROCESS

15. All athletes who satisfy the eligibility requirements indicated in Sections 12 through 14, as applicable, will be contacted by email from the HPP Manager around April 7, 2020 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:** CS will use the email address available in the Membership system (SnowReg) associated with the athlete's CS Membership in order to contact the athlete.

## OVERALL ATHLETE RANKINGS

16. The athletes will be ranked based on the categories below (sections A to C): the athlete 'Gap 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 CS can support.

Athletes eligible for the National Team will be ranked separately from athletes eligible for the NextGen Team.

Determination of what constitutes a significant gap may fluctuate depending on results achieved and where the majority of riders fall within the criteria met. When determining what constitutes a significant gap, CS will provide reasoned explanations and data to support any decisions to not select athletes because it has been considered that a significant gap exists.



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

Categories:	National Team	NextGen Program
A. Event Criteria	50	50
B. Skills Based Assessment	30	30
C. Performance Characteristics	20	20
<b>Totals</b>	<b>100</b>	<b>100</b>

### A. Event Criteria (50% of Total Score)

Athletes will be ranked based on their top three (3) eligible events on the following criteria as of April 10, 2020 and will be given a score value based on the following charts:

National Team Event Value	
Criteria	Value
Top Two (2) World Cup Results for Snowboardcross	Max. 20
Top Two (2) World Cup Results for Snowboardcross	Max. 20
Be ranked within the top half (1/2) of sport classification field on the latest WPSB Ranking List	10

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

The maximum point value awarded for a single eligible result is ten (10).

Should an athlete finish with a first (1<sup>st</sup>) place result, as long as the athlete has three or more competitors within their sport classification category, they shall automatically be awarded the maximum point value of ten (10) regardless of their field depth.

The equation used in determining the value for the Top Two (2) World Cup events in Snowboardcross and Banked Slalom will be as follows:

**Step 1:** Field Depth - Final placement = X

**Step 2:** X/Field Depth = Y

**Step 3:** Y x 10 (max. point value) = point value awarded

### Event Criteria Example: National Team

Athlete 'A' is National Team Eligible and finishes 4<sup>th</sup> out of a field of 17 competitors within their sport classification in a Banked Slalom World Cup. Using the equation to determine their point



value for the single result, as outlined above, would be:

**Step 1:**  $17 - 4 = 13$

**Step 2:**  $13 / 17 = 0.76$

**Step 3:**  $0.76 \times 10 = 7.6$

Final point value awarded for Athlete 'A' for this result would be 7.6 out of an available 10 points.

NextGen Event Value	
Criteria	Value
Top World Cup Result for Snowboardcross	Up to 10
Top World Cup Result for Banked Slalom	Up to 10
Top Two (2) NorAm Results	Up to 20
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*

The maximum point value awarded for a single eligible result is ten (10).

Should an athlete finish with a first (1<sup>st</sup>) place result, as long as the athlete has three or more competitors within their sport classification category, they shall automatically be awarded the maximum point value of ten (10) regardless of their field depth.

The equation used in determining the value for the Top Two (2) World Cup events in Snowboardcross and Banked Slalom will be as follows:

**Step 1:** Field Depth - Final placement = X

**Step 2:**  $X / \text{Field Depth} = Y$

**Step 3:**  $Y \times 10$  (max. point value) = point value awarded

#### Event Criteria Example: NextGen Team

Athlete 'B' is NextGen Program Eligible and finishes 7<sup>th</sup> out of a field of 14 competitors within their sport classification in a Snowboardcross NorAm. Using the equation to determine their point value for the single result, as outlined above, would be:

**Step 1:**  $14 - 7 = 7$

**Step 2:**  $7 / 14 = 0.5$

**Step 3:**  $0.5 \times 10 = 5$



Final point value awarded for Athlete 'B' for this result would be 5 out of an available 10 points.

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

Athlete event placement and rankings do not always correspond with the actual skill level of the athlete.

A point score of skill will be made based on:

- Comparing the leading Canadian athletes;
- Submitted 'Skill Based Assessment' (Appendix 'A');
- Submitted documentation (i.e. video footage); and
- 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.

All eligible athletes will be ranked one after another by the Selection Committee based on their skill level that is determined and supported by the points listed above. Depending on the number of eligible athletes for NT and NG selections, the point score will max out at a total value of thirty (30).

Athletes eligible for National Team will be ranked separately from athletes eligible for the NextGen Team based on the following chart:

<b>Skill Based Assessment</b>	
<b>Skill Level</b>	<b>Point Score</b>
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

### **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 or Strength and Conditioning) to show the athlete is taking the necessary steps to becoming a high performance athlete. Discretion will



be used for athletes clearly showing initiative with their performance characteristics they have established.

- a. Follows a documented, structured Yearly Training Plan;
- b. Incorporates and follows a documented, structured off-snow training plan (strength and conditioning, dryland and recovery/regeneration);
- c. Identifies Performance Gaps and follows structured plan to address gaps;
- d. Has appropriate equipment, travels with spare parts and diligently performs upkeep (waxing, maintenance of prothesis etc.) that positively impacts performance; and
- e. 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).

Performance Characteristics	
Characteristic	Point Score
5 Characteristics	20
Discretion	16
3 Characteristics	12
2 Characteristics	8
1 Characteristic	4
0 Characteristics	0

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

#### EXCEPTIONAL CONSIDERATIONS

18. CS may, 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 CS 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.
19. 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 three 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 High Performance staff.



## ALLOCATION OF COMPETITIVE OPPORTUNITIES

20. 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, or automatically provide Athlete Assistance Program (AAP) carding or other funding support.
21. 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

22. Final decisions on the selections of athletes shall be made by the Executive Director of Canada Snowboard, on the basis of recommendations by the Selection Committee.
23. In the event that an unforeseeable issue or exceptional circumstance arises that is not otherwise addressed by this Selection Protocol and this issue or circumstance will have a material impact on the selection process as outlined herein, the Executive Director of CS, in consultation with the Sport and High Performance Director, shall determine how the issue or circumstance shall be addressed, taking into account the best interests of the HPP program from a performance perspective. Should any action be taken pursuant to this provision, CS will communicate directly with any individual impacted by such action, and provide reasons for any action taken.
24. 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 CS decision, as long as they are in good standing with CS and their Provincial/Territorial Snowboard Association; and provided there are sufficient grounds for an appeal according to the CS *'Appeals Policy'*, available on the 'Document Centre' of the Canada Snowboard website at [www.canadasnowboard.ca/en/docs/](http://www.canadasnowboard.ca/en/docs/).



**APPENDIX A  
Skill Based Assessment**

A 'Skill Based Assessment' that has been completed for the 2019-20 season by an athlete's coach must be submitted by April 20, 2020 to High Performance Manager, Kim Krahulec: [kim.krahulec@canadasnowboard.ca](mailto: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:

<b>Skill Development:</b> <b>1 = First exposure to skill, initial attempts</b> <b>2 = Skill complete but rough form, inconsistent execution</b> <b>3 = More polished form in controlled conditions</b> <b>4 = Polished form under stress, still refining</b> <b>5 = Perfect form in any conditions, varied, personalized</b>	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)						
<b>Provide a brief overview of the athletes program:</b>	Stage of LTAD:						
	Coach:						
	Club:						
	Days on snow / week:						
	Dryland:						
	Dryland Details						
	Recovery Training:						
	Terrain Use:						
	New Performance Factors - A2E IMPROVANCE		Level of development		Notes:		
			1	2	3	4	5
<b>Snowboard Skills</b>							
<b>Stance and Balance</b>							
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							
<b>Edging:</b>							
Turn using both legs							
Maintain CoM inside turn							
Balance over working edge							
Carve turns							
<b>Pressure:</b>							
Generate lift (Pop, Coast, Retract or Ollie/Noie)							
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							
<b>Discipline Specific Skills (SBX)</b>							
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							
<b>Tactical Skills</b>							
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							