



2023-2024 BCSJNCS Selection Criteria

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General Information and Objectives

1. The purpose of this document is to select athletes to the Alberta Ski Jumping and Nordic Combined (BCSJNCS) Team who are following the performance pathway progression in relation to their national competitors.
2. This document establishes the criteria, and process for which athletes are nominated to the BCSJNCS Provincial A and B teams.
3. Final decision authority for BCSJNCS Provincial Teams selections is the BCSJNCS Head Coach and Selection Committee.
4. Selection decisions may be appealed under the BCSJNCS Dispute Resolution and Appeal Policy within 3 days of the team notice has been published.
5. It is the athlete's responsibility to read and understand the contents of this document and other supporting documents and policies.
6. The qualification period is April 8th 2023 - March 30th 2024.

Eligibility

1. Only athletes in good standing with their club will be eligible for selection to a Provincial team.
2. Athletes will not be officially named to a competition team until eligibility requirements have been verified by BCSJNCS.
3. Athletes must maintain 90% attendance at their club training sessions, or complete a training log monitored by BCSJNCS Head Coach and (Daily Training Environment) DTE coach.
4. Male athletes must have been born in 2010 or earlier unless the athlete is meeting objective criteria, and nominated by BCSJNCS Head Coach discretion.
5. Female athletes must have be born in 2011 or earlier unless the athlete is meeting objective criteria, and nominated by BCSJNCS Head Coach discretion.
6. Must hold a valid passport (as required for international travel)
7. Ability to interact positively with teammates & coaches

Curtailment of Health, Training and Competition (COH)

BCSJNCS will consider nominating athletes BCSJNCS Provincial A and B teams based on a Curtailment of Health. The basic philosophy for selecting an athlete by granting an injury or illness request is that all things being equal, the athlete nominated has clearly demonstrated they're able to meet criteria in previous competition or testing results. An injury or illness request is considered as the last means by which an athlete can earn selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being part of the normal means by which an athlete can earn selection. This provision only applies when athlete performance is compromised because they have not been able to train or compete for an extended period and has a positive prognosis within 8 to 12 months.

Process

1. Selection will be based on the current published selection criteria.
2. Selection for the team will be introduced to Selection Committee by the BCSJNCS Head Coach who will:
 - a. recap the approved criteria; present the objective results achieved by athletes; discuss any force majeure situations which may apply;
 - b. provide subjective comments where such may be appropriate to further illuminate the process; and
 - c. present a rationale for his/her selection recommendation.

3. A discussion will then ensue, in order to ensure that the information provided is complete and understood clearly by all members of the Selection Committee and to seek consensus.
4. The responsibility of the Selection Committee is to validate that the interpretation of the criteria presented by the BCSJNCS Development Director for supporting team nominations conforms to the original intent and generally accepted understanding of the criteria.
5. The BCSJNCS Board Chair will make the final selection decision.
6. Athletes will be nominated April 1st, with the final team being announced April 7th.

BCSJNCS Team definitions

There will be two tiers of athlete levels within BCSJNCS; Provincial A & Provincial B.

1. BCSJNCS Provincial A Team

- a. Designed for athletes at the [LTAD Stage 5 \(Train to Compete\)](#) level meeting the Ski Jumping Canada Development Pathway Benchmarks based on their year of birth.
- b. Aimed at supporting DTE coaches and BCSJNCS Member Club athletes to continually develop along the pathway.
- c. Athletes selected to the Provincial A Team should be beginning to compete in FIS international events, and targeting major events such as the Youth Olympic Games, FIS World Junior Championships, FIS Cups, and US Junior National Championships

2. BCSJNCS Provincial B Team

- a. Designed for athletes should be at the [LTAD Stage 4 \(Train to Train\)](#) level meeting the Ski Jumping Canada Development Pathway Benchmarks based on their year of birth.
- b. Aimed at supporting DTE coaches and BCSJNCS Member Club athletes to continually develop along the pathway.

Selection Criteria

These criteria will encompass results, off-hill measures, on-hill measures & coach recommendations.

Provincial A Team Criteria

Selection for the Provincial A team will be in order of priority ranking as listed below with A being the highest and B being the lowest ranking.

A. Ski Jumping International results

Men

FIS World Junior Championships

2008<	2007	2006	2005	2004
Top 50	Top 45	Top 40	Top 35	Top 30

US Normal Hill National Championships (Open Category)

2008<	2007	2006	2005	2004
Top 30	Top 20	Top 15	Top 10	Top 5

FIS Cup (with over 50 competitors)

2008<	2007	2006	2005	2004
Top 45	Top 40	Top 35	Top 25	Top 15

Women

FIS World Junior Championships

2008<	2007	2006	2005	2004
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Top 20	Top 15	Top 10	Top 5	Top 3
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US Normal Hill National Championships (Open Category) (Minimum 15)

2008<	2007	2006	2005	2004
Top 10	Top 8	Top 7	Top 5	Top 3

FIS Inter Continental Cup (with over 30 competitors)

2008<	2007	2006	2005	2004
Top 25	Top 15	Top 10	Top 5	Top 3

A. Nordic Combined International results

Men

FIS World Junior Championships

2008<	2007	2006	2005	2004
Top 40	Top 30	Top 25	Top 20	Top 15

US National Championships (minimum 15 competitors)

2008<	2007	2006	2005	2004
Top 15	Top 12	Top 10	Top 5	Top 3

FIS Continental Cup (Minimum 40 Athletes)

2008<	2007	2006	2005	2004
Top 50	Top 45	Top 40	Top 30	Top 20

Women

FIS World Junior Championships

2008<	2007	2006	2005	2004
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Top 20	Top 15	Top 10	Top 5	Top 3
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US National Championships (minimum 10 competitors)

2008<	2007	2006	2005	2004
Top 10	Top 8	Top half	Top 5	Top 3

B. BCSJNCS Head Coach's discretion

Recommendations will be made by the BCSJNCS Head Coach in consultation with the selection committee, DTE coaches and others as needed, and will take into account but limited to their training and health history evidenced by their Pathway Benchmarks, their commitment to the goals of the Provincial Team program, and their positive contributions to their teammates, staff and community.

Provincial B Team Criteria

Selection for the Provincial B team will be in order of priority ranking as listed below with A being the highest, and D being the lowest ranking.

Ski Jumping Men and Women

A. BCSJNCS Head Coach Discretion

Recommendations will be made by the BCSJNCS Head Coach in consultation with the selection committee, DTE coaches and others as needed, and will take into account but limited to their training and health history evidenced by their Pathway Benchmarks, their commitment to the goals of the Provincial Team program, and their positive contributions to their teammates, staff and community.

B. On-Hill Criteria

- Consistently jumping to 90 % of K point on HS 75 (or equivalent hill)
- Safely Jumping on HS75, or HS100 Hill
- Able to demonstrate competency in all four fundamental skills of Ski Jumping

C. Off-Hill Criteria

- Squat
 - Male - 125% of body weight
 - Female - 100% of body weight
- Broad jump (Data adapted from Hede et al. 2011)
 - Male 2.11m - 2.36m
 - Female 1.83m - 1.91m
- Standing vertical

- Male 56cm - 65cm
- Female 51cm - 60cm
- Flexibility
 - Able to touch palms flat on the ground while standing with fully extended legs
 - Able to reach a minimum of 40° ankle flexion with heel on ground
 - Able to reach a minimum of 130° of active Hip Flexion
- Consistently able to perform advanced imitations
- Ability to maintain a training journal

Nordiq Combined Men and Women

A. BCSJNCS Head Coach Discretion

Recommendations will be made by the BCSJNCS Head Coach in consultation with the selection committee, DTE coaches and others as needed, and will take into account but limited to their training and health history evidenced by their Pathway Benchmarks, their commitment to the goals of the Provincial Team program, and their positive contributions to their teammates, staff and community.

B. On-Hill Criteria

- Consistently jumping to 90 % of K point on HS 75 (or equivalent hill)
- Safely Jumping on, HS75, or HS100 Hill
- Able to demonstrate competency in all four fundamental skills of Ski Jumping

C. On-Course Criteria

- Male - Able to complete a 10km cross-country skiing race in >35 minutes
- Male - Able to complete a 5km cross-country skiing race in >17 minutes
- Female - Able to complete a 5km cross-country skiing race in >20 minutes
- Female - Able to complete a 2.5km cross-country skiing race in >9 minutes

D. Off-Hill Criteria

- Squat
 - Male - 125% of body weight
 - Female - 100% of body weight
- Broad jump (Data adapted from Hede et al. 2011)
 - Male 2.11m - 2.36m
 - Female 1.83m - 1.91m
- Standing vertical
 - Male 56cm - 65cm
 - Female 51cm - 60cm
- Flexibility
 - Able to touch palms flat on the ground while standing with fully extended legs
 - Able to reach a minimum of 40° ankle flexion with heel on ground

- Able to reach a minimum of 130° of active Hip Flexion
- Consistently able to perform advanced imitations
- Ability to maintain a training journal

Appendix A Jumping Canada Development Pathway Benchmarks