



## 2023-2024 Camp Selection Criteria (For Club Athletes)

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### General Information and Objectives

1. The purpose of this document is to select athletes to participate in BC Ski Jumping and Nordic Combined Society(BCSJNCS) Team Camps 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 BCSJNCS Camps. Final decision authority for BCSJNCS Provincial Team Camp selections is the BCSJNCS Head Coach and Selection Committee.
3. Selection decisions may be appealed under the BCSJNCS Dispute Resolution and Appeal Policy within 3 days of the team notice has been published.
4. It is the athlete's responsibility to read and understand the contents of this document and other supporting documents and policies.

## Eligibility

1. Only athletes in good standing with their club will be eligible for selection to a Provincial level camp.
2. Athletes will not be officially named to a camp 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

## Process

1. Selection will be based on the current published selection criteria.
2. Selection for the team will be introduced to the Selection Committee by the BCSJNCS Head Coach who will:
  - a. Review 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.

## BCSJNCS Camp definitions

- a. Designed for athletes should be entering the [LTAD Stage 4 \(Train to Train\)](#)
- 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.

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 45 (or equivalent hill) with a telemark landing
- Ability to safely jump on HS 75
- 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