



Climbing
Escalade
Canada

NATIONAL TEAM PROGRAM

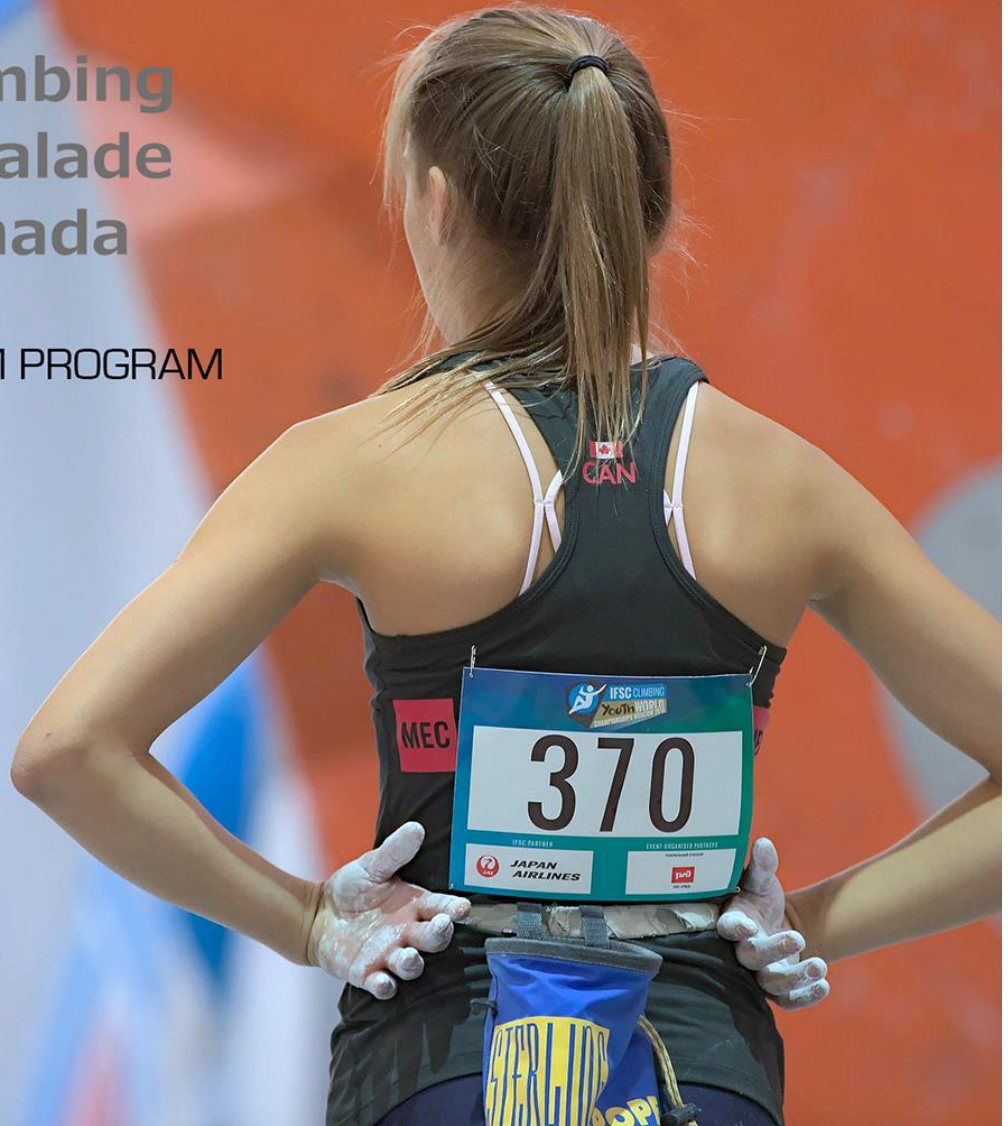


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Finance par le
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NATIONAL TEAM PROGRAM

2020

CLIMBING ESCALADE CANADA NATIONAL TEAM PROGRAM (NTP)

1. PHILOSOPHY

Climbing Escalade Canada (CEC) National Team Program (NTP) identifies athletes in the Train to Compete, Learn to Win stages of development and supports their progression to Train to Win, Live to Win. The NTP is categorized into four levels for 2020:

- 1) Olympic Squad
- 2) National Squad – 16+ years of age
- 3) Development Squad – 16+ years of age
- 4) Talent ID Squad – 16-21 years of age.

The NTP is aligned with CEC's high-performance strategies and funding partners, such as Sport Canada and Own The Podium (OTP).

1.2 OBJECTIVES OF NATIONAL TEAM PROGRAM

The NTP has the following objectives:

- 1) to support Canadian competition climbers at each level of HP development with the purpose of increasing the number of Canadian athletes achieving top 10 results at World Cup, World Championship and Olympic competitions.
- 2) to outline the requirements and expectations for athletes and stakeholders in a clear and consistent process.

2. PROGRAM REQUIREMENTS AND SUPPORT

The NTP supports athletes to improve their performance through increasing attention from the National Coach (NC), Integrated Support Team (IST) Personnel and high-performance resources.

Athlete eligibility for the NTP is based on an athlete meeting the performance requirements outlined in Section 3. These will be reviewed at the corresponding times during each season:

- 1) Following the conclusion of the previous World Cup Season.**
- 2) 2 weeks following each Selection Camp.**

Athletes who do not comply with NTP requirements outlined in Section 2.1 for at three (3) months from the date that reason became apparent; or who do not, without good reason, compete in named target competitions; or who do not, without good reason, participate in formal training programmes; or who are in breach of CEC, or other national / international, policies and rules, or who bring the sport into

disrepute; may be removed from the program after respectful consideration of the High Performance Director/ National Coach (HPD/NC), High Performance Committee and Executive Director.

1. In the first instance the National Coach will speak to the athlete, advise them of the concerns, and mutually agree on enough time to allow the athlete to remedy the concerns.

2. If not achieved, the National Coach will consult with High Performance Committee and Executive Director to reach a decision on the removal of the athlete from the program.

2.1 NATIONAL TEAM PROGRAM REQUIREMENTS

Athletes must meet and maintain all NTP requirements outlined in the following chart:

	Olympic Squad	National Squad	Development Squad	Talent ID Squad
Abide by CEC rules, code of conduct and ethics and social media policy, and act in accordance with other national and international policies (CCES, WADA etc.)	✓	✓	✓	✓
Sign and abide by CEC athlete agreement	✓	✓	✓	✓
Be eligible to compete for Canada (hold valid CDN passport)	✓	✓	✓	✓
Hold valid CEC competitor license	✓	✓	✓	✓
Follow training and competition plans agreed upon with NC and in collaboration with personal coach	✓	✓	✓	n/a
Participate in quarterly meetings (in person or remote) with NC	✓	✓	✓	n/a
Participate in fitness and IST assessments	✓	✓	✓	✓

2.2 NATIONAL TEAM PROGRAM SUPPORT

Athletes who meet and maintain NTP requirements will benefit from the high-performance resources and support outlined in the following chart:

	Olympic Squad	National Squad	Development Squad	Talent ID Squad
Observation session with NC and IST personnel in Daily Training Environment (DTE), as budget permits. Personal coach may be present.	✓	✓	✓	✓
Support from CEC Staff at targeted events as budget permits	✓	✓	✓	✓
Bi-Annual meetings with NC to discuss and support Yearly Training Plans (YTP)	✓	✓	✓	✓
Invitations to National Team Training Camps	✓	✓	✓	✓
CEC led sourcing of local IST personnel	✓	✓	✓	✓
Athlete tracking/monitoring and performance evaluations	✓	✓	✓	
Mentoring opportunities with National Squad athletes			✓	✓

3. NATIONAL TEAM PROGRAM PERFORMANCE CRITERIA

3.1 OLYMPIC SQUAD

PERFORMANCE OBJECTIVE

Olympic Squad athletes have the objective to win a medal at the 2020 Tokyo Olympic Games.

PERFORMANCE CRITERIA

Athletes qualified for Tokyo 2020 through the IFSC/IOC qualification process.

Olympic Squad Athletes are exempt from all domestic qualification events (i.e. nationals and selection camps)

3.2 NATIONAL SQUAD

PERFORMANCE OBJECTIVE

National Squad athletes have a top 10 objective at the World Cups in 2020.

PERFORMANCE CRITERIA

Minimum eligibility requirements:

i. 2 Top 15 results at World Cup (single discipline) in previous WC season.

OR

ii. Top 30 result in Combined at most recent World Championships

OR

iii. 3 semi-final results in current or previous WC season (any combination of disciplines)

3.3 DEVELOPMENT SQUAD

PERFORMANCE OBJECTIVE

Development Squad athletes have the objective to progress to the National Squad.

PERFORMANCE CRITERIA

Minimum eligibility requirements:

i. Single Top 40% of field result in World Cup or World Championships (i.e. 40th in a field of 100) in previous WC season

OR

ii. Average percentage relative to field from 2 or more WCs of 45% or better in most recent season. (i.e. 40 out of 100 in WC 1 = 40%, 45 out of 96 in WC 2 = 47%. Average of the 2: $(40\%+47\%)/2 = 43.5\%$)

OR

iii. Top 30 in WC combined ranking from most recent WC season

OR

iv. Top 50 in Combined Ranking at World Championships

OR

v. Selection to WC Team for one or more events in 2020 season

3.3 TALENT ID SQUAD

Talent ID Squad is limited to Athletes between 16 and 21 years of age

PERFORMANCE OBJECTIVE

The Talent ID Squad athletes have the objective to progress to the Development Squad.

PERFORMANCE CRITERIA

Minimum eligibility requirements:

i. Top 10 result at most recent Youth World Championships

OR

iii. Single Top 50% of field result in most recent World Cup season or most recent World Championships (i.e. 50th in a field of 100)

OR

iv. Average percentage relative to field from 2 or more WCs of 65% or better in most recent season. (i.e. 55 out of 100 in WC 1 = 55%, 73 out of 96 in WC 2 = 74%. Average of the 2: $(40\%+74\%)/2 = 64.5\%$)

OR

v. Selection to WC Team for one or more events in 2020 season

4. SELECTION CAMP

Athletes who finish in the top **6** at Open National Championship and/or who have qualified through the above WC criteria will be invited to an NTP selection camp (one for each discipline and may be combined).

If athletes in the top 6 decline the invitation to selection camp, invitations will be extended to the next athlete(s) in the rankings to a maximum of **2** per category.

The results from the selection camp are one category in the NTP Ranking outlined below.

Selection Camp Dates and Locations will be announced a minimum of 3 months in advance. See news item on CEC website.

5. NTP RANKINGS

Athletes who qualify for and attend the National Championships will be ranked based on the performance categories outlined below. The athlete "Gap Score" will be out of 100. This score represents the "gap" between the athlete and the highest level of the sport, with the smallest gap being ranked first.

New for 2020 season: Athletes who finish in positions 7, 8, 9 at National Championships and do not receive an invite to Selection Camp will be included in the NTP Rankings and **will be eligible** to be selected for WC Teams (see section 7: WC Team Selections below)

Performance Category	Points
A. IFSC Results (most recent)	50
B. Selection Camp Results	25
C. Open Nationals Results (current season)	17
D. Skill Based Assessments	5
E. Elite Performance Characteristics	3
total	100

A. IFSC Results

Points in this category are based on results from most recent IFSC season.

Points are the sum of best 2 results + consistency bonus

- The points for Consistency Bonus are applied at the level where 2 or more results have been achieved even if an athlete has 1 result at a higher level.
- e.g. Athlete A has 1 x Top 10 result and 2 x Top 30% of field results
 Top 2 results (17 for Top 10 + 6 for Top 30%) + Consistency Bonus (3 for 2 x Top 30%) = 24 total

Applies to each discipline separately.

Maximum points for this category = 50.

Result	Points	consistency bonus (2 or more results)
Top 5	21	8
Top 10 (minimum field size of 45)	17	6
Semi Final/ Round of 16 (minimum field size of 45)	10	4
Top 30% of field	6	3
Top 50% of field	4	1
Top 75% of field	2	0

B. Open Nationals Results

Points in this category are based on results from Open National Championships.

Maximum number of points in this category = 17.

Result	Points	Result	Points
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1 st	17	6 th	5
2 nd	14	7 th	4
3 rd	11	8 th	3
4 th	8	9 th – 15 th	2
5 th	6	16 th – 20 th	1

C. Selection Camp Results

Points in this category are based on cumulative rank from all competition simulations at National Team Selection Camp. The method for tabulating results will be announced on the first day of selection camp. Maximum number of points in this category = 25.

Result	Points	Result	Points
1 st	25	5 th	9
2 nd	21	6 th	7
3 rd	17		
4 th	12		

D. Skill Based Assessments

Points in this category are assigned using skill-based assessments conducted by national team coaches and area experts.

Maximum number of points in this category = 5.

E. Elite Performance Characteristics

Points in this category are assigned based on the steps an athlete is taking towards becoming an elite athlete. Assessments in this category will be made via interview and submission at training camps and/or Daily Training Environment (DTE) visits by HPD/NC or other HPC staff.

Maximum number of points in this category = 3.

Elite Performance Characteristics:

- Has periodized Yearly Training Plan (YTP) from coach.
- Has both On-Wall and Off-Wall training components (i.e. strength & conditioning plan)
- Utilizes Integrated Support Team (IST) including sports med, mental performance coach and other sports experts.
- Has systematic method to identify personal performance gaps
- Participates in complimentary training activities (parkour, gymnastics, or other movement/strength-based activities)

Number of Elite Performance Characteristics	Points
3+	3
2	2
1	1
0	0

6. NEW FOR 2020 - WORLD CUP TEAM SELECTIONS

The guidelines for 2020 World Cup Team selections are created to provide opportunities for more athletes to participate in World Cups and to reward athletes for performing when given the opportunity.

Key points to understand:

The highest ranked athletes from the NTP Rankings will be selected to only 2 WC events initially (see WC event schedule in Appendices).

- To be selected for events outside their initial 2, athletes must meet minimum performance standards outlined below,
- If minimum performance standards are not met, the spots at future WC events will be offered to the next ranked athletes from the NTP.
- Athletes who attend OBN but, who are not ranked high enough to receive an invite to selection camp will still be given an NTP Rank and may be selected to attend a World Cup.
- CEC will send full team and staff to identified WC events only (see WC event schedule in Appendices).
- Coaches Selections - for WC events that CEC will not send full team, the NTC may select athletes from Olympic, National and Development Squads to attend without staff support. These selections will be made after reviewing athlete performances and yearly plans.

World Cup Team Selection guidelines:

Olympic Squad Athletes will have priority for all WC events and must provide the CEC HPD written intention to attend no later than 2 months in advance of each WC event.

i. National Squad, Development Squad, Talent ID Squad

- a. the top 5 athletes from the NTP rankings outlined in section 5 above will be selected to attend 2 identified World Cup events for that discipline (see WC event schedule in Appendices).
- b. athletes selected to WCs from a. above will have 5 days to accept or decline selections.
- c. alternates – in the event an athlete selected in a. above declines their selection, the spot will be offered to the next highest ranked athlete from the NTP rankings.

ii. Minimum Performance Standards

a. **Speed** – in addition to meeting guidelines above for selection, speed only athletes must meet the following minimum times (established in official competition or at selection camp). The minimum times for 2020 are the 2019 season average time to make round of 16 + .75 s.

Men		Women	
2019 season average to make WC round of 16	2020 Canadian World Cup Minimum Time	2019 season average to make WC round of 16	2020 Canadian World Cup Minimum Time
6.179s	6.929s	8.531s	9.281s

- b. **World Cups** - To be selected for future World Cup events, athletes must meet the following minimum performance standards:

Single Event Result	2 Event Average Results
Top 40% of field (i.e. 40 th out of 100)	Average of Top 45% across both events

7. EXEMPTIONS

7.1 EVENT EXEMPTIONS

National Squad athletes may request exemption from National Championships and/or Selection Camps. Exemption may be granted IF the athlete can show that attending Nationals or Selection Camp will directly affect the ability to perform at World Cup Level. Examples include:

- Conflicts with World Cup
- Proximity to next World Cup will create travel logistics detrimental to performance
- Conflicts with another training or development opportunity that the athlete can clearly show has more potential benefit

Event Exemption requests must be made in writing to the HPD no later than 2 weeks prior to date of event in question.

Late Event Exemption requests will not be considered.

7.2 INJURY EXEMPTION

Athletes in the National Team Program may request an injury exemption from National Championships or Selection Camps. Injury Exemption requests must be accompanied by supporting documentation from a Sport Medical professional and will be evaluated/monitored by CEC Sport Med Staff.

Athletes who have been granted Injury Exemption may be selected to the National Team Program after consideration of:

- Nature of injury, prognosis for recovery and other medical team recommendations
- Results in other Performance Categories from NTP Ranking

Injury Exemption requests can be made at any time, however, must be accompanied by Sport Medical documentation including date of injury, diagnosis, prognosis and recovery plan. CEC Sport Medical may request other documentation.

Injury Exemption requests without minimum Sport Medical documentation will not be considered.

8. CONFIDENTIALITY

It is vital for the integrity of the NTP that strict codes of confidentiality are followed by athletes, personal IST, team IST, and CEC staff relating to information or discussions and which may have a bearing on high performance strategies. Any athlete or NTP staff member who breaks this confidentiality may be removed from the NTP.

9. APPENDICES

A. 2020 WC EVENT SCHEDULE

This table outlines the identified WC events to which CEC will send full team:

City (Disciplines) Dates	Full Team (Y/N)	Athletes (from NTP ranking)	Staff Support
Meiringen (B) April 3/4	N	Coach selections	N
Wujiang (B,S) April 17-19	Y	Boulder - Top 4-5 guaranteed Speed – Coaches selections	Coach/Physio
Seoul (B,S) May 8-10	Y	Boulder - Top 4-5 guaranteed Speed – Coaches selections	Coach/Physio
Munich (B) May 23-24	N	Coach selections	Dependent upon team composition
Salt Lake City (B,S) June 12-14	Y	Boulder - Top 4-5 if min performance stds. Wujiang/Seoul achieved Outside Top 4-5 selected as alternates if spots available. Speed – Coaches selections	Coaches/Physio
Innsbruck (B,L) June 25-28	N	Coach selections	Dependent upon team composition
Villars (L,S) July 2-4	N	Coach selections	N
Chamonix (L,S) July 11-13	Y	Lead/Speed - Top 4-5 guaranteed	Coach/Physio
Briancon (L) July 18-19	Y	Lead/Speed - Top 4-5 guaranteed	Coach/Physio
Ljubljana (L) Sept 25-26	N	Coach selections	Dependent upon team composition
Xiamen (L,S) Oct 9-11	Y	Lead/Speed - Top 4-5 if min performance stds. Chamonix/Briancon achieved Outside Top 4-5 selected as alternates if spots available.	Coach/Physio