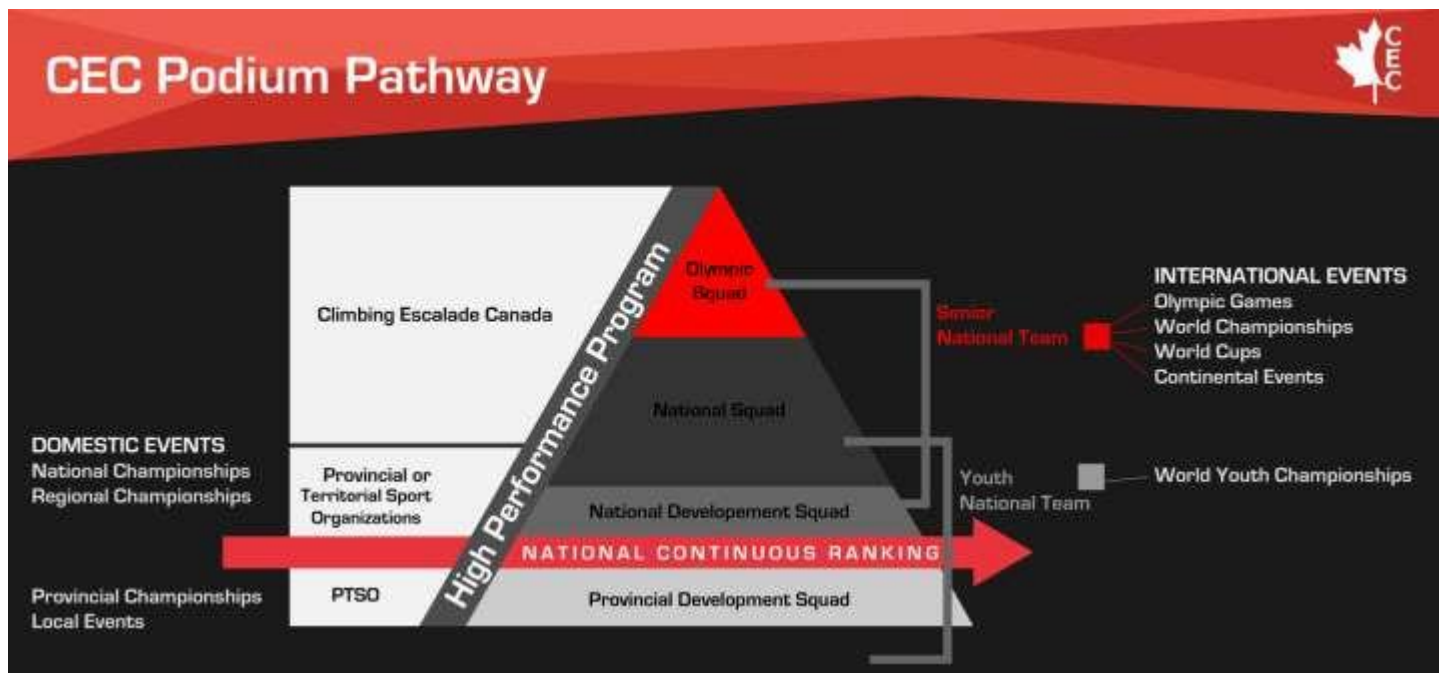


# CLIMBING ESCALADE CANADA HIGH PERFORMANCE PROGRAM

OCTOBER 2022

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## INTRODUCTION

Climbing Escalade Canada (CEC) High Performance Program (HPP) identifies athletes in Train to Compete, Learning to Win, and Winning for a Living stages of CEC's [Long-Term Athlete Development \(LTAD\) framework](#). The HPP is aligned with CEC's high-performance strategies and funding partners, such as Sport Canada and Own the Podium (OTP).

### Objectives

The CEC High Performance Program has the objective to support Canadian competition climbers at each level of high-performance development with the purpose of increasing the number of Canadian athletes achieving top 15 results at World Cup, World Championships and Olympic competitions.

The program and processes outlined in this document are the framework for all competition seasons in the 2021-2024 Olympic Cycle leading to Paris 2024. Small changes will be necessary from year to year; however, the basic processes and criteria will remain consistent.

## AMENDMENTS

The initial HPP framework was posted in January 2021 (version 1).

As a result of the ongoing and changing world of COVID-19, CEC made amendments to the framework (version 2). These amendments have been made in consultation with the High Performance Committee, the Athlete Commission and Sport System Advisors (OTP).

A 2021-2022 review was conducted between June-September.

This current document (version 3) replaces the October 2021 document (version 2) in its entirety.

## ELIGIBILITY REQUIREMENTS

To be eligible for selection to the HPP, athletes must meet and maintain all requirements as follows:

- a. Be of eligible age to participate in the Senior Category: turning 16 years by end of calendar year (not applicable to the Provincial Development Squad)
- b. Abide by all [CEC Rules & Policies](#), including, but not limited to, the Community Code of Conduct
- c. Act in accordance with other national and international policies (CCES - CADP, WADA, etc.)
- d. Sign and abide by the CEC High Performance Athlete Agreement
- e. Be eligible to compete under the IFSC Competition Rules.: [https://cdn.ifsc-climbing.org/images/Website/2022\\_IFSC\\_Rules\\_201.pdf](https://cdn.ifsc-climbing.org/images/Website/2022_IFSC_Rules_201.pdf)
- f. Hold a valid Canadian Passport, expiring no earlier than 6 months prior to the date of the event(s) attending (if applicable)
- g. Hold a valid [CEC Competitor License](#)
- h. Follow all training and competition plans as outlined by the HPP Coaching Team, in collaboration with the Integrated Support Team (IST)
- i. Participate in all meetings (in person or virtual) set by the HPP Coaching Team
- j. Participate in fitness and IST assessment, including performance monitoring as requested by HPP Coaching Team.

*Removal from High Performance Program:*

The High-Performance Committee, in collaboration with the HPP Coaching Team, can, at its sole discretion, decide to remove an athlete from the HPP for failure to comply with athlete requirements and/or codes of conduct.

Athletes will receive warning before being removed from the HPP. The HPC reserves the right to re-instate an athlete that was removed based on resumption of compliance HPP requirements.

**BENEFITS AND SUPPORT**

The HPP enhances athlete development and improved performance through communication and support from the HPP Coaching Team, IST and National Practitioner Network personnel, and registration with facilities and programs through government sport partners.

Athletes selected to the HPP who meet and maintain requirements will benefit from the following:

	<b>Olympic Squad</b>	<b>National Squad</b>	<b>National Development Squad</b>
Financial support to attend Olympic Qualifying events as budget permits	✓		
Athlete Assistance Program (AAP) financial assistance (Qualified Athletes only as outlined in section 2.5.3 of the AAP Policies and Procedures found <a href="#">here</a> )	✓		
Priority Selection for all WC events in Olympic qualification year and lead up to Olympic Games	✓		
Priority Selection to WC events based on IFSC World Rank	✓	✓	
Access to COPSIN facilities and services	✓	✓	✓
Access to GamePlan Athlete Wellness Program: <a href="https://www.mygameplan.ca/about/mission-history">https://www.mygameplan.ca/about/mission-history</a>	✓	✓	✓
Observation sessions with HPP Coaching Team in Daily Training Environment (DTE), as budget permits	✓	✓	✓
Yearly Training Plan (YTP) adapted to the athlete's needs	✓	✓	✓
Connection between the HPP Coaching Team and the athlete's Personal Club Coach	✓	✓	✓
Meetings (in-person or virtual) with the HPP Coaching Team to discuss and support YTP	✓	✓	✓
Invitations to HPP EVENTS – Competitions and Training Camp	✓	✓	✓
Access and referrals to National Practitioner Network	✓	✓	✓

## SELECTION TO HPP

For the 2021-2024 Olympic Cycle, selection to the HPP will be conducted using the CEC Continuous National Ranking (CNR). An overview of the CNR including how it is calculated can be found on the CEC website.

### **A. HP Program Entry Points**

The HPP provides support for up to 12 athletes per discipline and gender per calendar year (Jan 1<sup>st</sup> - Dec 31<sup>st</sup>). Athletes remain members of the HPP until the end of the calendar year (i.e., if selected in March 2022, remain in program until Dec 31<sup>st</sup>/ 2022), provided eligibility requirements are maintained.

#### **A.1 ENTRY POINT #1 –Following HP Competition in each Discipline – up to 6 selections:**

1. The 1st entry point is positioned after each HP Competition (formerly selection camps). This allows for athletes to move into top 6 of CNR because of good performances at both the National Championship and HP Competition.

#### **A.2 ENTRY POINT #2 – July 31<sup>st</sup>, 2023**

1. New athletes in the Top 6 of the CNR at the 2<sup>nd</sup> entry point who were NOT in Top 6 at entry point #1 will be selected to the HPP. If the CNR remains unchanged from Entry Point #1, no additional athletes are selected to HPP (potential of additional 48 athletes maximum).

#### **A.3 NOTE: Speed Minimum Times**

1. In addition to the Ranking requirements above, speed athletes must also meet the minimum time criteria to be selected to the HPP. Times must be recorded during official competition (Provincial, National, Continental, or International) and using an approved electronic timing device. Times are based on the average times to make the Round of 16 at WC events in the most recent WC Season and can be found in the HPP details for each year on the CEC website.

# HPP Entry Points

## POTENTIAL OF 96 ATHLETES

### 1<sup>st</sup> INTAKE After the HP Competition

<b>BOULDER</b> - Top 6 female - Top 6 male
<b>LEAD</b> - Top 6 female - Top 6 male
<b>SPEED</b> - Top 6 female - Top 6 male
<b>COMBINED</b> - Top 6 female - Top 6 male

UP TO 48 ATHLETES

UPDATES TO CNR

### 2<sup>nd</sup> INTAKE July 31<sup>st</sup>

<b>BOULDER</b> - Top 6 new female - Top 6 new male
<b>LEAD</b> - Top 6 new female - Top 6 new male
<b>SPEED</b> - Top 6 new female - Top 6 new male
<b>COMBINED</b> - Top 6 new female - Top 6 new male

UP TO 48 NEW ATHLETES

## HPP SQUADS

After selection to the HPP, and based on WC performances, athletes will be subdivided into HPP Squads. For the 2021-2024 Olympic Cycle, there will be 3 squads within the HPP:

- Olympic Squad
- National Squad
- National Development Squad

### A. Olympic Squad (ages 16+)

Athletes who are qualified for games or tracking to qualify in one of the Olympic Disciplines. They receive the highest level of support from CEC.

Olympic Squads are only in place in the last 2 years leading up to Olympic Games. The next Olympic Squad selection period will take place starting in August 2022 until the end of Olympic Qualification for Paris 2024.

## A.1 PERFORMANCE OBJECTIVE

Olympic Squad athletes have the objective to qualify for Games and win a medal.

## A.2 SELECTION CRITERIA

Selection to the Olympic Squad is based on IFSC World Rankings outlined below.

The period to collect World Rankings Points begins in April of 2022.

The Selection Period for the CEC Olympic Squad begins in August 2022 and continues to the end of Olympic qualifying in 2024.

IFSC World Rankings are detailed on the [IFSC website](#).

Athletes who meet any one (1) of the following criteria at any time during the Selection Period will be named to the Olympic Squad.

1. **Speed:**
  - a. IFSC CUWR: Top 30
  - b. 2 x Top 10 results in 2022 IFSC World Cup Season
  - c. Time posted in WC competition within 0.40 s of current WR
  
2. **Combined (Boulder&Lead):**
  - a. IFSC CUWR: Top 20 in lead or boulder AND Top 45 in the other.
  - b. IFSC CUWR: Top 30 in both lead and boulder.
  - c. IFSC CUWR: as per table below. There must be at least 50 athletes in the combined CUWR for this criterion to apply

Number in Combined CUWR at end of 2022 Season	Olympic Squad Criteria (Combined CUWR)
<50	Criteria does not apply
50	Top 20
51-75	Top 40% (i.e., if athletes in Combined CUWR is 66, Olympic Squad criteria = 26)
>75	Top 30

- d. Athletes qualified for Paris 2024 through the IFSC/IOC qualification process.
- e. 2 x Top 20 results in both Lead and Boulder 2022 IFSC World Cup Season.
- f. 2 x Top 12 results in one discipline (Lead or Boulder) + 2 x Top 40 results in the other (Lead or Boulder) in 2022 IFSC World Cup Season.

The Paris Olympic Qualification Events are as follows:

- IFSC World Championships 2023: Bern, SUI August 1st-12<sup>th</sup>, 2023
- Continental Qualifier - Pan American Games 2023: Oct 20-Nov 5, Santiago, Chile
- IFSC Olympic Qualifying Event 2024: Dates and Location TBA

## **B. National Squad (ages 16+)**

Athletes who are consistent World Cup competitors who are focused on producing results. National Squad members may compete in International Youth events but spend most of their time at the Senior Level.

### **B.1 PERFORMANCE OBJECTIVE**

National Squad athletes have the objective to consistently produce top 30% of field results at World Cups and World Championships.

### **B.2 SELECTION CRITERIA**

Athletes who meet the following criteria at any time during the Olympic Cycle (2021/2024) will be named to the National Squad.

- a. Top 6 in Continuous National Ranking (CNR) at the time of either HPP entry point. There is a total of 12 HPP per discipline spots available with 2 entry points each calendar year. See "*Selection to HPP*" below.
- b. **Plus** at least one of these criteria:
  - 2 x Top 45% of field results at WC in previous 24 months (in single discipline or in Lead + Boulder for combined).
  - 2 WC Semi-Final or Round of 16 results in previous 24 months.
  - IFSC Top 40 WR in any discipline.

## **C. National Development Squad (ages 16+)**

As the name suggests, athletes who are developing towards the World Cup level. National Development Squad members may be just outside selection to WC Teams. These athletes split time between Youth and Senior International events and Continental Competitions.

### **C.1 PERFORMANCE OBJECTIVE**

National Development Squad athletes have the objective to be selected for Senior WC events and to produce top 20 results at International Youth Events. Top 15 results at Continental level events.

### **C.2 SELECTION CRITERIA**

Top 6 in Continuous National Ranking (CNR) at each entry point. There are a total of 12 HPP spots available with 2 entry points each calendar year. See "*Selection to HPP*" below.

## SELECTION TO INTERNATIONAL EVENTS

Selection to the CEC High Performance Program and Squads is separate from selection to attend international competitions.

Athletes in the High Performance Program are eligible to be selected for both youth and senior international events (IFSC World Championships, IFSC World Cups, IFSC Continental Events, and/or North American Events).

Selection process for each of these events are outlined in separate documents found under EVENT Team Selections on the CEC website.

## HPP EVENTS

### **A. High Performance Competitions**

These competitions are for the top athletes to be evaluated in a higher-level environment than the National Championships. Points from HP Competitions count towards the Continuous National Ranking (CNR).

#### **A.1 INVITATIONS TO HP COMPETITIONS**

The following athletes will receive invitations to HP Competitions:

1. \*Current HPP Athletes (all squads) – discipline-specific
2. Ranked in the Top 6 of an Individual Discipline CNR following Senior National Championships
3. Ranked in the Top 8 of Combined (lead/boulder) CNR following Senior National Championships
4. Athletes outside of the HPP who:
  - a. Finish top 10 at the National Championships
    - i. If an athlete in the top 10 declines the HP competition invitation, alternates will be invited to position 12 from senior nationals only
    - ii. Rising Star exemption – athletes in the first year of senior eligibility (turning 16 in 2023) who finish in the top 20 at Senior National Championships
5. Recognized PTSO extra quota:
  - a. Each recognized PTSO may submit 2 additional athletes per gender and discipline for invitation to HP Competitions. Each PTSO has full autonomy over the selection process for HP Competition extra quotas.
  - b. Athletes submitted as PTSO extra quota must have had competed at the previous discipline-based senior nationals OR have valid and documented exemption from either CEC or PTSO.
  - c. A PTSO can decline to name athletes in these extra quotas position. If unused, there will be no reallocation of quotas to another PTSO.

### **B. HP Training Camps**

HP Training Camps do not provide points for CNR. These events are for assessment, development and training purposes and are available to current HPP athletes only.



## EXEMPTIONS

Athletes who are unable to participate in a CEC event, for reasons beyond their control, can apply for an exemption. The CEC High Performance Committee can provide exemptions for CEC events only.

Exemptions from qualifying events should be directed to the PTSO governing the qualifying event.

Event	Exemption Request Directed to	Request Process
National Championships and HPP Events	CEC HPC	Email HPD: <a href="mailto:hpd@climbingcanada.ca">hpd@climbingcanada.ca</a>
Provincial Qualifying Events	PTSO governing event	Contact PTSO

### A. **CEC High Performance Committee Exemptions (Note: PTSO exemption guidelines may differ)**

The High Performance Committee (HPC) can grant event exemptions in 2 categories:

#### **A.1 CONFLICT EXEMPTION**

Athletes who have a personal or athletic event that conflicts with a CEC event can apply for an exemption.

Examples are:

- Exam that cannot be moved (must show proof that instructor/institution is unwilling to move exam).
- Other climbing event/opportunity that has higher development value than CEC event (requires approval/recommendation of CEC coaching staff).

Conflict Exemption applications must be made in writing to the CEC High Performance Director no later than 3 weeks prior to date of event in question.

Late Event Exemption requests will not be considered.

#### **A.1 MEDICAL EXEMPTION**

Injuries are an unfortunate reality of HP athletics. It is possible for an athlete to receive an exemption from participating in an event due to injury. Injury exemption applications trigger several requirements including documentation and follow up to ensure it is safe for an athlete to return to competition.

Medical Exemption applications can be made at any time, however, must be accompanied by the CEC Medical Exemption Form found on the CEC Website.

The form must be completed by a licensed medical professional. CEC CMO may request additional documentation.

CEC will communicate to all eligible athletes when a quota spot for a World Cup or International Event is occupied by an athlete as a result of an injury exemption.

## CONFIDENTIALITY

It is vital for the integrity of the HPP that strict codes of confidentiality are followed by athletes, personal coaches and support staff, and CEC staff or contract support personnel relating to information or discussions, and which may have a bearing on high performance strategies. Individuals who break this confidentiality may be removed from the program.

## GLOSSARY – TERMS USED IN THIS DOCUMENT

TERM	ACRONYM	DEFENITION
High Performance Program	HPP	Formerly the National Team Programs (NTP) – refers to all CEC selected and supported high performance squads and teams.
Continuous National Ranking	CNR	New continuous ranking system for all athletes who compete in at least one CEC national.
Board of Directors	BOD	Board directors are elected and responsible for oversight of CEC governance, including financial and strategic planning decisions.
Executive Director	ED	CEC staff position – the ED is responsible for the oversight of all CEC operations and governance.
High Performance Director	HPD	CEC staff position – the HPD is responsible for development and oversight of all CEC High Performance Programs. The HPD reports to the Executive Director (ED).
High Performance Committee	HPC	Working committee of industry professionals selected by HPD following an application process and approved by the Board of Directors (BOD). The HPC is responsible for High Performance Program decision making. List of current members available on CEC Website: <a href="http://climbingcanada.ca/en/cec-committees/#highperformance">http://climbingcanada.ca/en/cec-committees/#highperformance</a>
Chief Medical Officer	CMO	Medical Professional responsible for oversight of an organization’s medical procedures and protocols.
High Performance Coaching Team	HPP Coaching Team	Comprised of: <ul style="list-style-type: none"> <li>- National Head Coach</li> <li>- National Olympic Head Coach</li> <li>- Provincial Coach</li> </ul>

National Team Coach	NTC	National Team Head Coach. The NTC is responsible for oversight of all HPP athletes and other stakeholders. The NTC reports to the High Performance Director (HPD).
National Team Olympic Coach	NTOC	The NTOC is responsible for oversight of all Olympic athletes. This position may be occupied by a different individual than the NTC position. The NTOC reports to the High Performance Director (HPD).
Integrated Support Team	IST	Refers to the team of individuals involved in supporting an athlete. Includes professionals in these areas: coaching, strength & conditioning, medical, nutrition, mental performance, wellness.
National Sports Organization	NSO	National Governing Body for a sport. Climbing Escalade Canada is the NSO for competition climbing in Canada. NSO can also be referred to as National Federations (NF).
Sport Canada	SC	Federal agency that provides funding for NSOs. CEC receives funding from Sport Canada and is working toward formal SC recognition as NSO.
Own The Podium	OTP	Federal Government funding body responsible for identifying and supporting athletes with high probability to medal at Olympic Games. Also responsible for providing guidance and resources to NSO high performance staff.
Canadian Olympic Committee	COC	Organization responsible for supporting athletes and staff of sport included in the Olympic Program. Provides financial, logistical, and advisory support.
Canadian Olympic and Paralympic Sport Institute Network	COPSIN	Network of facilities specifically tasked with supporting NSO identified high performance athletes.
Canadian Sport Institute	CSI	World leading facilities and IST professionals housed in one location. Accessible for designated HPP athletes. CSI centers are located in major Canadian cities.
International Federation	IF	International Governing Body for a sport. The International Federation of Sport Climbing (IFSC) is the IF for competition climbing.
International Federation of Sport Climbing	IFSC	International Federation for Sport Climbing
International Olympic Committee	IOC	International organization responsible for the Olympics Games.
Yearly Training Plan	YTP	The YTP refers to an athlete's yearly training plan as it relates to key dates and events. Broad overview including meso-cycles and micro-cycles.
Daily Training Environment	DTE	The DTE refers to all aspects of an athletes daily training environment including: facilities and equipment, support staff, team dynamics etc.
Gold Medal Profile	GMP	Series of Assessments and evaluations in 4 domains (athleticism, technical skills, tactical skills, intangibles). The resulting athlete profile provides benchmarking for athlete progress reports and team selections.
Canadian Centre for Ethics in Sport	CCES	Organization responsible for delivering education and testing in accordance with Canadian Ant-Doping Program.
Canadian Anti-Doping Program	CADP	Program of testing and education designed to prevent, deter, and detect doping and serves to protect the integrity of sport and the rights of clean athletes.
World Anti-Doping Agency	WADA	International agency responsible to lead a collaborative world-wide movement for doping-free sport.