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# 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 three levels:

- 1) National Squad – 16+ years of age
- 2) Development Squad – 16+ years of age
- 3) 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) **Jan 1 following the conclusion of the previous World Cup Season.**

## 2) 2 weeks following each Open National Championships.

Athletes who do not maintain performance criteria outlined in Section 3; or who do not comply with NTP requirements outlined in Section 2.1 and is still unsuitable 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 a sufficient period of 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:

	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 National Team Program athlete agreement	✓	✓	✓
Be eligible to compete for Canada (hold valid CDN passport)	✓	✓	✓
Hold valid CEC national membership	✓	✓	✓
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 annual 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:

	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 NC at targeted events as budget permits	✓	✓	✓
Quarterly meetings with NC to discuss and support Yearly Training Plans (YTP)	✓	✓	
Invitations to National Team Training and Selection 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 NATIONAL SQUAD

#### PERFORMANCE OBJECTIVE

National Squad athletes have a top 10 objective at the World Cups, World Championships and to qualify for Olympic Games.

#### PERFORMANCE CRITERIA

Minimum eligibility requirements:

- i. 2 Top 20 results at World Cup (single discipline) in previous 6 months

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)

### 3.2 DEVELOPMENT SQUAD

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#### PERFORMANCE OBJECTIVE

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

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#### PERFORMANCE CRITERIA

Minimum eligibility requirements:

i. Single Top 35% of field result in World Cup or World Championships (i.e. 35<sup>th</sup> in a field of 100) in previous 6 months

OR

ii. Average percentage relative to field of 50% or better from 3 or more WCs in most recent season.

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. Top 8 result at Open National Championship (single discipline) in current season.

### 3.3 TALENT ID SQUAD - MAX 4 ATHLETES

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

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#### PERFORMANCE OBJECTIVE

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

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#### PERFORMANCE CRITERIA

Minimum eligibility requirements:

i. Top 10 results at most recent Youth World Championships

OR

ii. Top 8 results at most recent Open National Championships

OR

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

## 4. SELECTION CAMP

Athletes who finish in the top 8 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).

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.

## 5. NTP RANKINGS

Athletes who qualify for the NTP 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.

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

### 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 5 result and 2 x Top 20 results

Top 2 results (20 for Top 5 + 15 for Top 20) + Consistency Bonus (7 for 2 x Top 20)= 42 total

Applies to each discipline separately.

Maximum points for this category = 50.

Result	Points	consistency bonus (2 or more results)
<b>Top 5</b>	20	10
<b>Top 20 (minimum field size of 45)</b>	15	7
<b>Semi Final/ Round of 16 (minimum field size of 45)</b>	12	5
<b>Top 30% of field</b>	10	3
<b>Top 50% of field</b>	7	2
<b>Top 75% of field</b>	4	1

## B. Open Nationals Results

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

Maximum number of points in this category = 25.

Result	points	Result	Points
1 <sup>st</sup>	25	5 <sup>th</sup>	8
2 <sup>nd</sup>	20	6 <sup>th</sup>	7
3 <sup>rd</sup>	16	7 <sup>th</sup>	6
4 <sup>th</sup>	10	8 <sup>th</sup>	4
9 <sup>th</sup> – 15 <sup>th</sup>	2	16 <sup>th</sup> – 20 <sup>th</sup>	1

## C. Selection Camp Results

Points in this category are based on cumulative rank from all competition simulations at National Team Selection Camp.

Maximum number of points in this category = 15.

Result	points	Result	Points
1 <sup>st</sup>	15	5 <sup>th</sup>	5
2 <sup>nd</sup>	12	6 <sup>th</sup>	4
3 <sup>rd</sup>	9	7 <sup>th</sup>	3
4 <sup>th</sup>	6	8 <sup>th</sup>	2

## D. Skill Based Assessments

Points in this category are assigned using skill-based assessments from IFSC Events and/or National Team Training Camps. These assessments will be made by national team coaches and area experts (strength & conditioning consultants) using established rubrics and standard assessment protocols. These assessment tools will be available on the CEC website prior to National Championships.

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:

- a) Has periodized Yearly Training Plan (YTP) from coach.
- b) Has both On-Wall and Off-Wall training components (i.e. strength & conditioning plan)
- c) Utilizes Integrated Support Team (IST) including sports med, mental performance coach and other sports experts.
- d) Has systematic method to identify personal performance gaps
- e) 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. EXEMPTIONS

### 6.1 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 1 month prior to date of event in question.

Late Event Exemption requests will not be considered.

### 6.2 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.

## 7. WORLD CUPS, CHAMPIONSHIPS AND MAJOR GAMES SELECTIONS

Athletes selected to either the Development Squad or Talent ID Squad are ***not*** automatically qualified for World Cups, World Championships or Major Games.

As soon as the Official IFSC Calendar for 2019 is announced, an addendum will be added detailing selection process for each IFSC event for each Squad.

## 7. 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.

## APPENDICES

### A. DEVELOPMENT AND TALENT ID SQUAD MINIMUM PERFORMANCE CRITERIA

This table outlines the minimum performance standards required to receive conditional selections for future same season World Cup events

Discipline	Squad	Minimum Performance Standard
<b>Boulder</b>	Development Squad	Single Top 40% result OR average top 45% results (minimum 2)
<b>Boulder</b>	Talent ID Squad	Single Top 50% result OR average top 55% results (minimum 2)
<b>Lead</b>	Development Squad	Single Top 50% result OR average top 55% results (minimum 2)
<b>Lead</b>	Talent ID Squad	Single Top 60% result OR average top 60% results (minimum 2)
<b>Speed</b>	Development Squad	Official time = to average round of 16 qualifying time for season + 0.5s (minimum 2 events)
<b>Speed</b>	Talent ID Squad	Official time = to average round of 16 qualifying time for season + 0.75s (minimum 2 events)