



## **FIELD HOCKEY CANADA WOMEN'S NATIONAL TEAM PROGRAM ATHLETE ASSISTANCE PROGRAM (AAP) CRITERIA FOR NOMINATIONS FOR THE 2012 CARDING CYCLE**

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### **1. GOAL**

The goal of the Athlete Assistance Program (AAP) is to provide financial support to athletes to train and compete successfully for Canada at major games (Olympic, Commonwealth and Pan American), and at World Championships. Athletes who are nominated for funding, and who are approved by Sport Canada for AAP financial support are referred to as 'carded' athletes, and AAP funding is referred to as 'carding'.

### **2. CARDING QUOTA**

Sport Canada has allocated the equivalent of 16 Senior cards and 3 Development cards to the Women's National Team Program for 2012. Sport Canada is currently reviewing the AAP allocation to all sports, and therefore the number of cards allocated to the Women's National Team Program may be subject to change by Sport Canada.

### **3. DURATION OF AAP CARDING**

The carding cycle for the Women's National Team is January 1<sup>st</sup> 2012 to December 31<sup>st</sup>, 2012. Carding nominations will be announced by the National Coach no later than December 1<sup>st</sup> 2011.

### **4. AUTHORITY FOR NOMINATION DECISIONS**

The National Coach has the full and sole authority to decide:

- How the quota of cards will be allocated into Senior and Development categories, based on the goals and objectives for the National Team Program in 2012;
- How many carding months are allocated to each player. It is not automatic for an athlete to receive a 12 month card. Athletes may be carded for a shorter period of time with possible extensions given based on the athlete's ability to maintain the required fitness standards.
- Who will be nominated to receive Senior and Development cards.

Note that Field Hockey Canada does not approve AAP funding for athletes: it makes nominations to Sport Canada, who has final approval of all AAP matters.

## **5. ELIGIBILITY**

To be eligible to be considered for AAP assistance, an athlete must:

- Be a registered member of Field Hockey Canada, in good standing with a provincial branch and Field Hockey Canada member club;
- Not be under suspension or sanction by Field Hockey Canada or Sport Canada for any doping or doping-related offence;
- Be a Canadian citizen;
- Commit to sign any applicable Athlete Agreement as required by Field Hockey Canada and Sport Canada.

In event that the athlete is nominated for carding, she must continue to fulfill these conditions as well as any additional conditions contained in the Athlete Agreement.

## **6. CRITERIA FOR SENIOR CARDS**

To be considered for a Senior Card, an athlete must:

- Achieve the following fitness standards: The expectation is that the standards are maintained throughout the carding cycle and failure to do so could result in an athlete being placed on probation and potentially de-carded.
  - Achieve a level 12 on a Beep Test (Canadian Version) or equivalent test currently being used to determine aerobic endurance. Goalkeepers must reach a standard level of 10.5. Athletes unable to meet the standard at the start of the carding cycle may nonetheless be nominated for carding at the discretion of the National Coach, provided the athlete achieves the required standard within a period of time as prescribed by the National Coach.
  - Achieve a minimum standard for upper body strength test
    - Push-up volume per minute: 20
  - Additional physiological, psychological, and technical testing could be used, at the coach's discretion, to help develop a more complete profile of the athlete. There will be no minimum standards associated with these tests and they will not explicitly be used to grant or withhold entry into the National or Junior National Team program
- Demonstrate through training and international competition that she has the ability, based on the selection criteria for the National Team, to play international hockey.

- Improve performance (technical, tactical, physiological, and psychological) at training and in international competition as communicated by the national coach, based on ongoing testing, program monitoring and post-competition evaluations.
- Participate in training programs and performance monitoring programs at the designated National Training Center as directed by the National Coach.
- Demonstrate availability to play in all major events in the carding cycle including Olympic Games, Commonwealth Games, Pan American Games, World Cups and qualification tournaments, as applicable.
  - Participate in the National Championships unless exempted by the National Coach
- Be available for projects (with a minimum 3 months notice), in addition to major events as listed above, as defined by the national coach.

Athletes will be nominated for Senior carding on the basis of a Depth Chart, created by the National Coach, to rank athletes by position based on:

- Technical competence
- Tactical ability
- Physiological capability
- Psychological capacity
- Program, Team & Training commitment

It is acknowledged that an athlete may be selected to the Senior National Team but may not be nominated for carding.

## **7. CRITERIA FOR DEVELOPMENT CARDS**

To be considered for a Development Card, an athlete must:

- Have been identified by the National Coach or national coaching staff as having demonstrated development potential through: performance in the Women's National Development Program; at National Championships; at Field Hockey Canada domestic competitions; at national squad camps; at ongoing training sessions; or have been identified and recommended to the National Coach by Provincial Associations/clubs.
- Achieve and maintain the same fitness standards as indicated for senior cards with the following exception. The expectation is that all standards are maintained throughout the carding cycle and failure to do so could result in an athlete being placed on probation and potentially de-carded.

- Achieve a level 11 on a Beep Test (Canadian Version) or equivalent test currently being used to determine aerobic endurance. Goalkeepers must reach a standard level of 10. Athletes unable to meet the standard at the start of the carding cycle may nonetheless be nominated for carding at the discretion of the National Coach, provided the athlete achieves the required standards within a period of time prescribed by the National Coach.
- Additional physiological, psychological, and technical testing could be used, at the coach's discretion, to help develop a more complete profile of the athlete. There will be no minimum standards associated with these tests and they will not explicitly be used to grant or withhold entry into the National or Junior National Team program
- Be available to participate in National Team Programs at the designated National Training Center or other identified location for a minimum of 60 days of training, encompassing a minimum of 4 hours per days of team practice.
- Participate in year-round training programs and in periodic testing and monitoring as directed by the National Coach.
- If not available for centralized training due to academic or other reasonable commitments, be available to complete National Team Programs and compete in major competitive events as directed by the National Coach.

As with Senior carding, athletes will be nominated for Development carding on the basis of a Depth Chart as described in the senior carding criteria.

## **8. UNFORESEEN CIRCUMSTANCES**

Field Hockey Canada recognizes that in an effort to establish criteria that can be applied in most situations, extenuating circumstances may occur from time to time that the NSO could not have foreseen.

In order to be considered extenuating the circumstances must create a situation such as to eliminate an opportunity for all athletes to participate in an event or for all athletes to achieve published criteria.

Field Hockey Canada will assess the extenuating circumstances and in its expert opinion has the sole discretion to determine whether the circumstances submitted to them are to be considered extenuating and to rule on an appropriate course of action.

## **9. INJURY OR ILLNESS**

Should an athlete who has been nominated for carding become injured or ill to the extent that the athlete cannot sustain high performance training for a period

longer than 30 days, the athlete must immediately notify the National Coach. To continue to receive carding assistance, the athlete must obtain a medical doctor's diagnosis and prognosis for the athlete's return to high performance training and competition, and must supply a detailed rehabilitation and return-to-training plan, satisfactory to the National Coach and the Field Hockey Canada team physician.

- Timelines for rehabilitation may differ by athlete
- An athlete may not be considered for carding based on severity and / or history of injury or illness

An athlete who is eligible to be considered for carding and who is seeking carding, but who is injured or ill to the extent that he cannot fulfill the carding criteria described in this document may nonetheless be nominated for carding at the sole discretion of the National Coach. In exercising such discretion, the National Coach may require that the athlete supply a medical doctor's diagnosis and prognosis for recovery, and may consult with the Field Hockey Canada team physician. It is anticipated that the National Coach will exercise his discretion in this manner only in very exceptional circumstances.

## **9. APPEALS**

Decisions of the National Coach on AAP nominations may be appealed pursuant to the Appeals Policy of Field Hockey Canada and the applicable appeal provisions of Sport Canada's Athlete Assistance Program (AAP) Policies and Procedures (Section 13).

<http://www.pch.gc.ca/pgm/sc/pol/athl/index-eng.cfm>.