

TEAM BC HIGH PERFORMANCE SELECTION PROCESS

INTRODUCTION

1. The Team BC High Performance Selection Process set out to identify those athletes who are eligible for selection to the BC Provincial Team in their respective qualifying weight categories.
2. Athletes eligible for selection to Team BC's High Performance Program are identified, ranked and offered Provincial Team and Developmental Program positions in accordance with the procedures as set out below.

SELECTION COMMITTEE

1. Following the BC Provincial Championships the Selection Committee will meet to identify the year's High Performance for BC.

The Team BC Selection Committee is composed of:

- Boxing BC Provincial Head Coach
 - A delegated Boxing BC Provincial Team Assistant Coach
 - Boxing BC President or his delegate
 - Boxing BC 1st Vice President
2. The Boxing BC High Performance Team recommendations shall ordinarily be made on the basis of the athletes' performances during the just concluded season and in accordance with the procedures detailed in this document. Factors which may be included in determining selections are the athletes' progress towards establishing performance objectives, long-term potential, win loss record and the athletes' physical conditioning.
 3. All athlete selections are valid for one a year period unless removed from the Team for failure to meet program expectations.

IDENTIFICATION OF ELIGIBILITY

1. To be eligible for selection to Team BC an athlete must:
 - a. Be on good standing with Boxing BC;
 - b. Have competed in the BC Provincial Championships for the current competition year;
 - c. Attend Team BC Training Camp(s);
 - d. Meet established testing standards;
 - e. Sign the Boxing BC Athlete's Agreement.
2. Athletes who have achieved the following will be given first consideration:
 - a. Have competed in a minimum of 10 bouts during the competition year;
 - b. Achieved Podium results at BC Provincial Championships.
3. An athlete who does not meet the eligibility criteria above can be considered for selection if he/she meets the conditions of Exceptional Circumstances set out below.

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SELECTION PROCESS

A TEAM

The intent of the selection process is to provide a High Performance Program that supports athlete development and to maintain podium results.

With these athletes we strive to:

- Promote core competencies (e.g. valuing, leadership, interaction, critical thinking and problem solving) as per Boxing Canada's Long Term Athlete Development (LTAD) model;
- Perfect the sport specific skills and abilities necessary to be a National class boxer per Boxing Canada's LTAD model;
- Adjust volume and intensity of training to be a National class boxer;
- Maintain training's specialization and performance enhancement.

Athletes' Commitment

- 8 to 15 hours per week of boxing training (depending on the development cycle);
- 8 to 10 hours per week of physical training (depending on the development cycle);
- 3 to 5 hours per week of recovery (i.e. massage therapist);
- 1 to 2 hours per week of mental preparation (i.e. sport psychologist);

Performance Requirements

- Podium at Canadian National Championships

TEAM BC HIGH PERFORMANCE SELECTION PROCESS**SELECTION PROCESS****B TEAM**

The Intent is to provide a program aimed at developing boxers to perform consistently at National competition and required appropriate levels of support to prepare for such competition. B Team will substitute for A Team members when required.

With these athletes we strive to:

- Promote core competencies (e.g. valuing, leadership, interaction, critical thinking and problem solving) as per Boxing Canada's Long Term Athlete Development (LTAD) model;
- Optimize the sport specific skills and abilities necessary to be a National class boxer as per Boxing Canada's LTAD model;
- Increase volume and intensity of training required to be a National Class boxer;
- Emphasize specialization and performance enhancement.

Athlete's Commitment

- 8 to 15 hours per week of boxing training (depending on the development cycle);
- 8 to 10 hours per week of physical training (depending on the development cycle);
- 3 hours per week of recovery (i.e. massage therapist);
- 1 hours per week of mental preparation (i.e. sport psychologist).

Performance Requirement:

- To compete in a minimum of 10 bouts during the competition season.

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DISCRETIONARY NOMINATIONS

1. Discretionary Nominations to the Team can be made and will be based on the following at the discretion of Boxing BC:
 - a. Athlete's history of competitive performances;
 - b. Athlete's technical skills and potential for improvement;
 - c. Athlete's commitment and adherence to an approved high performance training program;
 - d. Athlete's physical and mental readiness;
 - e. Athlete's potential for long term national competitive success.

EXCEPTIONAL CONDITIONS

1. Boxing BC may, at any time require an athlete who appears, by reason of a health related curtailment of activities, to be unable to practice in training or competition activities to obtain a medical assessment conducted by a licenced physician. The purpose of this medical assessment is to determine the appropriateness of the athlete's selection to Team BC by determining the extent of the athlete's incapacity and the anticipated time of recovery.
2. It may occur that an athlete may, by reason of a health related curtailment of activities or extraordinary circumstances (such as death of an immediate family member), be unable to participate in the BC Provincial Championships. In such circumstances the Athlete shall remain eligible for selection, provided that prior approval has been granted by the Provincial Head Coach.