



## **Squash BC Policy and Procedures for the New High Performance Program**

**Approved: November 24, 2020**

### **PREAMBLE**

The newly revised Squash BC High Performance Program is focused on developing athletes to fit with Squash Canada performance standards and gain access to a national team program. National team athletes receive additional training opportunities with Squash Canada and this experience filters down to touch more athletes here in BC. Our scope needs to include competing and winning at international levels to ensure success on home soil and provide the possibility of a career with the PSA.

The inclusion of a Senior Elite status will maintain a relationship with junior athletes once they have moved on to post-secondary education as well as a few athletes who may opt to stay local and pursue squash professionally. These Athletes are an important component of our High-Performance program if we integrate and utilize them to practice with our next generation of performers. Summertime training will be the best opportunity to have consistent programming for these Senior Elite athletes given some of them will return to school in Aug/Sep.

In order to achieve these goals, resources need to be directed and focused towards our best athletes.

### **Talent ID & Selection Criteria:**

Squash BC will focus their talent ID and competition structure on developing U11, U13 and U15. Consideration around Progressive & Silver tournaments need to be categorized by age group and provide structure for new players introduced to squash.

Talent ID camps focusing specifically on U11 and U13 juniors are important to introduce our high-performance program and educate athletes on the pathway to excellence.

i) High Performance Athletes (HPA) have been categorized by status to align with LTAD. Each status may be broken into statuses for session training purposes:

- *Development*
- *High Performance*
- *Junior Elite*
- *Senior Elite*

Our HPAs have specific competitions that they are focused on and peaking for, depending on their status. Players at the '*Elite*' status are focused on National or International Competition while '*High Performance*' status athletes are focused on regional or national competition as this is a more

appropriate scope suited to their current level of development. The '*Developing status*' athletes are focused on Provincial and Regional.

ii) Selection Criteria is performance based; players gain access to a status by meeting one of the criteria as outlined. Criteria includes placing at a competition or by obtaining a Provincial or National ranking as listed per status.

### **Senior Elite Status**

#### **Selection Criteria in order of priority:**

- Within top ranking level in Canada National Rankings (cut off ranking position will differ for men and women; cut off ranking positions will be determined by HP Committee), or
- Win BC Open/Closed Provincial Championships, or
- Training full-time and competing on the PSA Tour (minimum # of 2 events), or
- Selected for National Team events including World University Championships, Pan Am Games, Canadian Team Championships
- Qualified for the Canadian Senior Championships Open Division (Top 16 in Canada)

#### **Expectations & Experience:**

##### *Should be targeting:*

- Competing regularly in Senior Provincial Squash BC Events this season, looking to qualify for the main draw of the Canadian Squash Championships, represent BC on our Canadian Team Championships as well as playing PSA events in Canada/North America.

##### *Must:*

- Play in Submit training examples (videos/tests) for evidence-based training
- Compete at the Canadian Squash Championships
- Compete at BC Open and Closed Championships

##### *Notes:*

Senior elite athletes will integrate with Elite Jr and HP Juniors in the training environment. They will also be mentored as future coaches and potentially help coach summer camps or other HP program events. These athletes will be trained to be mentors to junior athletes.

Senior Elite athletes would receive individual access to Canadian Sport Institute (CSI) resources.

### **Junior Elite Status**

#### **Selection Criteria:**

- a. > 13 Year Old Athletes – U19, U17, U15, or
- b. Finish Top 3 at 2019 Canadian Junior Closed or Canadian Junior Open U19, U17, U15, or
- c. Top 5 Canadian Junior Ranking @ July 1<sup>st</sup> 2020, or
- d. BC Junior Champion – BC Closed/Open this season, or
- e. Jesters PNWs or Alberta Jesters Champion

**Expectations and experience:***Should be targeting:*

- International Junior competitions including the British Junior Open, Dutch/Pioneer Junior Opens, Hong Kong Junior Opens this season
- Attend National Team events including Battle of the Border, Pan Am Juniors or World Junior Competitions this season
- Competing at the Canadian Junior Open and Closed events
- Competing regularly in Senior Provincial Squash BC Events this season

*Must:*

- Submit training examples (videos/tests) for evidence-based training
- Compete at the Canadian Junior Squash Championships
- Compete at Alberta Jesters, Jesters PNWs or Ontario Gold
- Compete at BC Junior and Senior Open or Closed Championships
- Compete in targeted Squash BC high performance junior events identified annually

*Notes:*

- They will train with the best regional and provincial coaches and have regular training groups with other Elite level athletes.
- High Performance athletes would receive individual access to Canadian Sport Institute CSI resources.
- Their training program will focus around International Competition in December, Nationals in April/May as well as International competition in July/Aug.

**High Performance Status****Selection Criteria:**

- a. U17/U15/U13 Athletes, or
- b. Top 8 Finish at Canadian Junior Open or Closed, or
- c. Top 8 Canadian Junior Ranking, or

High Performance is targeting top 8 finishes at Junior Nationals Open/Closed. The following criteria will be considered for inclusion but does not constitute automatic selection. Athletes can all be considered after the following competitions.

- d. Top 4 Finish at PNWs or Alberta Jesters (\*Strength of draws considered i.e. Jrs playing up), or
- e. Top 2 Finish at BC Junior Open or Closed (\*Strength of draws considered i.e. Jrs playing up), or
- f. Top 4 BC Junior Ranking

**Expectations & Experience:***Should be targeting:*

- Attend Interprovincial Events including Jesters PNWS, Alberta Jesters, Junior Gold Events
- Competing at the Canadian Junior Open and Closed events
- Competing regularly in Senior Provincial Squash BC Events this season

*Must:*

- Compete regularly in Senior Provincial Squash BC Events this season
- Submit training examples (videos/tests) for evidence-based training
- Compete at the Canadian Junior Squash Championships
- Compete at Alberta Jesters, Jesters PNWs or Ontario Gold
- Compete at BC Junior and Senior Open or Closed Championships

*Notes:*

- HP athletes will benefit from CSI resources during regional camps and training opportunities.
- Their training program will focus around Regional Competition in November and February followed by CJO/USJO in December, Nationals in April/May as well as International competition in July/Aug.

**Developing Status**

**Selection Criteria**

- a. U11/U13/U15 Athletes
- b. Finish top four at BC Junior Open or Closed
- c. Ranked top four in BC Junior Rankings

**Expectation and Experience:**

*Should be targeting:*

- Alberta Jesters, Jesters PNWs, BC/Open Closed and National Juniors when it is hosted in BC

*Must:*

- Compete at BC Junior Open or Closed Championships
- Compete in targeted Squash BC high performance junior events identified annually
- Maintain a training journal including complete physical training program
- Compete in targeted Squash BC high performance junior events identified annually

*Notes:*

- Eligible for monthly or quarterly training camps as scheduled by the Provincial Coach

**Process for approval of selection criteria and athlete selections:**

iii) Process is as follows:

**Selection Criteria**

- HP Provincial Coach develops the criteria and selection program for athlete selection.
- HP Committee reviews the criteria and selection process ensuring it is clear and transparent, and revises if needed. HP Committee makes a motion to the Squash BC Board.
- Selection criteria goes to the Board for final approval.

- Criteria is reviewed annually, and where appropriate, changes are made for continued improvement. Approvals are acquired as needed.

#### Athlete Selection

- HP Provincial Coach identifies athlete and status based on the approved selection criteria.
- HP Provincial Coach shares the team identification and/or athlete selection with the HP Committee with the rationale behind athlete selections. Adjustments are made if appropriate and justified based on criteria. HP Committee ratifies the team selection.
- Athlete selection is communicated to the athletes and parents and their coaches.
- Appeals process is available for disputes.

#### Appeals Process

- A. Initial appeals process
  - Appeals must be made in writing within 14 days and include the reason for dispute with supporting documentation. Reasons must be directly related to criteria
  - Appeals sent to the Chair of the HP Committee and cc'd to the HP Provincial Coach and Executive Director.
  - All initial appeals will be reviewed by the HP Committee and a decision made on whether or not the appeal is valid. If valid the HP Committee, in collaboration with the HP Provincial Coach, will make the change and the appellant will be informed.
  - If the HP Committee feels that the appeal is not valid, the appellant will be informed.
- B. If a second appeal is desired then follow the September 15, 2018 Squash BC Appeals Process

### **Athlete Selection Schedule:**

iv) In 'normal' circumstances, athletes will enter into the High Performance Program or move statuses three times per year; August, December & May. Given the current situation of COVID, the entrance points will be more fluid and based on national championships.

### **High Performance Athlete Experience & Expectations:**

v) The program would run two 2hr sessions each month for identified HPAs as well as one 3hr weekend camp each month. There would be one HP program on the Island one in the Interior and at least two running in Vancouver based on the density/level of athletes.

In the summer/March Break/Christmas Break there will be additional options for full day and week training camps.

- a) It is important to consider that group sizes can be smaller and still allow the ability to mix level as you can have 2/3 Elite players on one court together with 2/3 HP players on another OR 2/3 HP players and 2/3 Development level players etc.
- b) HP is competitive and requires minimum standards of achievement to maintain priority status for HP Program invitation. Athletes on the cusp of selection could be constantly changing statuses and allowed to move in and out of a status at various points in the season following major competitions.

vi) Athletes must sign and submit an Athlete Agreement by due date

vii) High performance athletes must participate in all sessions/camps and required tournaments or have a valid reason for not participating. Some examples of valid reasons include; SAT test, sickness/injury, family functions for close family members such as weddings, funerals. Unless it is during school holidays, a family vacation arranged after the relevant camp or tournament date was posted on-line in the Squash BC Calendar of Events will not constitute a valid exemption.

Athlete Exemption forms must be sent to Squash BC along with accompanying documentation/evidence before the camp registration deadline or, in the case of last minute sickness/injury, within 5 days of the end of the camp. Athletes who are in their Grade 12 year will not generally be granted special exemptions, except for exams, interviews at post-secondary institutions etc. Grade 12 athletes should consider the time commitment involved in meeting the requirements before accepting an invitation to participate on a Squad.

viii) The new HP Program will initially begin with three main BC geographical areas: Greater Vancouver/ Lower Mainland, Vancouver Island and the Interior. Having squads separated by region creates silos that prevents athletes from having opportunity to train with other athletes at their standard. Athletes from the Interior will have to make the commitment to travel in order to receive more access to coaching. Squash BC will work to ensure there are two HP camps on the Island and in the Interior each season. (summer & season) with additional camps occurring in Vancouver. Squad athletes located in Vancouver would make the commitment to attend at least one camp outside of Vancouver (Island or Interior) each season. Camps could be located at varying locations on Vancouver Island or in the Interior. Camps should look to include CSI resources whenever possible to provide added value and learning to athletes and coaches.

ix) Pay online for sessions/camps by due date.

x) Athletes MUST do the technical testing before the camps when required to do so

xi) Athletes must play in the tournaments set out each spring by the HP Committee. These tournaments will be sent to the athletes when they are invited to be part of the HP program. Athletes must make sure they can attend these events before they agree to be on the squad.

xii) **Program Financing:**

The SQBC High Performance Program is a fee-based program intended to bring together the top players playing/training together more frequently in smaller training groups supported by elite coaching and programs. Sessions are paid for by the athletes who are invited to participate based on meeting criteria. Squash BC will continue to provide partial funding to this program to help offset athlete participation fees.