

# APPENDIX D

## WOMEN'S NATIONAL TEAM PROGRAM ATHLETE ASSISTANCE PROGRAM (AAP) CRITERIA FOR NOMINATIONS FOR THE 2023 CARDING CYCLE

### 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 for Women's National Team Program for 2023.

### 3. DURATION OF AAP CARDING

The carding cycle for the Women's National Team is May 1, 2023 – April 30, 2024. Carding nominations will be announced by the National Coach within 48 hours of the review call with Sport Canada (for 2023, letters will be sent by April 28, by 10:00am PST). A national carding camp will be facilitated in Q4 of each cycle with mandatory attendance unless an exemption from the national coach is given based on individual circumstance.

### 4. AUTHORITY FOR NOMINATION DECISIONS

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

- The quota of Senior cards will be allocated into Senior and Development categories, based on the goals and objectives for the National Team Program in 2023;
- 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 position on the depth charts and his 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;
- Be in good standing with Field Hockey Canada;
- Not be under suspension or sanction by Field Hockey Canada or Sport Canada for any doping or doping-related offence;
- Be a Canadian citizen or permanent resident;
- Commit to sign any applicable Athlete Agreement as required by Field Hockey Canada and Sport Canada, including initialing every page.

In the 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.

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

## 6. CRITERIA FOR SENIOR CARDS

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

- Be selected on the Senior National Team
- 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 standard level on a Yoyo Test or equivalent test currently being used to determine aerobic endurance. Standard levels for the Yoyo Test are as follows:
    - Standard competition level: 1600 m.
    - Minimum eligibility level: 1360 m.
      - Goaltenders minimum level: Women 1000 m.
    - Athletes may be considered for carding if the minimum eligibility level is achieved but must reach the standard competition level within a period of time as prescribed by the National Coach. 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 Senior 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 and based on ongoing testing, performance monitoring and post-competition evaluations.
- Participate in National Team Programs at the designated National Training Center or other identified location 6 days a week between the hours of 6am-11am and 4pm-9pm.
- Be available to play in all major events in the carding cycle including Olympic Games, Commonwealth Games, Pan American Games, Pan American Cups, World Leagues, World Cups and qualification tournaments, as applicable.
- Participate in the National Championships unless exempted by the National Coach
- Be available for all projects (with a minimum 1-month 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 on their ranking on the overall & by position Depth Chart. The Depth Charts will be based on the athlete performance, both in competition and daily training environment, as judged by the National Coach. The following elements will be evaluated:

- Technical competence
- Tactical ability
- Physiological capability
- Psychological capacity
- Program, Team & Training commitment
- Competition performance
- Program focus/requirements

## **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 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 the same fitness standards as indicated for senior cards. 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.

- 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 6 days a week between the hours of 6am-11am and 4pm-9pm.
- 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 their position on the Depth Chart described in the senior carding criteria.

## **8. 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, written 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 she 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 – Appeals Policy)

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

