



**Canadian Sport Institute Pacific  
and **BC Wrestling Association**  
Athlete and Coach Nomination Criteria**

Criteria Approved: 5/15/2026

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## PURPOSE

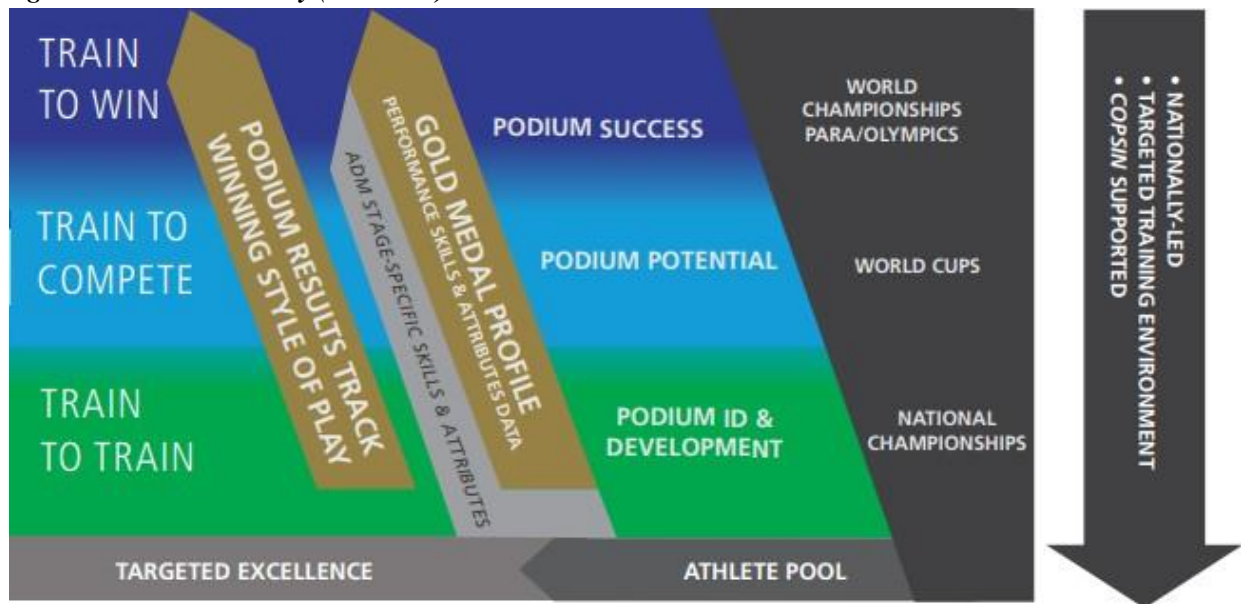
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and **BC Wrestling**, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process to identify athletes and coaches within the **BC Wrestling** high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

*Figure 1 – Podium Pathway (LTAD 3.0)*



<sup>1</sup> In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

## **DETAILS**

Through the above partnership, and with the above purpose in mind, BC Wrestling may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute and PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. Please see Appendix 1 for an outline of BC Wrestling targeted athlete benefits, programs, and services as delivered through BC Wrestling.

Targeted athletes are nominated by BC Wrestling based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Raj Virdi, [rajviridi01@gmail.com](mailto:rajviridi01@gmail.com). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Wrestling high performance program benchmarks to remain targeted. Raj Vardi and the Canadian Sport Institute technical lead working with BC Wrestling have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Wrestling targeting runs June 1<sup>st</sup> – May 31<sup>st</sup> annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the BC Wrestling targeted athlete list, on a case-by-case basis, by contacting the PSO/DSO Technical Representative.

## **ATHLETE/COACH REGISTRATION**

Once the athlete or coach is nominated, he or she will be notified by BC Wrestling and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre in order to receive athlete or coach support.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with BC Wrestling as a competitive athlete and meet the definition of a BC athlete.
  2. In principle, all athletes nominated should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
  3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on BC Wrestling's nomination list at coach's discretion when:
    - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred.
- AND;**
- b. The athlete in question was previously nominated by BC Wrestling in the previous 12 months.
  - c. There is an agreed timeline on the return to play process

## LEVEL-SPECIFIC CRITERIA

### Canadian Sport Institute Pacific

Please note both the Canadian Sport Institute criteria and the BC Wrestling sport-specific criteria:

#### Podium / Canadian Elite (Sport Canada AAP Carded)

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*Canadian Sport Institute Criteria:*

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

*\*Note, it is the responsibility of BC Wrestling, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

#### Canadian Development

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*Canadian Sport Institute Criteria:*

- Athletes, who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

**OR;**

- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile), and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
  - Athletes who have been targeted as "NextGen" defined as the expectation to be selected to the senior national team in eligible events **within 12 months**, and verified by the NSO.
  - Evidence to be provided by PSO/DSO in order to confirm nomination.

## Provincial Development Level 1

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*Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
  - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
  - Evidence to be provided by PSO/DSO in order to confirm nomination.

**AND**

- Competed at the U23 or U20 World Championships in an eligible event (or equivalent international developmental event) in the past 12 months,

**OR;**

- Won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 12 months.

*\*Note, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

## Provincial Development Level 2

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*Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:
  - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
  - Evidence to be provided by PSO/DSO in order to confirm nomination.

**AND**

- Competed in an eligible event at the appropriate<sup>2</sup> age group national championships (or equivalent level of performance standard) in the previous 12 months,

**OR;**

- Won a medal in an eligible event at their appropriate age group provincial championships in the previous 12 months.

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<sup>2</sup> Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

## Coach Nomination

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### *Canadian Sport Institute Criteria:*

Coaches are nominated by having his or her name included in the targeted athlete list when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.
- Evidence to be provided by PSO/DSO in order to confirm nomination.

## BC Wrestling Criteria

### Canadian Development

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#### *BC Wrestling Sport-Specific Criteria:*

1.1. Athlete must be training full-time at the National HP1 Centre – Burnaby Mountain;

**AND**

1.2. Athlete must have placed in the top 2 of their weight class at the most recent Senior National Trials at an Olympic weight class or place 1st at the Non-Olympic Trials;

**OR**

1.3 Athlete must have placed 1<sup>st</sup> at the U20 National Trials;

**OR**

1.4. Athlete have placed 1<sup>st</sup> at the U23 National Trials;

**OR**

1.5 Athlete must be targeted by Wrestling Canada Lutte (NSO);

**AND**

1.6 Athlete must submit to the BC Wrestling HP coach evidence that they have met the criteria listed below;

1.7 Submitting a quality Yearly Training Plan (YTP);

1.8 Participating in BCWA physical testing evaluation, functional screening and meeting the established benchmarks (see Appendix A), three times per year;

1.9 Participate in planned, monitored, and evaluated off-mat S/C program

2.0 Attending Team BC Camps

## Provincial Development Level 1

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### *BC Wrestling Sport-Specific Criteria:*

2.1 All targeted athletes are required to train a minimum of two times per week at the National HP1 Centre - Burnaby Mountain; unless an alternative is approved at the discretion of the HP coach

#### **AND**

2.2 Athlete must have placed in the top 3 of their weight class at the most recent Senior National Trials at an Olympic weight class, or top 2 at the Non-Olympic Trials; there must be a minimum of 5 competitors in the weight class to be valid

#### **OR**

2.3 Athlete must have placed in the top 2 of their weight class at the most recent U20 National Trials; there must be a minimum of 5 competitors in the weight class to be valid

#### **OR**

2.4 Athlete must have placed in the top 2 of their weight class at the most recent U23 National Trials; there must be a minimum of 5 competitors in the weight class to be valid

#### **AND**

2.5 Athlete must submit to the BC Wrestling Provincial Coach evidence of completing three of the following four criteria:

2.6 Submitting a quality Yearly Training Plan (YTP);

2.7 Participating in BCWA physical testing evaluation, meeting the established benchmarks, three times per year;

2.8 Participate in planned, monitored, and evaluated off-mat S/C program; or provide program to the HP coach

2.9 Attending Team BC Camps

## Provincial Development Level 2

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### *BC Wrestling Sport-Specific Criteria*

Meeting the minimum eligibility criteria does not guarantee selection to the Provincial Development Level 2 targeted athlete list.

3.0 Athlete must have been named to the 2026 U17 Pan American Championships Team **\*AND\*** placed top 2 at the U17 Canadian World Team Trials.

#### **OR**

3.1 Athlete must have placed 1st in the U19 Freestyle division at the Canadian National Wrestling Championships.

#### **AND**

3.2 Athlete must be of UWW U17 age for the applicable competition calendar year.

#### *Weight Class Eligibility*

3.3 To support long-term athlete development and alignment with Provincial Development Level 1 (PD1) and U20 international progression pathways, the Provincial Development Level 2 targeted athlete pool will prioritize weight categories that align with future U20 performance pathways. As a result, the two lightest UWW U17 weight classes for both men and women will not be included in the targeted athlete selection pool.

#### *Selection Considerations*

3.4 Final targeted athlete selections may include consideration by BC Wrestling's Development staff. In addition to the criteria above, the staff may consider factors including, but not limited to:

- Results at the Canadian World Team Trials
- Results at the Canadian National Championships
- Overall competitive performance during the season

- Demonstrated progression and readiness within the provincial high-performance pathway
- Commitment to training and competition expectations

3.5 All selection decisions will be made in accordance with BC Wrestling's approved selection and appeals policies.

**Athlete must submit to the BC Wrestling Provincial Coach evidence they have met 3 of the 4 criteria listed:**

3.6 Submitting a seasonal Yearly Training Plan (YTP) prior to September 30, 2026

3.7 Participating in BCWA physical testing evaluation, functional screening and meeting the established benchmarks (see Appendix A), once per year;

3.8 Participating in planned, monitored, and evaluated off-mat strength & conditioning program;

3.9 Attending at least two provincial training camps.

### **Coach Nomination**

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#### *BC Wrestling Sport-Specific Criteria:*

- Coach must be a member of BC Wrestling Association in good standing;

**AND**

- Coach must attend Provincial Coaching Clinic unless already NCCP Competition-Development Certified.

## APPENDIX A – Wrestling Canada Lutte Physiology and Strength Assessment Standards

**WCL GMP - PP  
PHYSIOLOGY AND STRENGTH ASSESSMENT STANDARDS  
MEN**

**GMP/PP 2 yrs**

TEST	GOLD	SILVER	BRONZE
Aerobic Capacity (ml/kg/min)	60.1 - 65	55.1 - 60	55
Power Clean (kg/kg body wt)	1.3 - 1.5	1.11 - 1.3	1.1
Back Squat (kg/kg body wt)	1.81 - 2	1.51 - 1.8	1.5
Bench Press (kg/kg body wt)	1.31 - 1.5	1.01 - 1.3	1
Pullups	24 - 35	13 - 23	12
Squat Jump (W/kg)	55.1 - 65	45.1 - 55	45
Countermovement Jump (W/kg)	65.1 - 70	55.1 - 65	55
Horizontal Jump (cm)	261 - 280	241 - 260	240

**GMP/PP 6-4 yrs**

TEST	GOLD	SILVER	BRONZE
Aerobic Capacity (ml/kg/min)	57.1 - 62	52.1 - 57	52
Power Clean (kg/kg body wt)	1.2 - 1.4	1.01 - 1.19	1
Back Squat (kg/kg body wt)	1.51 - 1.7	1.21 - 1.5	1.2
Bench Press (kg/kg body wt)	1.11 - 1.3	0.91 - 1.1	0.9
Pullups	21 - 30	11 - 20	10
Squat Jump (W/kg)	52.1 - 62	42.1 - 52	42
Countermovement Jump (W/kg)	62.1 - 67	52.1 - 62	52
Horizontal Jump (cm)	251 - 270	231 - 250	230

**GMP/PP 8-6 yrs**

TEST	GOLD	SILVER	BRONZE
Aerobic Capacity (ml/kg/min)	54.1 - 59	49.1 - 54	49
Power Clean (kg/kg body wt)	1.06 - 1.25	0.86 - 1.05	0.85
Back Squat (kg/kg body wt)	1.31 - 1.5	1.11 - 1.3	1.1
Bench Press (kg/kg body wt)	1.01 - 1.1	.81 - 1.0	0.8
Pullups	16 - 25	9 - 15	8
Squat Jump (W/kg)	50.1 - 55	40.1 - 50	40
Countermovement Jump (W/kg)	60.1 - 65	50.1 - 60	50
Horizontal Jump (cm)	241 - 260	221 - 240	220

**WCL GMP - PP  
PHYSIOLOGY AND STRENGTH ASSESSMENT STANDARDS  
WOMEN**

**GMP/PP 2 yrs**

TEST	GOLD	SILVER	BRONZE
Aerobic Capacity (ml/kg/min)	55.1 - 60	50.1 - 55	50
Power Clean (kg/kg body wt)	1.3 - 1.5	1.11 - 1.3	1.1
Back Squat (kg/kg body wt)	1.71 - 1.9	1.51 - 1.7	1.5
Bench Press (kg/kg body wt)	1.31 - 1.5	1.01 - 1.3	1
Pullups	>15	6 - 15	5
Squat Jump (W/kg)	45.1 - 50	40.1 - 45	40
Countermovement Jump (W/kg)	50.1 - 55	45.1 - 50	45
Horizontal Jump (cm)	231 - 240	221 - 230	220

**GMP/PP 6-4 yrs**

TEST	GOLD	SILVER	BRONZE
Aerobic Capacity	51.1 - 55	47.1 - 50	47
Power Clean	1.2 - 1.4	1.01 - 1.19	1
Back Squat	1.41 - 1.6	1.21 - 1.4	1.2
Bench Press	1.11 - 1.3	0.91 - 1.1	0.9
Pullups	>10	5 - 10	4
Squat Jump (W/kg)	42.1 - 47	37.1 - 42	37
Countermovement Jump (W/kg)	47.1 - 52	42.1 - 47	42
Horizontal Jump (cm)	221-230	211-220	210

**GMP/PP 8-6 yrs**

TEST	GOLD	SILVER	BRONZE
Aerobic Capacity	47.5 - 52	44.5 - 47	44
Power Clean	1.05 - 1.25	0.85 - 1.05	0.85
Back Squat	1.31 - 1.5	1.11 - 1.3	1.1
Bench Press	1.01 - 1.1	.81 - 1.0	0.8
Pullups	>8	3 - 8	3
Squat Jump (W/kg)	40.1 - 45	35.1 - 40	35
Countermovement Jump (W/kg)	45.1 - 50	40.1 - 45	40
Horizontal Jump (cm)	211-220	201-210	200

Note: Bronze is equivalent to the minimum standard set in 2017