

ATHLETICS CANADA (AC)

2009-2010 ATHLETE ASSISTANCE PROGRAM

1. General

The Athlete Assistance Program, or AAP, is a federal government program administered by Sport Canada that provides financial assistance and tuition support to over 1,800 amateur athletes in Canada.

Also referred to as 'carding', AAP funding is intended to contribute to an athlete's living and training costs. It is not intended to serve as the athlete's sole source of income. Furthermore, the AAP is not a reward for past performance, but rather is designed to support athletes for the upcoming year who have demonstrated the potential for superior future performance, by either having:

- a) demonstrated their ability to finish in the top 16 and top ½ of the field at the IAAF Senior World Championships in Athletics or Olympic Games, or
- b) been identified as progressing towards a finish in the top 16 and top ½ of the field at future IAAF Senior World Championships in Athletics or Olympic Games.

Many of the considerations that enter into carding decisions are based on objective criteria. However, due to the fact that carding is not based solely on past performance, the decision-making process also contains some necessary subjective elements.

2. Eligibility

To be eligible to be considered for nomination, an athlete must have met or exceeded the performance standard for their carding category at least once during the qualifying period. Performance standards, qualifying period and additional conditions are as set out in Appendix 4. In addition, to be considered for nomination, the athlete must fulfill the following requirements:

- a) Must complete and sign the application form attached to this document as Appendix 1 and submit it to AC on or before the deadline (September 20, 2009). Athletes on the World Championship Team will have until September 27th, 2009. The athlete's coach, or other individual who is responsible for overseeing the athlete's training program, must be identified on this form and must also sign it.
- b) The application form must be accompanied by a Training & Competition Plan complete with details on the Training Environment that conforms with the requirements outlined in Appendix 2. Such plans must be developed in conjunction with the AC Event Group Director (or designate).
- c) Must be a current registered member of AC, in good standing with a Provincial Branch and club.
- d) Must have participated in the 2009 National Senior or Junior Championships (unless request not to participate due to injury or illness is approved in advance by AC Head Coach).
- e) Must possess Canadian citizenship by November 1st, 2009 and satisfactorily demonstrate that he/she will be eligible to compete in IAAF events for Canada by June 28, 2010.
- f) Must not be under suspension or other sanction by AC or Sport Canada for any doping or doping-related offence.
- g) Must commit to sign, any applicable Athlete Agreement as required by AC and Sport Canada.

In the event that the athlete is nominated for carding, he/she must continue to meet these conditions as well as additional conditions contained in the signed Athlete Agreement. The athlete also commits to participate in a semi-annual review of the Training and Competition Plan with the AC Event Group

Director (or designate). **Once carded, failure to continue to fulfill these eligibility requirements may result in the athlete's carding being withdrawn.**

3. Categories of Cards

Athletics Canada nominates athletes for carding in a number of different categories. These categories have specific terms and conditions, including eligibility and application requirements, that may be in addition to the general eligibility and application requirements described in this document. These carding categories are outlined in Appendix 3.

4. Authority for decisions

All matters relating to the nomination of athletes for carding are the sole authority of the National Team Committee (NTC) based on the application of the criteria. The NTC for 2009-2010 consists: Martin Goulet (Chief High Performance Officer), Alex Gardiner (Head Coach), Les Gramantik (Centre Coach), Hugh Conlin (Director of Talent Development), Scott MacDonald (Director, National Team Programs), Kevin Sullivan and Nicole Forrester (Athlete Representatives).

5. Principles underlying carding nominations

The underlying fundamental principles guiding the carding evaluation and decision-making process are:

- a) Carding is designed to support athletes who have either demonstrated their ability to finish in the top 16 and top ½ of their field at the IAAF Senior World Championships or Olympic Games, or who have been identified as progressing towards a finish in the top 16 and top ½ of the field at a future IAAF Senior World Championships or Olympic Games.
- b) Carding will be considered for those athletes that demonstrate consistently high level performances. The ability to repeat a performance standard during the set qualifying period outlined in Appendix 4 is a requirement to be nominated (except for 10000m, marathon, and RW)
- c) Carding will be considered for those athletes who can demonstrate their readiness and ability to achieve peak performance at National Championships and prioritized National Team events. Such readiness is demonstrated through the athlete's Training and Competition Plan.

6. Criteria

The NTC will rank eligible athletes for nomination on the scores of three general categories of criteria:

- a) Performance – as demonstrated by outdoor performances that meet or exceed the standards prescribed by Athletics Canada and that are achieved repeatedly within a prescribed Qualifying Period (see Appendix 4), as well as historical performances and personal best performances,
- b) Placings – as demonstrated by placing at Outdoor National and International Championship events (see Appendix 1); and,
- c) Training environment and competitive readiness – as demonstrated by the athlete's Training & Competition Plan and details on the Training Environment, submitted as part of the carding application (see Appendix 2 for scoring elements). Maximum score in this category is 125 points.

This ranking will be done using a points-based system. How these points are allocated is described in the Application Form shown in Appendix 1, and for the Training and Competition Plan in Appendix 2. The performance standards, qualifying periods and repeat performance schedules are shown in Appendix 4.

Athletics Canada acknowledges that some of the criteria relating to the athlete's training environment and competitive readiness may involve subjective considerations. Athletes are strongly encouraged to include with their carding application any additional information that they feel may be relevant. The evaluation of the Plan will follow the checklist in Appendix 2 resulting in an overall numerical score given for each athlete's Training & Competition Plan / Training Environment.

IMPORTANT NOTE: Athletics Canada DOES NOT card athletes, but rather submits a list of nominations which Sport Canada must ultimately approve. The final decision on carding is made by Sport Canada.

7. Notification

The carding cycle begins November 1st, 2009 and lasts for one calendar year. Athlete carding performances and placings will be published by Athletics Canada on or before November 1st, 2009. Upon publication, athletes have 5 days to notify AC if there have been any errors or omissions..

8. Appeals

Athletes who are not nominated for carding, who have achieved the minimum performance standards during the qualifying period as set out in Appendix 4, and who have submitted a complete Carding Application and Training and Competition Plan before the deadline, may submit an appeal. A Notice of Appeal must be submitted to AC within 15 days of publication of the carding nomination list and must be accompanied by a fee of \$250. This fee will be returned if the appeal is successful. Appeals of carding nominations will be decided by an Appeals Panel under Athletics Canada's Appeal Policy (Rule 140).

9. Further information

For further information about the AAP program, including what financial assistance is provided through tuition support or deferred tuition support, please contact Athletics Canada:

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More information about the AAP is also available from Sport Canada at the following website:
<http://www.pch.gc.ca/pgm/sc/pgm/athlt-eng.cfm>.

Appendix 1**AAP Application Form**

This form must be completed in its entirety (including coach and athlete signatures) and submitted to AC on or before **September 20, 2009**. The completed form may be sent by courier or by post to the AC office (see page 3 for address) or may be submitted electronically to Melissa Dowling (mdowling@athletics.ca). Forms submitted by courier or electronically must be received on or before the due date. Forms sent by mail must be postmarked no later than September 17, 2009. Late applications will not be accepted.

PLEASE SUBMIT ONLY THIS PAGE AND THE TRAINING & COMPETITION PLAN.

1. GENERAL INFORMATION

To be eligible to be considered for nomination, athletes must achieve the applicable performance standards for their carding category listed in Appendix 4 at least once during the qualifying period. Athletes will receive points for this performance and for additional performances that meet or exceed the applicable standard. All other performances will be assigned a score of zero in the points calculation. The Qualifying Periods and number of eligible performances for each event, as well as additional conditions, are as set out in Appendix 4.

ATHLETE INFORMATION			
Full Name:			
Event:		Email Address:	
Gender:	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Date of Birth:
			(mm/dd/yy)
Primary Phone #:	() .	Cell Phone #:	() .
Permanent Address:			
	(Street)	(City)	(Province)
	(Postal Code)	(Country)	

Primary Coach Name:			
Coach Phone #:	() .	Coach Email:	
Club Name:		Provincial Branch:	
Branch Membership #:			

PERSONAL BEST PERFORMANCE					
Primary Event	Year	Result	Secondary Event	Year	Result

SEASONAL BEST PERFORMANCE					
Primary Event	Date	Result	Secondary Event	Date	Result

Athlete Signature:		Date:	
Coach Signature:		Date:	

2. PERFORMANCE INFORMATION

2.1 Seasonal Best Points

In order to be scored, performances MUST appear in Athletics Canada's official outdoor rankings and meet the required standard during the specified qualifying period (as shown in Appendix 4). It is the athlete's responsibility to ensure that performances are included in the official rankings. Note that performance points in this section are calculated using the following methodology:

STEP 1:

AC Top 12 Standards (Appendix 4) and athlete performances are converted to points using IAAF tables

STEP 2:

Points from each performance are expressed as a percentage of the Top 12 standard.

STEP 3:

Percentage from Step 2 is then scaled up using the following formula:(((% from Step 2) x 100)-80) x 10)

STEP 4:

The calculations for each performance are added together, and divided by the number of eligible performances (See Appendix 4).

2.2 Historical Points

Points are awarded based on positive performance trends over the last 3 years indicated by the following chart (↑ = Improvement, - = Stable, ↓ = Decrease):

2008	2009		2008	2009		2008	2009		2008	2009	
↑	↑	40pts	↓	↑	20pts	-	-	10pts	-	↓	0pts
-	↑	30pts	↑	-	20pts	↑	↓	10pts	↓	↓	0pts

2.3 Personal Best Points

There is a maximum of 10 points for this section. Note that for each year that has passed since your personal best was achieved, 4 points will be deducted.

3. PLACINGS INFORMATION

Athletes on the IAAF Top List (Senior only) at the conclusion of the season will received points as follows:

TOP 20 = 50 points 21st - 35th = 35 points 36th - 50th = 20 points

Placing points will be awarded as indicated on the following chart* provided they finish in the top ½ of the field . *Athletes who run on a relay team will be awarded 25% of the points for the performance.

Event	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Commonwealth Games	80	75	70	60	50	40	30	20
Pan American Games, World Junior	70	65	60	55	50	40	30	20
National Seniors (best finish)	50	45	40	35	30	20	10	5
National Juniors (best finish)	40	35	30	25	20	15	10	5
FISU	30	25	20	15	10	7	5	3
JDLF, NACAC U23, Pan Am Jr, World Youth	20	18	15	10	7	6	3	2
Pacific Series	3	2	1	Maximum 3 points				
Eastern Series	3	2	1	Maximum 3 points				

4. TRAINING AND COMPETITION PLAN/TRAINING ENVIRONMENT INFORMATION

The NTC will award a maximum of 125 points on the basis of the athlete's Training and Competition Plan and Training Environment (see Appendix 2).

5. OVERALL CALCULATION

Performance points, placing points and training and competition plan points are added together to determine an athlete's total carding points. These are then used to rank athletes for nomination.

Performance	Placing	Training and Competition Plan	Total Points
	+	+	=

Appendix 2

Training and Competition Plan / Training Environment

(Maximum Score of 125 points)

Coaches and high performance athletes have the responsibility to ensure optimal training environments are provided and that training and competitive plans are comprehensive and well-prepared.

A Training and Competition Plan prepared by the athlete and his/her personal coach covering the period Nov 1, 2009 to the end of the outdoor season in 2010, must be submitted and contain the following info:

<p>1. Assessment and additional information</p> <ul style="list-style-type: none">• Assess your performance in 2009, including factors that lead to improvement or decline.• Identify planned changes/interventions. What will you do differently or better?• Provide a realistic projection (<u>on which you will be evaluated</u>) of your performance goals for 2010, 2011, 2012.• Please include any other pertinent factors that may not be reflected elsewhere in this application.	MAXIMUM 20 POINTS
<p>2. Coaching</p> <ul style="list-style-type: none">• Coach's name, certification level, and brief history of accomplishments (no need to include resume).• Coach's level of membership with recognized national or international professional coaching associations (ie. Coaches of Canada - see www.coachesofcanada.com, or NACACTFCA)• Experience at Olympics or (Senior) World Championships as a National Team Coach or as a personal coach• The total number of coach-supervised sessions per week.	MAXIMUM 30 POINTS
<p>3. Training & Competition Plan</p> <ul style="list-style-type: none">• Identify major training methods and their relative emphasis per determined phases.• Show periodization of training (load and recovery patterns) throughout the training year.• Outline both indoor and outdoor competition blocks and list all planned competitions, and indicate how they contribute towards achieving your goals.• List training goals, training camps, and training camp objectives• Describe planned on field or lab testing and monitoring	MAXIMUM 60 POINTS
<p>4. Training Environment & Integrated Support Team (IST)</p> <ul style="list-style-type: none">• Training Group and Partners (list only the ones in the same event group)• Training Facilities, Environment (if there are multiple locations throughout the year, list them all)• Names and roles of the members of your IST (list only the ones that you access on a regular basis)• Recovery, rest, medical interventions, and injury prevention strategies	MAXIMUM 15 POINTS

Once carded, athletes must continue to demonstrate their commitment to high-performance training and competition in accordance with their submitted plan through clear communication with their Event Group Coach as the year progresses, **INCLUDING A MANDATORY MID-SEASON REVIEW.**

If the NTC determines that an athlete who has been nominated for carding is not competitive-ready at any time during the carding cycle, the athlete will be informed of this in writing. A failure to re-establish competitive readiness may result in the athlete's carding being withdrawn.

It is the obligation of the athlete to **immediately** report any injury, illness or other changes (including pregnancy) that could affect their ability to train and compete to their designated Event Group Coach. If the injury, illness or pregnancy is going to disrupt high performance training for a period longer than four months and the athlete wishes to maintain his/her carding status, then the athlete must apply for a Medical Card. See Appendix 3 for more information on Medical Cards.

Appendix 3

Categories of Cards

Sport Canada awards Athletics Canada 66 (TBC) full-year Senior (Sr) cards, which are broken down into sub-categories, including cards for NCAA athletes returning to Canadian Programs, Medical cards and Development cards. Cards are awarded at two funding levels (\$900 and \$1,500 per month). Should Sport Canada alter their financial contribution, AC reserves the right to revise these criteria accordingly.

Carding allotments (by category) will be determined at the sole discretion of the NTC, while adhering to the restrictions below as well as the objectives and principles outlined in Section 5 and 6 of this criteria.

Carding Categories	Carding Sub-Categories	# of Cards	Athletes per Card	Funding Level
International Cards (SR1, SR2)	Top 16 Placing at IAAF World Champs or Olympic Games	Variable	1 athlete for each card	\$1,500 per month for 12 months
Senior Cards (Sr, C-1, Sr-I)	Senior "A" Team Cards	Variable	1 Athlete for each card	\$1,500 per month for 12 months (or for C-1 cards \$900 per month if the athlete is Senior carded for the first time)
	Senior Cards			
	Medical Cards			
	NCAA Cards	Variable, but maximum of 8 athletes (2 Cards)	4 athletes for each Sr. card	\$1,500 per month for 3 months (\$900 if 1 st year – C-1)
Development Cards (DEV, DEV-I)	Development	- variable but minimum of 9 athletes (6 Cards)	3 DEV for each 2 Senior cards	\$900 per month for 12 months
	Medical Cards		3 DEV for each 2 Senior cards	\$900 per month for 12 months
Total		66	Variable	

Further information on these carding categories is provided below. Note that many of these categories have additional eligibility and application requirements to those set in the main body of this document.

International (Sr1 and Sr2) Cards

- Relays – Athletes must have run on a relay team that finishes in the top eight and top 1/2 of the field in a relay event in the IAAF Senior World Championships or the Olympic Games. Alternates who do not run are not eligible to be considered for carding under this category.
- Individual Events – Athlete must finish in the top 16 and top 1/2 of the field in an individual event in the IAAF Senior World Championships or Olympic Olympic Games.
- Sr1 cards will be awarded for 2 years provided that the athlete's Training and Competition Plan is satisfactory.

Senior "A" Team (Sr, C-1) Cards

- Athletes must be selected to compete on the Canadian National Team at the World Championships or Olympic Games in an individual event.
- Only athletes who compete in their selected event, and complete at least 1 round or a significant portion of an event without qualifying rounds, will be eligible for carding in this category.
- These athletes will be ranked in priority order ahead of those nominated for Senior Cards.

EXCEPTION: Since the selection process and number of athletes for the World Cup Marathon is separate from all other events, only Marathoners selected under steps #1 or #2 for the World Championships (<http://www.athletics.ca/files/NationalTeamPrograms/Events/2009/MARATHONSELECTIONFEB08FINAL.PDF>) will be eligible for a Senior "A" Team Card.

Senior Cards (Sr, C-1)

- Athletes with NCAA or other foreign collegiate athletic obligations are not eligible for this category of carding.
- Athletes may only be carded at the Sr. or C-1 level a maximum of 4 times during their post-junior career without having progressed to a Sr. "A" team or International Card (Sr1, Sr2). Years carded as a medical, Senior "A" team or NCAA card are not included in the calculation.
- Athletes previously carded at the International level (Sr1, Sr2, or Senior "A" Team) may only go back to being carded at the Sr. level a maximum of 2 times during their post-junior career. Once athletes have used these 2 Sr. cards, they will no longer be eligible for carding at the Sr. level.
- Notwithstanding the maximum 4 years carding at the SR level, in extraordinary situations, an athlete may be considered for carding for an additional year if he/she has demonstrated progress towards future achievement of a S1, Sr2 card.

NCAA Cards (Sr, C-1)

- Athletes who have NCAA or other foreign collegiate obligations may obtain a 'summer card' equivalent to three months of carding assistance for the months of June, July and August of 2010.
- The Application deadline is the same as for all categories. Late applications will not be considered.
- To be eligible for this assistance, an athlete must first obtain the necessary clearance from their educational institution and agree to train under Athletics Canada supervision for the June, July and August period.
- Athlete must have achieved the minimum Senior Carding standard at least once during the Qualifying Period.
- Athletes nominated for a NCAA card are required to prepare for and compete at the National Championships and to participate in all mandatory Athletics Canada National teams and programs.
- For athletes who satisfy the criteria for an International Card or Senior "A" Team Card, the eligibility rules stipulated above for these cards will also apply.

Medical Cards (Sr-I, D-I)

- Athletes who are currently carded, and who become injured, ill or pregnant must complete a "Notification of Injury, Illness or Pregnancy" to maintain their carding status: <http://www.athletics.ca/page.asp?id=372>.
- Application for a Medical Card does not guarantee selection. A full assessment of medical documentation will be made by the NTC in consultation with designated medical advisors to determine the extent that the athlete cannot sustain high performance training.
- Athletes will be selected at the discretion of the NTC based on the limited number of overall cards available, overall submission and documentation, nature and details of the diagnosis & prognosis, the strength of their rehabilitation plan and the realistic expectation that they can continue to progress towards World Top 16.
- The carding application form must be completed in full and must be accompanied by a medical doctor's diagnosis and prognosis for the athlete's return to high performance training and competition (not required in the case of pregnancy), and must include a rehabilitation and training plan prepared by the athlete, coach and coordinating therapist.
- Only current Senior (Sr1, Sr2, SrA, Sr and C-1) and Development carded athletes may apply for a Medical Card. NCAA athletes are not eligible to apply for a Medical card.
- Athletes may only receive a Medical Card once as a Development carded athlete.
- Carded athletes may only receive a Medical Card once without having progressed to an International Card (Sr1, Sr2). Athletes who have received a Sr1 or Sr2 card since having last received a Medical Card, are eligible to re-apply for one further Medical Card.

Development Cards

- The purpose of Development cards is to support Canadian-based developing athletes on their path to earning carding at the Senior level. Athletes competing at or below the Junior level, or who are in their first 5 years of eligibility as a Senior competitor may be nominated for a Development card. Development cards may be awarded for multiple years except that no athlete will receive more than 3 Development cards while competing as a Senior.
- Development cards may only be awarded to athletes located in Canadian training environments.
- Athletes beyond Junior-age level who have previously been carded at the SR, SR1, SR2, or C-1 carding level may not be considered for Development cards.
- Athletes who have previously been awarded NCAA Cards may be eligible for a Development card for one transitional year only, provided that they satisfy all other conditions of Development Cards.

Appendix 4

Performance Standards, Qualifying Periods and Repeat Performance Schedules

Allowable performances will be considered using the rules outlined in the National Team Selection - Rules Book		
Event Categories	# of Eligible Performances (that meet or exceed standard)	Qualifying Period
100, 200, 400, 800, 1500m 100m/110mH, 400H, HJ, PV, LJ, TJ, SP, DT, HT, JT	3 performances**	Jan 1 - Oct 4, 2009 With no more than one performance prior to June 1
3,000mSC, 5000m	2 performances**	
Heptathlon (F), Decathlon (M)	2 performances** (1 may be winded aided)	
10,000m and RW events	1 performance	Sept 19, 2008 to Oct 04, 2009
Marathon, 50k RW	1 performance	Oct 15, 2007 to Oct 14, 2009
**IMPORTANT NOTE: AT LEAST ONE PERFORMANCE MUST BE ACHIEVED AT THE FOLLOWING COMPETITIONS:: IAAF or IAAF Area Permit Meets, European IAAF Members National Permit meets; any official National Team competitions, PacificCanada or Eastern Canada Series, USATF Outdoor series (VISA), NCAA National and Regional Championships, NAIA National Championships, Provincial or National Junior and Senior Championships.		

Men's Performance Standards			Women's Performance Standards			
'A' Top 12	Senior 92.5%	DEV 90%	Event	'A' Top 12	Senior 92.5%	DEV 90%
10.14	10.38	10.47	100m	11.14	11.65	11.82
20.49	21.08	21.28	200m	22.84	23.99	24.38
45.29	46.70	47.18	400m	50.92	53.55	54.45
1:45.24	1:48.26	1:49.29	800m	01:59.97	2:04.97	2:06.62
3:36.82	3:43.23	3:45.45	1500m	04:05.77	4:17.02	4:20.87
13:16.59	13:41.12	13:49.61	5000m	14:58.55	15:44.28	16:00.13
27:48.56	28:45.03	29:04.58	10,000m	31:22.57	33:02.55	33:35.83
2:11:31	2:15:48	N/A	Marathon	2:27:35	2:34:31	N/A
13.41	13.89	14.05	110/100mH	12.83	13.55	13.79
48.52	50.37	51.01	400mH	55.08	57.94	58.91
8:19.04	8:38.96	8:45.69	3000m S/C	9:37.67	10:13.20	10:25.51
1:21:07	1:26:00	1:28:30	20k RW	1:30:36	1:36:16	1:40:00
3:51:56	4:10:45	N/A	50k RW	N/A	N/A	N/A
2.28	2.20	2.17	High Jump	1.93	1.86	1.83
8.09	7.69	7.55	Long Jump	6.64	6.25	6.12
16.98	16.19	15.92	Triple Jump	14.33	13.52	13.25
5.66	5.36	5.26	Pole Vault	4.54	4.30	4.22
20.36	18.94	18.47*	Shot Put	18.68	17.39	16.95*
77.79	72.37	70.60*	Hammer	70.44	65.55	63.88*
64.02	59.57	58.08*	Discus	61.84	57.56	56.09*
81.58	75.87	74.01*	Javelin	61.66	57.38	55.91*
7993	7454	7270	DEC/HEP	6121	5689	5543

- *Standards will be the same for Junior athletes using Junior specifications.
- It is possible for an athlete's top performances to occur in different events (ie. 100m/200m, LJ/TJ).
- Performances in the mile (for 1500m athletes) and 3000m (for 5000m or 3000m Steeplechase athletes) may be used as the athlete's second or third eligible performance using IAAF Scoring Tables.
- Athletes must ensure that performances are recognized on Athletics Canada's current Canadian Outdoor Rankings.
- For the Marathon event, IAAF RULE 260.28 concerning elevation and course design applies.
- Allowable performances will be considered using the rules outlined in the [National Team Selection - Rules Book](#)