

BC 
ARTISTIC
SWIMMING

Targeted Athlete Program



What is TAP?



- Formerly CSI Carding Program
- Collaboration with:
 - BCAS
 - CSI Pacific
 - viaSport
 - Province of BC
- “Deliver programs and services to place BC athletes onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada”.
- Focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway

What is TAP?

- BCAS may nominate athletes and their coaches who meet specific criteria
- Athlete support is divided into four levels based on performance
 - Podium/Canadian Elite
 - Canadian Development
 - Provincial Development Level 1
 - Provincial Development Level 2



Benefits & Program Services

- Financial support to clubs for athlete monitoring activities
- Priority enrollment in provincial programs and training camps
- Discounted participation in Team Element events at provincial competition
- Sport eligibility for External Sport Credits – Athlete 10, Athlete 11, or Athlete 12
- Access to Ignite Provincial Program apparel and related training equipment
- Support from Provincial Program coaches, experts, or consultants
- Travel subsidies and bursaries for Provincial Program participation
- Access to BC Artistic Swimming Integrated Support Team service providers
- Private Athletic Training Program support

Monitoring & Tracking

Targeted Athletes are

☞☞ *expected to demonstrate evidence of their **ongoing performance progression and tracking** toward BC Artistic Swimming high performance program benchmarks that align with the Canada Artistic Swimming Gold Medal Profile* ☞☞



Monitoring & Tracking

- Monitoring and tracking activities are subject to change annually in alignment with national and provincial benchmarks and standards.
- BCAS Monitoring Events & Activities:
 - Junior Team Elements & Figure Results (NSPQ, NSPC, NQ, CC)
 - CAS Development & Audition Camps
 - Ignite Assessment Camp
 - Club Monitoring (next slide)

Club Monitoring Program

- Partner with NS clubs to conduct targeted athlete monitoring
= \$\$ Support to Clubs
- Current Minimum Monitoring Standards:
 - Movement Screening
 - Flexibility Testing
 - Aerobic Power Water Test
 - Junior Elements
 - Junior Team Routine Video

Targeted Athlete Profile

- Targeted Athletes **accumulate points** associated with activities and performances that align with the high-performance pathway.
- Activities within the **last 12 months** considered for Targeted Athlete Profile
- Evaluate **all registered National Stream athletes** annually
- **Athlete Profile Scores** will be shared with respective Club Head Coaches

TARGETED ATHLETE PROFILE

Category	Evidence	Points	Standard
National Programs	Member of a Senior, Junior or Youth National Team	25 points	One Evidence only: highest value allocated to eligible athletes
	Member of Senior, Junior or Youth National Athlete Pool	20 points	
	Attended a National Team Selection Camp	15 points	
	Identified and invited to a National Team Selection Camp	10 points	
	Identified, invited to, and attended CAS Regional Development & Audition Camp	5 points	
Provincial Programs	Participated in BCAS Ignite Virtual Training Program events	2 points per session (max 10)	Athletes must accumulate points in at least 3 Evidences to a maximum 65 points
	Participated in Ignite Private Athletic Training Program	5 points	
	Participated in Team Elements at prior season's Provincial Qualifier and Provincial Championships	5 points per event (max 10)	
	Participated in Ignite Assessment Camp	10 points	
	Participated in Ignite Choreography Camp	15 points	
	Selected to and participated in Ignite Provincial Program (Silver: 20 points or Gold/Team BC: 25 points)	20-25 points	
Monitoring	Annual completion of True Sport 101	5 points	Athletes must accumulate points in at least 3 Evidences to a maximum 75 points
	Completion of Safe Sport Training (e.g., Respect in Sport, CAC Safe Sport, Commit to Kids, etc.)	5 points	
	Demonstrated club-directed training days per week	2 points per day (max 12)	
	Demonstrated strength & conditioning training days per week	2 points per day (max 8)	
	Annual completion of movement screening	10 points	
	Achieved targeted athlete monitoring minimum standards: <ul style="list-style-type: none"> ✦ Flexibility Testing (Min standard 170 degrees per leg) ✦ Aerobic Power Water Test (Min standard 3:30 minutes) ✦ Junior Elements (Min total aggregate score of 100) ✦ Junior Team Routine Video (Minimum score 7.5) 	10 points per standard (max 40)	
Performance (based on prior season's results)	National Stream Provincial Champion where the field of play is at least 3	2 points per event (max 6)	Athletes may accumulate up to a maximum of 60 points
	Qualified and attended National Qualifier in a Solo or Duet event	10 points (max 10)	
	Qualified and attended National Qualifier in a Team event	5 points	
	Placed in the Top 10 at Canadian Championships where the field is greater than 15	5 points per event (max 15)	
	Podium performance (Top 3) at Canadian Championships where the field is greater than 5	15 points per event (max 45)	

TARGETED ATHLETE PROFILE SCORE

Q&A

