

HIGH PERFORMANCE ATHLETE SELECTION BOBSLEIGH - 2015/2016

TIER 1 ATHLETE PATHWAY

MAR/APR T1 TRAINING BEGINS

- Post season debriefs, update IAP's
- IST services continue Foundational, Proactive and Reactive
- Tier Status Updates
- Physical training begins

TIER 2 ATHLETE PATHWAY

MAR/APR T2 TRAINING BEGINS

- Post season debriefs, update IAP's
- IST services continue Foundational, Proactive and Reactive
- Tier Status Updates
- Physical training begins

TIER 3 ATHLETE PATHWAY

JUL/AUG BCS TRY-OUT'S

BCS NATIONAL TEAM TRY-OUT'S

- Calgary - July 27-28, 2015
- Ottawa - July 31-Aug 1, 2015
- Eligibility: Athletes who have previously met the BCS Sprint Standard (30m sprint) M: $\leq 3.90\text{sec}$ - W: $\leq 4.20\text{sec}$

JUL 27-31 BCS PHYSICAL TESTING

BCS NATIONAL TEAM PHYSICAL TESTING*

- Eligibility: Tier 1 & Tier 2 Athletes
- Athlete Evaluation & Seminars
- Tier Status Updates
- Push Training

* Attendance is mandatory

OCT 5-9 BCS PUSH TESTING

BCS NBP PUSH TESTING CAMP**

- Single / Team Push Testing
- Tier Status Updates
- BCS NBP PUSH STANDARDS**
- Single Push - Pilot/Brakes M: $\leq 5.25\text{sec}$ - W: $\leq 5.65\text{sec}$

** Attendance is mandatory

** Subject to change

ATHLETES THAT MEET BCS SPRINT STANDARDS

PILOTS THAT DO NOT MEET BCS NBP PUSH STANDARDS ENTER PSO STREAM

2015/16 RECRUITMENT

- 'BLUE CHIP' ATHLETE RECRUITMENT
- Athletes deemed as 'Blue Chips' by BCS may enter the stream at any time.

OCT/NOV ON ICE EVALUATION

ATHLETE EVALUATION

- Selection Races: Calgary / Whistler
- Pilots responsible for putting together teams
- Continued evaluation of both pilots and brakemen

ATHLETE DOES NOT GET SELECTED TO NATIONAL TEAM'S ENTERS PSO STREAM

2015/16 WC TEAM SELECTION

NATIONAL BOBSLEIGH TEAM PUSH STANDARDS FOR WC ELIGIBILITY

- | | |
|-------------------|-------------------|
| • Pilots | • Crewman |
| Men ≤ 5.20 | Men ≤ 5.15 |
| Women ≤ 5.60 | Women ≤ 5.55 |

2015/16 DEV. TEAM SELECTION

NATIONAL DEVELOPMENT BOBSLEIGH TEAM PUSH STANDARDS FOR DEV. ELIGIBILITY

- | | |
|-------------------|--------------------------|
| • Pilots | • Crewman |
| Men ≤ 5.25 | No standards for 2015/16 |
| Women ≤ 5.65 | |