NBP GMP - Physical Assessment Table

Parameters	LTAD - Train to Compete	LTAD - Train to Win
Anthropometric	5 = Athlete almost always maintains an optimized weight for their disciplines.	
	3 = Athlete sometimes maintains an optimized weight for their disciplines.	
	1 = Athlete rarely maintains an optimized weight for their disciplines.	
	0 = Athlete does not maintain an optimized weight for their disciplines.	
Power	5 = Athletes' scores average 85 or above on the Athletic Performance Evaluation (APE).	5 = Athletes' scores average 90 or above on Athlete Performance Evaluation (APE)
	3 = Athletes' scores average 75 or above on Athletic Performance Evaluation (APE)	3 = Athletes' scores average 80 or above on Athlete Performance Evaluation (APE)
	1 = Athletes' scores average 65 or above on Athletic Performance Evaluation (APE)	1 = Athletes' scores average 70 or above on Athlete Performance Evaluation (APE)
	0 = Athletes' scores average below 65 on Athletic Performance Evaluation (APE)	0 = Athletes' scores average below 70 on Athlete Performance Evaluation (APE)
Speed	5 = Athlete scores average 85 or above on Athletic Performance Evaluation (APE)	5 = Athletes' scores average 90 or above on Athlete Performance Evaluation (APE)
	3 = Athlete scores average 75 or above on Athletic Performance Evaluation (APE)	3 = Athletes' scores average 80 or above on Athletic Performance Evaluation (APE)
	1 = Athlete scores average 65 or above on Athletic Performance Evaluation (APE)	1 = Athletes' scores average 70 or above on Athletic Performance Evaluation (APE)
	0 = Athlete scores average below 65 on Athletic Performance Evaluation (APE)	0 = Athlete scores average below 70 on Athletic Performance Evaluation (APE)
Icehouse Push Time	5 = Meets the NBP Push Standard	5 = Meets the NBP Push Standard by 0.1 or greater
	3 = Does not meet the NBP Push Standard, missing by less than 0.1	3 = Meets the NBP Push Standard
	1 = Does not meet the NBP Push Standard, missing by less than 0.2	1 = Does not meet the NBP Push Standard, missing by less than 0.1
	0 = Fails to meet the NBP Push Standard by greater than 0.2	0 = Fails to meet the NBP Push Standard by greater than 0.1
Icehouse Velocity	5 = > 43.1 km/hr for men and > 41 km/hr women	5 = > 44.3 km/hr for men and > 42.1 km/hr women
	3 = > 42.1 km/hr for men and > 39.8 km/hr for women	3 = > 43.3 km/hr for men and > 40.9 km/hr for women
	1 = < 42.1 km/hr for men and < 39.8 km/hr for women	1 = < 43.3 km/hr for men and < 40.9 km/hr for women
	0 = Deceleration is present in push	0 = Deceleration is present in push

Parameters	NBP GMP - Psychological Assessment Table
	LTAD - Train to Compete & Train to Win
Goal Setting / Planning	5 = Athlete almost always engages with NBP staff in setting SMART* goals and determining the best possible development plan in alignment with the YTP, IPP, and Athlete Development Pathway.
	3 = Athlete sometimes engages with NBP staff in setting SMART goals and determining the best possible development plan in alignment with the YTP, IPP, and Athlete Development Pathway.
	1 = Athlete rarely engages with NBP staff in setting SMART goals and determining the best possible development plan in alignment with the YTP, IPP, and Athlete Development Pathway.
	0 = Athlete does not engage with NBP staff in setting SMART goals and determining the best possible development plan in alignment with the YTP, IPP, and Athlete Development Pathway.
Self - Reflection	5 = Athlete almost always completes training and competition logs and actively participates in debriefs with coaches or technical staff.
	3 = Athlete sometimes completes training and competition logs and actively participates in debriefs with coaches or technical staff.
	1 = Athlete rarely completes training and competition logs and actively participates in debriefs with coaches or technical staff.
	0 = Athlete does not complete training and competition logs or actively participate in debriefs with coaches or technical staff.
Resiliency	5 = Athlete almost always maintains an optimistic growth mindset, is proactive with adjusting to current circumstances, and takes on appropriate challenges.
	3 = Athlete sometimes maintains an optimistic growth mindset, is proactive with adjusting to current circumstances, and takes on appropriate challenges.
	1 = Athlete rarely maintains an optimistic growth mindset, is proactive with adjusting to current circumstances, and takes on appropriate challenges.
	0 = Athlete does not maintain an optimistic growth mindset, is proactive with adjusting to current circumstances, or take on appropriate challenges.
Leadership	5 = Athlete almost always fosters a positive team atmosphere in training and competition, supports teammates with tasks (move sleds/load equipment, etc.), promotes strong relationships within the team, and actively works to resolve interpersonal conflicts.
	3 = Athlete sometimes fosters a positive team atmosphere in training and competition, supports teammates with tasks (move sleds/load equipment, etc.), promotes strong relationships within the team, and actively works to resolve interpersonal conflicts.
	1 = Athlete rarely fosters a positive team atmosphere in training and competition, supports teammates with tasks (move sleds/load equipment, etc.), promotes strong relationships within the team, and actively works to resolve interpersonal conflicts.
	0 = Athlete does not foster a positive team atmosphere in training and competition, does not support teammates with tasks (e.g., moving sleds, loading equipment), does not promote strong relationships within the team, and does not actively work to resolve interpersonal conflicts.
Stress Management / Emotional Regulation	5 = Athlete almost always uses emotional management techniques to perform well under pressure (i.e. focus/refocus, managing expectations, emotional activation, confidence building, etc).
	3 = Athlete sometimes uses emotional management techniques to perform well under pressure (i.e. focus/refocus, managing expectations, emotional activation, confidence building, etc).
	1 = Athlete rarely uses emotional management techniques to perform well under pressure (i.e. focus/refocus, managing expectations, emotional activation, confidence building, etc).
	0 = Athlete does not use emotional management techniques to perform well under pressure (i.e. focus/refocus, managing expectations, emotional activation, confidence building, etc).
Note: SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound.	

NBP GMP - Technical Assessment Table
LTAD - Train to Compete & Train to Win

Parameters	
Push	5 = Athlete can almost always execute proper push mechanics that allow for maximum acceleration
	3 = Athlete can sometimes execute proper push mechanics that allow for maximum acceleration.
	1 = Athlete can rarely execute proper push mechanics that allow for maximum acceleration.
	0 = Athlete cannot execute proper push mechanics that allow for maximum acceleration.
Load	5 = Athlete almost always loads efficiently into the sled to maximize push speed & velocity
	3 = Athlete sometimes loads efficiently into the sled to maximize push speed and velocity.
	1 = Athlete rarely loads efficiently into the sled to maximize push speed and velocity.
	0 = Athlete does not load efficiently into the sled to maximize push speed and velocity.
Riding Position	5 = Athlete almost always maintains an optimal riding position, ensuring maximum aerodynamics.
	3 = Athlete sometimes maintains an optimal riding position, ensuring maximum aerodynamics.
	1 = Athlete rarely maintains an optimal riding position, ensuring maximum aerodynamics.
	0 = Athlete does not maintain an optimal riding position, ensuring maximum aerodynamics.

NBP GMP - Tactical Assessment Table
LTAD - Train to Compete & Train to Win

Parameters	
Push Depth	5 = Athlete almost always executes the optimal race depth to maximize start speeds and works with coaches to adjust the plan if required.
	3 = Athlete sometimes executes the optimal race depth to maximize start speeds and works with coaches to adjust the plan if required.
	1 = Athlete rarely executes the optimal race depth to maximize start speeds and works with coaches to adjust the plan if required.
	0 = Athlete does not execute the optimal race depth to maximize start speeds or work with coaches to adjust the plan if required.
Equipment	5 = Athlete almost always takes the initiative to ensure the sled is optimized for performance, including training/race setup and general maintenance after travel.
	3 = Athlete sometimes takes the initiative to ensure the sled is optimized for performance, including training/race setup and general maintenance after travel.
	1 = Athlete rarely takes the initiative to ensure the sled is optimized for performance, including training/race setup and general maintenance after travel.
	0 = Athlete does not take the initiative to ensure the sled is optimized for performance, including training/race setup and general maintenance after travel.
Polishing	5 = Athlete almost always engages with pilots & coaches to understand optimal polishing techniques to maximize performance for training & competition
	3 = Athlete sometimes engages with pilots and coaches to understand optimal polishing techniques to maximize performance for training and competition.
	1 = Athlete rarely engages with pilots and coaches to understand optimal polishing techniques to maximize performance for training and competition.
	0 = Athlete does not engage with pilots and coaches to understand optimal polishing techniques to maximize performance for training and competition.

Parameters	NBP GMP - Elite Behaviours Assessment Table
	LTAD - Train to Compete & Train to Win
General Health & Self Care	5 = Athlete almost always maintains good health through self-care and proactively seeks support from medical and mental health experts as needed to prevent injury or illness.
	3 = Athlete sometimes maintains good health through self-care and proactively seeks support from medical and mental health experts as needed to prevent injury or illness.
	1 = Athlete rarely maintains good health through self-care and proactively seeks support from medical and mental health experts as needed to prevent injury or illness.
	0 = Athlete does not maintain good health through self-care or proactively seek support from medical and mental health experts to prevent injury or illness.
Nutrition	5 = Athlete almost always implements and adapts nutritional strategies before, during, and after training, adjusting for travel and competition environments to optimize performance.
	3 = Athlete sometimes implements and adapts nutritional strategies before, during, and after training, adjusting for travel and competition environments to optimize performance.
	1 = Athlete rarely implements and adapts nutritional strategies before, during, and after training, adjusting for travel and competition environments to optimize performance.
	0 = Athlete does not implement or adapt nutritional strategies before, during, and after training, or adjust for travel and competition environments to optimize performance.
Sleep	5 = Athlete consistently follows optimized sleep routines, ensuring sufficient rest, avoiding screens before bed, and managing jet lag with light, darkness, etc.
	3 = Athlete sometimes follows optimized sleep routines, ensuring sufficient rest, avoiding screens before bed, and managing jet lag with light, darkness, etc.
	1 = Athlete rarely follows optimized sleep routines, ensuring sufficient rest, avoiding screens before bed, and managing jet lag with light, darkness, etc.
	0 = Athlete does not follow optimized sleep routines, ensure sufficient rest, avoid screens before bed, or manage jet lag with light, darkness, etc.
Professionalism	5 = Athlete almost always is on time, communicates effectively, represents NBPs values, prepares for scheduling conflicts in advance, and handles documents/forms/questionnaires with high quality and timeliness.
	3 = Athlete sometimes is on time, communicates effectively, represents NBP's values, prepares for scheduling conflicts in advance, and handles documents/forms/questionnaires with high quality and timeliness.
	1 = Athlete rarely is on time, communicates effectively, represents NBP's values, prepares for scheduling conflicts in advance, and handles documents/forms/questionnaires with high quality and timeliness.
	0 = Athlete does not arrive on time, communicate effectively, represent NBP's values, prepare for scheduling conflicts in advance, or handle documents/forms/questionnaires with high quality and timeliness.
Performance	5 = Athlete almost always works to deliver their best performance whenever required, regardless of external factors such as pressure, fatigue, previous runs, or competition conditions.
	3 = Athlete sometimes works to deliver their best performance whenever required, regardless of external factors such as pressure, fatigue, previous runs, or competition conditions.
	1 = Athlete rarely works to deliver their best performance whenever required, regardless of external factors such as pressure, fatigue, previous runs, or competition conditions.
	0 = Athlete does not work to deliver their best performance whenever required, regardless of external factors such as pressure, fatigue, previous runs, or competition conditions.

NBP GMP - Scoring Example

ATHLETE A - Train to Compete	ATHLETE B - Train to Win
PHYSICAL SCORE	
5 + 3 + 5 + 3 + 5 = 21	5 + 3 + 5 + 3 + 5 = 21
PSYCHOLOGICAL SCORE	
5 + 5 + 3 + 5 + 3 = 21	3 + 3 + 5 + 3 + 3 = 17
TECHNICAL SCORE	
5 + 3 + 5 = 13	3 + 3 + 5 = 11
TACTICAL SCORE	
3 + 3 + 5 = 11	5 + 3 + 5 = 13
ELITE BEHAVIOURS SCORE	
5 + 3 + 5 + 3 + 5 = 21	5 + 3 + 5 + 3 + 5 = 21
FINAL GMP SCORE	
Adjusted GMP Score = (21 + 26 + 13 + 11 + 21) x 80%	Adjusted GMP Score = (21 + 22 + 11 + 13 + 21)
69.6 POINTS	**83 POINTS**