



## 2024- 2025 SELECTION CRITERIA FOR THE CANADIAN REGIONAL TRAINING CENTER – MONTREAL (CRCE)

### 1. Introduction

For the 2024-2025 season, the Canadian Regional Training Center - Montreal (CRCE) has decided to modify its approach to registration for its coaching services.

Thus, an interest form has been prepared and will allow skaters who have reached at least one selection criterion to indicate their interest. In doing so, there will no longer be an invitation letter and it is with this form that the analysis process and the communications surrounding it will begin.

Subsequently, follow-up will be carried out by the coaching team, both with the athlete and his parents, as well as with the athlete's current coach and club/training center, in order to analyze the different coaching options for the next season and in order to help the athlete and those around them to possibly make the best possible decision for the athlete.

These changes are aligned with the objective that the coaching offered and all of its component elements (location, approach, program, academic component, etc.) are best aligned and adapted to the specific needs of each athlete.

### 2. Foundations and principles

In the CRCE's vision of excellence, and considering the objectives and programs of the national and provincial federations, all skaters selected according to the criteria below must understand that they will be part of a privileged training group with the aim of to develop the best skaters in the world.

The objective of the CRCE is to support athletes in developing at all levels, both in their sport and in their lives outside their sport by instilling in them the values advocated by the CRCE group such as commitment, work ethic, surpassing oneself and a positive attitude.

In addition to professional coaching and programs, the CRCE wants to innovate with a team philosophy based on the exemplary attitude of its members, an attitude that stands out by the deep desire of each of its members to help, encourage and support your teammates by paying attention to each person's strengths and sharing your individual qualities with your peers. By developing a group dynamic focused on a positive attitude, the development of everyone's potential will be amplified. Adhering to this philosophy will be one of the conditions for continuing its development towards excellence with the CRCE.

### 3. Criteria

All ages listed refer to the age of the skaters as of July 1, 2024, i.e. the coming year.

Skater selection includes skaters who will eventually be selected to a national team, NextGen or will be invited to join the national training group.

The CRCE being one of the organizations mandated by Speed Skating Canada and Patinage de vitesse Québec to supervise the development towards high performance of short track speed skaters from Eastern Canada, athletes from the following provinces and territories will be considered:

- Île-du-Prince-Édouard
- Nouveau-Brunswick
- Nouvelle-Écosse
- Nunavut
- Québec
- Ontario
- Terre-Neuve-et-Labrador

### 4. Criteria - Annual Invitations

#### 1. Age distribution;

Age categories by gender	Total
18 years and under	Up to 3
17 years and under	Up to 5
16 years and under	Up to 5
15 years and under	Up to 2
Discretionary	1
<b>Total</b>	<b>16</b>

Note: Each refusal could be replaced by a discretionary choice.

Athletes will have two options to be selected within the CRCE.

As soon as they pass at least one criteria, they can fill out a form to demonstrate their interest in joining the CRCE group.: <https://forms.office.com/r/vf1cLv0zvD> .

The link has to be completed before the 15<sup>th</sup> of April 2024.

#### 4.1 First input channel (automatically selected):

1. Three (3) girls and three (3) boys from the Canadian Junior Short Track Championships:
  - 1.1 The first in the 16 and under age categories.
  - 1.2 The first of the age categories 17 and under, not having been selected by criteria A.
  - 1.3 The first of the age categories 18 and under, not having been selected by criteria A and B.

2. Six (6) girls and six (6) boys from the national senior ranking (or junior if not complete) not having been selected by criteria 1:
  - 2.1 The first in the 15 and under age categories.
  - 2.2 The first two in the 16 and under age categories, not having been selected by criteria A.
  - 2.3 The first two in the 17 and under age categories, not having been selected by criteria A and B.
  - 2.4 The first in the 18-year-old age category, not having been selected by criteria A, B and C.

	Criteria 1	Criteria 2	
Age categories	Canadian junior championship	Senior/Junior national ranking	Total
18 years old	1	1	2
17 years old	1	2	3
16 years old	1	2	3
15 years old	N/A	1	1
Total	3	6	9

Notes:

- Definition of senior national ranking = ranking 12/18 used by Speed Skating Canada
- Definition of junior ranking = end of season ranking at the Canada Cup Junior Final

#### 4.2 Second entry route (selected based on assessment):

- Up to six (6) girls and six (6) boys from a group of skaters who have met at least one of the following criteria:
  - 1.1. Make a top X (depending on your age category) at the Canadian Junior Championship or at the 14-15 Open. (see table below)
  - 1.2. Make a top X in the senior national ranking or participate in a senior national competition or a top X at the junior Canada Cup final (depending on your age category). (See table below)
  - 1.3. Have achieved a 500m time lower than the standard established for their age category. (See table below)
  - 1.4. Have achieved a 1500m time lower than the standard established for their age category. (See table below)
  - 1.5. Have obtained a classification by time (1500m/3 + 2x500m) lower than the standard established for your age category

BOYS	Criteria H	Criteria I	Criteria J	Criteria K	Criteria L	
Age categories	Canadian junior championship	Senior national ranking	500m	1500m	Time ranking (1500m/3 + 2x500m)	Total
19 years +	Top 5 (if applicable)	Top 20	Less than 42,50	Less than 2:16,00	Less than 2:13,00	?
18 years old	Top 10	Top 25	Less than 43,00	Less than 2:17,00	Less than 2:14,00	1
17 years old	Top 20	Participation	Less than 43,50	Less than 2:18,00	Less than 2:15,00	2
16 years old	Top 30	Senior participation or Top 5 Canada Cup junior final	Less than 44,00	Less than 2:19,00	Less than 2:16,00	2
15 years old	Top 5 Omnium 14-15	Top 10 Canada Cup junior final	Less than 44,50	Less than 2:20,00	Less than 2:17,00	1
						6

GIRLS	Criteria A	Criteria B	Criteria C	Criteria D	Criteria E	
Age categories	Canadian junior championship	Senior national ranking	500m	1500m	Time ranking (1500m/3 + 2x500m)	Total
19 years +	Top 5 (if applicable)	Top 20	Less than 45,50	Less than 2:26,00	Less than 2:21,00	?
18 years old	Top 10	Top 25	Less than 46,00	Less than 2:27,00	Less than 2:22,00	1
17 years old	Top 20	Top 30	Less than 46,50	Less than 2:28,00	Less than 2:23,00	2
16 years old	Top 30	Senior participation or Top 5 Canada Cup junior final	Less than 47,00	Less than 2:29,00	Less than 2:24,00	2
15 years old	Top 5 Omnium 14-15	Top 5 Canada Cup junior final	Less than 47,50	Less than 2:30,00	Less than 2:25,00	1
						6

### 5. Special Consideration / Discretionary Choice

A skater who has been unable to obtain a ranking allowing him to meet the criteria for annual invitations due to injury, illness or exceptional situation beyond his control (e.g.: concussion or incident preventing him from participating in or completing a competition serving in the national ranking) will be evaluated by the CRCE selection committee following a written request from the skater and must be approved by this committee.

Note: Certain proof, medical or otherwise, may be required.

## 6. Invited athletes aged 19 and over (Training partner)

All athletes aged 19 and over who have participated in Senior Short Track national competitions will be considered and may be selected as invited athletes.

The evaluation will be made according to the same criteria as the 2nd entry route for the CRCE (see above).

These athletes will also be evaluated according to the following criteria:

- Exemplary involvement in the program
- Great attitude
- Personal goal to reach the highest levels
- Demonstration of apparent progression over the past two years
- Ability to have a positive impact on the development of the group
- Respect for CRCE values: Respect, Work, Cooperation
- Training luggage

The latter will have the privilege of continuing their development within the CRCE / National Training Group while becoming teammates and important assets in the development of the youngest skaters.

## 7. Refusal or transfer of a skater to the national training group

In the event of a refusal of an invitation or the transfer of a skater to the national training group, the vacant place could be filled at the discretion of the coaches while respecting the sex of the skater to be replaced.

## 8. Parameters to be respected at the time classification level

Times submitted must have been made in a competition sanctioned by Speed Skating Canada or the provincial federation hosting the competition with electronic timing between September 1, 2023, and April 14, 2024. In special circumstances, manual time will be accepted. (0.2 sec adjustment)

The person in charge of each province must provide the list of times to Philippe Clément, CRCE coach (pclement@speedskating.ca), no later than April 15, 2024.

A time taken in a city located at an altitude greater than 1000m above sea level will be adjusted according to the following formula:

### Girls:

- 500m time + 0,700 seconds
- 1500m time + 2,1 seconds

### Boys:

- 500m time + 0,500 seconds
- 1500m time + 1,5 seconds

## 9. Educational establishment

For college and university level athletes, it is strongly recommended to be part of the Sport-Études Alliance.

Note: To promote holistic development, it is mandatory for athletes to continue their education. Athletes in post-secondary studies must complete a minimum of 4 courses per session to have full-time student status. These standards are consistent with the Elite and Relève identification criteria of Speed Skating Quebec.

For high school athletes, it is mandatory to be registered in a Sport-Études program. Here is the list of educational establishments recommended by the CRCE:

- Les Estacade Secondary School – Distance learning program (Trois-Rivières)
- Édouard-Montpetit secondary school (Montreal, Mercier – Hochelaga-Maisonneuve borough)
- Antoine-de-Saint-Exupéry secondary school (Montreal, St-Léonard borough)
- Georges-Vanier secondary school – Program by module (Laval)
- Reine-Marie private college (Montreal, St-Michel borough)

Note: If an athlete does not wish to continue their secondary studies in a Sport-Études program, a joint analysis will be carried out between the coach, the athlete and the parents to evaluate the options to promote achievement. academic and sporting skills.

## 10. Overall success

Elite sport and development towards high performance must be carried out while respecting a crucial balance in the life of a young athlete. This balance must exist between the three (3) spheres present in the lives of these young athletes:

- School success
- Sports success
- Well-being - personal/family life

To help optimize this balance, the CRCE program sets up reception and supervision under the coordination of CRCE coaches. The services offered include:

- Assistance with the relocation of skaters outside the region
- School-CRCE link
- Direct young people to additional external resources if necessary to help balance the 3 spheres.

To complete the CRCE registration process, all participants must commit to this approach, as well as having previously completed the interest form: <https://forms.office.com/r/Vf1cLv0zvD>. The link has to be completed before the 15<sup>th</sup> of April 2024.