

## APPENDIX B – GOLD MEDAL PROFILE TABLES

### 1. BCS-NSP GMP PHYSICAL ASSESSMENT TABLE

Physical Parameter	LTAD - Talent ID "Train to Compete"	LTAD - Excellence "Train to Win"
ANTHROPAMORPHIC	5-6 = Athlete can maintain an optimal weight and is within 2kg of combined max	5-6 = Athlete can maintain an optimal weight and is within 2kg of combined max
	1-2 = Athlete is less than 5kg from combined max	1-2 = Athlete is less than 5kg from combined max
	1-2 = Athlete has difficulty with meeting optimal weight and less then 5kg from combined max	1-2 = Athlete has difficulty with meeting optimal weight and less then 5kg from combined max
	0 = Athlete fails to maintain an optimal weight to meet the requirements of the sport	0 = Athlete fails to maintain an optimal weight to meet the requirements of the sport
STRENGTH AND POWER	5-6 = Athlete scores are top 5% of all athletes testing	5-6 = Athlete scores are top 5% of all athletes testing
	3-4 = Athlete scores above average in all executed tests	3-4 = Athlete scores above average in all executed tests
	1-2 = Meets the average testing requirements	1-2 = Meets the average testing requirements
	0 = Below average testing	0 = Below average testing
ELASTIC STRENGTH	5-6 = Athlete scores are top 5% of all athletes testing	5-6 = Athlete scores are top 5% of all athletes testing
	3-4 = Athlete scores above average in all executed tests	3-4 = Athlete scores above average in all executed tests
	1-2 = Meets the average testing requirements	1-2 = Meets the average testing requirements
	0 = Below average testing	0 = Below average testing
ICEHOUSE PUSH TIME	3-4 = Meets the SST Threshold	5-6 = Exceeds the SST standard by 0.1 or greater
	3-4 = Meets the DST Threshold	3-4 = Meets the SST Threshold
	1-2 = Fail to meet the DST threshold by less than 0.1	1-2 = Fail to meet the SST threshold by less than 0.1
	0 = Fail to meet the DST standard by more than 0.1	0 = Fail to meet the SST threshold by more than 0.1
ICEHOUSE VELOCITY	5-6 = Velocity are world leading. > 46km/hr for men and > 43.5km/hr women	5-6 = Velocity are world leading. > 46km/hr for men and > 43.5km/hr women
	3-4 = Acceleration is linear and above average. > 44.5km/hr for men and > 42.5km/hr women	3-4 = Acceleration is linear and above average. > 44.5km/hr for men and > 42.5km/hr women
	1-2 = Acceleration is not linear	1-2 = Acceleration is not linear
	0 = Deceleration is present in push	0 = Deceleration is present in push
RECOVERY	5-6 = Performance is optimal	5-6 = Performance is optimal
	3-4 = Performance is unaffected	3-4 = Performance is unaffected
	1-2 = Able to participate but not perform at maximal effort	1-2 = Able to participate but not perform at maximal effort
	0 = Unable to meet the demands of the DTE and risk of injury is evident	0 = Unable to meet the demands of the DTE and risk of injury is evident

### 2. BCS-NSP GMP PSYCHOLOGICAL ASSESSMENT TABLE

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Psychological Parameter	LTAD - NextGen "Train to Compete"	LTAD - Excellence "Train to Win"
Goal Setting	5-6 = Athlete outlines SMART goals that align with the YTP, IPP and ADP	5-6 = Athlete outlines SMART goals that align with the YTP, IPP and ADP
	3-4 = Athlete outlines SMART goals but are not in alignment with all of the YTP, IPP and ADP	3-4 = Athlete outlines SMART goals but are not in alignment with all the YTP, IPP and ADP
	1-2 = Athlete has presents strong goals but not in alignment with the ADP	1-2 = Athlete has presents strong goals but not in alignment with the ADP
	0 = Athlete has no engagement with the coach and has not presented realistic goals	0 = Athlete has no engagement with the coach and has not presented realistic goals
Planning	5-6 = Athlete engages with coach and NSO in determining the best possible development plan in alignment with the YTP, ADP, and IPP	5-6 = Athlete engages with coach and NSO in determining the best possible development plan in alignment with the YTP, ADP, and IPP
	3-4 = Athlete engages with coach and NSO, but plan is limited in alignment with the YTP, ADP, and IPP	3-4 = Athlete engages with coach and NSO, but plan is limited in alignment with the YTP, ADP, and IPP
	1-2 = Athlete has a development plan but has limited engagement with the NSO	1-2 = Athlete has a development plan but has limited engagement with the NSO
	0 = Athlete has no engagement with the coach and or development plan	0 = Athlete has no engagement with the coach and or development plan
Debriefing Performance	5-6 = Athlete demonstrates high engagement in training and performance debriefs. Collaborates with the coach on training and performance outcomes based on individualize goals.	5-6 = Athlete demonstrates high engagement in training and performance debriefs. Collaborates with the coach on training and performance outcomes based on individualize goals.
	3-4 = Athlete demonstrates high engagement in training and performance debriefs. Engages with the coach on training and performance, but struggles to collaborate	3-4 = Athlete demonstrates high engagement in training and performance debriefs. Engages with the coach on training and performance, but struggles to collaborate
	1-2 = Athlete participates in debriefs, but has limited engagement with coaches	1-2 = Athlete participates in debriefs, but has limited engagement with coaches
	0 = Athlete has limited participation in performance or training debriefs.	0 = Athlete has limited participation in performance or training debriefs.
Focus	5-6 = Athlete can focus their mind on where you want to go and do on the track. Is able maintains focus for all runs within the race. Can stay in the moment and drown out environmental distractions.	5-6 = Athlete can focus their mind on where you want to go and do on the track. Is able maintains focus for all runs within the race. Can stay in the moment and drown out environmental distractions.
	3-4 = Athlete can focus their mind on where you want to go and do on the track but is unable to maintain the focus for a complete race.	3-4 = Athlete can focus their mind on where you want to go and do on the track but is unable to maintain the focus for a complete race.
	1-2 = Athlete can focus for portions of the track. Is susceptible to environmental distractions.	1-2 = Athlete can focus for portions of the track. Is susceptible to environmental distractions.
	0 = Athlete in unable to maintain focus during a single run	0 = Athlete in unable to maintain focus during a single run
Training Mindset	5-6 = Growth Mindset. Believes skills are a result of hard work. Challenges offer a chance to test yourself. Mastery comes from effort. Feedback is a learning tool. Setbacks offer opportunities to learn	5-6 = Growth Mindset. Believes skills are a result of hard work. Challenges offer a chance to test yourself. Mastery comes from effort. Feedback is a learning tool. Setbacks offer opportunities to learn
	3-4 = Has a growth mindset but is not fully committed to the process.	3-4 = Has a growth mindset but is not fully committed to the process.
	1-2 = Results focused. Willingness to make adjustments is limited	1-2 = Results focused. Willingness to make adjustments is limited
	0 = Unable to accept challenges during skill acquisition. Focuses on the results of others.	0 = Unable to accept challenges during skill acquisition. Focuses on the results of others.
Performance Mindset	5-6 = Athlete sees their performance as a collection of small, controllable steps and skills, and prioritizes those which are necessary to succeed.	5-6 = Athlete sees their performance as a collection of small, controllable steps and skills, and prioritizes those which are necessary to succeed.
	3-4 = Athlete sees their performance as a collection of small, controllable steps and skills. Needs to learn to prioritize those which are necessary to succeed.	3-4 = Athlete sees their performance as a collection of small, controllable steps and skills. Needs to learn to prioritize those which are necessary to succeed.
	1-2 = Athlete is unable to stick to the game plan due to overthinking and listening to distractions	1-2 = Athlete is unable to stick to the game plan due to overthinking and listening to distractions
	0 = Athletes sees their performance bigger then it is. Is overcome with self doubt and fear	0 = Athletes sees their performance bigger then it is. Is overcome with self doubt and fear

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### 3. BCS-NSP GMP TACTICAL ASSESSMENT TABLE

Tactical Parameter	LTAD - Talent ID "Train to Compete"	LTAD - Excellence "Train to Win"
CURVE THEORY	5-6 = Athlete engages with coach and demonstrates understanding of the characteristics of the curve and its pressures	5-6 = Athlete collaborates with coach in determining the best possible approach to a corner based on the given characteristics
	3-4 = Athlete can grasp the concepts of most curves including pressures and general rules	3-4 = Athlete engages with coach and demonstrates understanding of the characteristics of the curve and its pressures
	1-2 = Athlete has minimal or basic understanding of the curves and has limited engagement	1-2 = Athlete can grasp the concepts of most curves including pressures and general rules
	0 = Athlete has no engagement with the coach and has not demonstrated any understanding of the curves	0 = Athlete has minimal or basic understanding of the curves and has limited engagement and slides from old notes
ICE THEORY	5-6 = Athlete engages with coach in determining the best possible approach to a corner based on the given conditions to maximize performance including looking at the forecast	5-6 = Athlete collaborates with coach in determining the best possible approach to a corner based on the given conditions to maximize performance including looking at dew point, humidity, and forecast
	3-4 = Athlete engages with coach and demonstrates understanding of the ice conditions and how they will affect the sled	3-4 = Athlete collaborates with coach in determining the best possible approach to a corner based on the given conditions to maximize performance including looking at the forecast
	1-2 = Athletes demonstrates the concepts of the effect of the ice conditions on performance, but fails to engage with the coach	1-2 = Athlete engages with coach and demonstrates understanding of the ice conditions and how they will affect the sled
	0 = Athlete has no engagement with the coach and has a limited understanding of the effects of the ice conditions	0 = Athletes demonstrates the concepts of the effect of the ice conditions on performance, but fails to engage with the coach
TRACK AWARENESS	5-6 = Athlete has complete recollection of the run and can describe each corner, entrance, and exit location, and the sensations they are feeling in each pressure.	5-6 = Athlete has complete recollection of the run and can describe each corner, entrance, and exit location and sled angle, and the sensations they are feeling in each pressure.
	3-4 = Athlete has an incomplete recollection of the run and can describe each corner, entrance, and exit location	3-4 = Athlete has complete recollection of the run and is able to describe each corner, entrance and exit location, and the sensations they are feeling in each pressure.
	1-2 = Athlete has an incomplete recollection of the run and is unable to describe each corner and is unaware of their body position on the sled	1-2 = Athlete has an incomplete recollection of the run and can describe each corner, entrance, and exit location
	0 = Athlete is unaware of where they are in the track and displays panic	0 = Athlete has an incomplete recollection of the run and is unable to describe each corner and is unaware of their body position on the sled
VELOCITY	5-6 = Speeds are at the top of the field	5-6 = Speeds are at the top of the field
	3-4 = Speeds are within the top 6	3-4 = Speeds are within the top 6
	1-2 = Speeds are within the top half	1-2 = Speeds are within the top half
	0 = Speed is in the bottom half of the field	0 = Speed is in the bottom half of the field
EQUIPMENT SET-UP	5-6 = Athlete a good variety of equipment maximized for performance and engages with the coach/mechanic on needed adjustments	5-6 = Athlete has customized equipment maximized for performance and collaborates with the coach/mechanic on needed adjustments
	3-4 = Athlete has a good variety of equipment but does not maximize the utilization	3-4 = Athlete a good variety of equipment maximized for performance and collaborates with the coach/mechanic on needed adjustments
	1-2 = Athlete a good variety of equipment but can utilize it affectively	1-2 = Athlete a good variety of equipment but does not maximize the utilization
	0 = Athletes has limited equipment affecting performance outcomes	0 = Athletes has limited equipment affecting performance outcomes

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### 4. BCS-NSP GMP TECHNICAL ASSESSMENT TABLE

Technical Parameter	LTAD - Talent ID "Train to Compete"	LTAD - Excellence "Train to Win"
<b>FORM and POSITION</b>	5-6 = Athlete can maintain an optimal and neutral body position for most of the run. Some shoulder separation, little head, and feet movement. Not all at once.	5-6 = Athlete can maintain an optimal and neutral body position for the entire run allowing for maximum acceleration
	3-4 = Athlete has difficulty maintaining an optimal and neutral body position. Some shoulder separation and head movement and/or excessive feet movement.	3-4 = Athlete can maintain an optimal and neutral body position for most of the run. Some shoulder separation, little head and feet movement. Not all at once.
	1-2 = Athlete has difficulty maintaining an optimal and neutral body position. Regular shoulder separation and head movement and excessive feet movement.	1-2 = Athlete has difficulty maintaining an optimal and neutral body position. Regular shoulder separation and head movement and/or excessive feet movement.
	0 = Athlete fails to maintain an optimal and neutral body position. Lifts Shoulders and head, excessive head movement, elbows out, feet move side to side.	0 = Athlete fails to maintain an optimal and neutral body position. Lifts Shoulders and head, excessive head movement, elbows out, feet move side to side.
<b>STEERING APPLICATION</b>	5-6 = Athlete mostly makes the appropriate steering application in technique, strength, timing allowing for maximum acceleration	5-6 = Athlete regularly makes the appropriate steering application in technique, strength, timing allowing for maximum acceleration
	3-4 = Athlete struggles with either timing, strength or technique preventing acceleration	3-4 = Athlete mostly makes the appropriate steering application in technique, strength, timing allowing for maximum acceleration
	1-2 = Athlete struggles with timing, strength and technique preventing acceleration	1-2 = Athlete struggles with either timing, strength or technique preventing acceleration
	0 = Athlete fails to make the appropriate steering application	0 = Athlete fails to make the appropriate steering application
<b>PUSH TIME</b>	5-6 = Starts are at the top of the field	5-6 = Starts are at the top of the field
	3-4 = Starts are within the top 6	3-4 = Starts are within the top 6
	1-2 = Starts are within the top half	1-2 = Starts are within the top half
	0 = Start is in the bottom half of the field	0 = Start is in the bottom half of the field
<b>FINISH TIME</b>	5-6 = Athlete has a % difference < 0.35%	5-6 = Athlete has a % difference < 0.35%
	3-4 = Athlete has a difference < 0.65%	3-4 = Athlete has a difference < 0.65%
	1-2 = Athlete has a difference < 0.95%	1-2 = Athlete has a difference < 0.95%
	0 = Athlete has a difference < 0.125%	0 = Athlete has a difference < 0.125%

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**5. NSP GMP SCORE CALCULATION EXAMPLE**

<b>ATHLETE A – Train to Win</b>	<b>ATHLETE B – Train to Compete</b>
<b>PHYSICAL SCORE = 36</b>	
4+5+6+5+5+ 6 = 31	5+5+5+5+5+6 = 31
<b>PSYCHOLOGICAL SCORE = 36</b>	
4+4+4+4+4+4 = 24	5+5+5+5+5+5 = 30
<b>TACTICAL SCORE = 30</b>	
4+4+4+4+4 = 20	5+5+5+5+5 = 25
<b>TECHNICAL SCORE = 24</b>	
4+4+4+4 = 16	5+5+5+5+5 = 20
<b>FINAL GMP SCORE</b>	
ADJUSTED GMP Score = (31+24+20+16) <b>91 Points</b>	ADJUSTED GMP Score = (31+30+25+20)x80% <b>84.8 Points</b>