



BOBSLEIGH

CANADA

SKELETON

NATIONAL SKELETON PROGRAM

NSP SELECTION PROCESS & CRITERIA

2024-2026

Published: July 1, 2024

Amended: July 1, 2025

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1. Overview and Preamble

The National Skeleton Program (NSP) is dedicated to nurturing high-performance athletes capable of competing and excelling at the highest levels of international competition, including the IBF World Cup, World Championships, and the Olympic Winter Games. Our program offers a structured, performance-focused pathway that supports athletes' progression from national levels to elite international stages.

For the 2025–26 season, this Selection Criteria outlines the pathway to team selection and quota allocation for all tiers of the program, in alignment with the 2026 Olympic Winter Games in Milan.

The NSP strives to create an environment where athletes are empowered to reach their full potential through comprehensive support systems. These include world-class coaching, state-of-the-art training facilities, mental health resources, and tailored training regimens. We aim to cultivate a culture that emphasizes respect, professionalism, and a relentless pursuit of excellence. Through clarity and transparency through our sport programming, we foster accountability and integrity in all aspects of the NSP, ensuring that each athlete feels supported and valued.

Our athlete-centric approach ensures that the needs, well-being, and development of our athletes are at the forefront of our program. We are committed to providing a holistic support system that includes physical, mental, and emotional development.

This document has been designed to ensure transparency, objectivity, and fairness in line with the standards of the Sport Dispute Resolution Centre of Canada (SDRCC). It outlines a process that is measurable, consistent, and equitable to all athletes. Athletes are responsible for familiarizing themselves with the selection requirements, deadlines, and expectations. Failure to do so will not be grounds for appeal.

Highlights of NSP Support Systems:

- **World-Class Coaching:** Athletes have access to experienced and NCCP-certified coaches who are committed to lifelong learning and ongoing professional development. Our coaches provide technical guidance across all tiers of the NSP, ensuring consistent support and expertise at every level.
- **State-of-the-Art Training Facilities:** Our athletes utilize top-tier facilities at Winsport and the Whistler Sliding Centre, which are equipped with the latest technology to enhance performance and training effectiveness.
- **Integrated Wellness Program:** We offer a comprehensive wellness plan that strives to strike a balance between high-performance standards and the practice of care for the athlete's well-being. This is achieved through continued engagement with the athletes at every step of the pathway and strategic partnerships that provide psychological services that encompass both mental performance and wellness initiatives.
- **Tailored Training Regimens:** As part of BCS-NSP's updated structure, the off-season programming continues to offer customized training programs designed to address the evolving needs and goals of each athlete.

The NSP has a history of producing top-tier athletes who have achieved notable successes on the world stage. Our commitment to excellence and athlete empowerment drives the NSP to continuously improve and adapt to meet the evolving needs of athletes. By fostering a culture of excellence, the NSP aims to build a supportive environment that allows every athlete to thrive and achieve their full potential.

2. NSP - Selection Process

2.1 Purpose and Intent

The NSP Selection Process & Criteria (SP&C) outlines the process and criteria for athletes to become eligible and be nominated for the Senior Skeleton Team (SST), Development Skeleton Team (DST), Athlete Pool (AP), and receive Excellence Skeleton Athlete (ESA) or NextGen Skeleton Athlete (NGSA) designations.

The SP&C aligns with IBSF quota allocation, rules, and qualifications for major events, prioritizing an athlete-centric approach with Individual Performance Plans (IPPs) based on performance and historical results. All IBSF sanctioned events, except the World Cup and major events, are seen as development opportunities without hierarchy. Athletes must complete an IPP with technical coaching staff within two weeks of the qualification period (NSP-QP) or upon entry to the High-Performance Program.

The SP&C is intended to serve as a two-season policy (2024–25 and 2025–26), with limited amendments only when necessary. Push thresholds and performance targets established within this period will remain fixed and will not be adjusted during the qualification window to ensure consistency and fairness. Any administrative or timeline updates will be communicated no later than July 1 annually.

2.2 Qualification Periods

- **First Qualification Period: June 23 to November 16, 2025**
- **Second Qualification Period: December 10 to December 20, 2025**

These periods allow for thorough assessment and preparation to ensure the best possible selection, race allocation, and development of athletes leading up to the 2026 Olympic Winter Games in Milan.

2.3 Team Selection and Eligibility

Eligibility:

To participate in the NSP Selection Process, athletes must:

1. Be in good standing with the National Team or their Provincial Sport Organization (PSO).
2. Have no outstanding fees.
3. Hold a valid passport for at least six months beyond the upcoming competitive season.
4. Meet eligibility requirements for a BCS IBSF license.
5. Not be under sanction for an anti-doping rule violation.

6. Demonstrate on-ice sliding proficiency to the satisfaction of the Technical Lead.
7. Complete all BCS pre-sliding requirements.
8. Confirm competitive readiness.

All eligibility requirements apply equally to new and returning athletes each season. Any requests for exceptions or exemptions must be submitted in writing to the High-Performance Committee no later than **five (5) days** prior to the relevant event. Requests submitted after this deadline will not be considered unless exceptional circumstances are demonstrated.

Selection Process:

- **Criteria Publication:** Annual criteria will be published before July 1, detailing performance benchmarks.
- **Performance Benchmarks:** Includes competition results, training performance, and push thresholds.
- **Transparency:** Prompt communication of any changes to ensure fairness.
- **Evaluation:** Based on competition and training performance, adherence to IPP, YTP and competition plans, team values, and commitment.
- **Feedback:** Regular feedback and collaborative development of an IPP.
- **Support for Compliance:** Resources available to help meet eligibility and compliance.
- **Appeals Process:** Available for contesting selection decisions to ensure fairness. All appeals must follow the BCS Appeals Policy

3. Decision-Making Authority

3.1 High-Performance Committee (HPC)

Composition:

- Technical Lead (Chair)
- NSP Development Lead
- NSP Technical Coach

Responsibilities:

- Interpret and apply the NSP SP&C.
- Confirm the number of IBSF quota spots qualified by BCS.
- Evaluate NSP athletes for eligibility, qualification, and nomination.
- Nominate eligible athletes to the Selection Committee (SC) for review and ratification.
- Discuss and review the list of eligible athletes with the SC.

- Notify athletes of their selection to the National Team and National Athlete Pool.
- Document and retain rationale for all nominations and decisions, including any use of discretion.

All decisions by the HPC must be made using the published selection criteria and ranking tools. Where discretion is used, justification must be clearly recorded and communicated to the SC.

3.2 Selection Committee (SC)

Composition:

- BCS HPD (Chair)
- BCS CEO
- BCS High Performance Manager
- Impartial Technical Expert

Responsibilities:

- Review the NSP SP&C, nominations from the Technical Lead, and supporting information.
- Ensure nominations align with the NSP SP&C.
- Ratify nominations for the National Team and National Athlete Pool.
- Ensure all decisions are consistent, evidence-based, and compliant with SDRCC principles.
- Confirm that the rationale for any discretionary selections is complete and documented.

The SC must complete ratification of nominations within 10 business days of receiving recommendations from the HPC. Athletes will be notified in writing of their selection or non-selection no later than five business days after SC ratification

4. Team Structure and Designations

4.1 Senior Skeleton Team (SST)

Competitions: Participation in the IBSF World Cup, NAC, EC, and AC, based on the performance and competition strategy of the NSP and BCS.

Criteria:

- **Push thresholds:** Men: ≤ 4.70 seconds, Women: ≤ 5.15 seconds.
- **Train to Win GMP assessment**
- **Safety and Competency:** Demonstrated safety and competency on the World Cup circuit.
- **Time in Stream:** Continuous participation as long as performance benchmarks are met.

- **Years from Podium:** 0-4 years from expected podium performances.

4.2 Development Skeleton Team (DST)

Competitions: Participation in the IBSF World Cup, NAC, EC, and AC, based on the performance and competition strategy of the NSP and BCS.

Criteria:

- **Push thresholds:** Men: ≤ 4.80 seconds, Women: ≤ 5.25 seconds.
- **Train to Compete GMP Assessment:** Score of 3 or above.
- **NextGen Eligibility:** Based on age and competitive window assessments.
- **Time in Stream:** Maximum of 5 years or 4 years after WJrCh eligibility.
- **Years from Podium:** 6-8 years from expected podium performances.
- **Active Sliding Expectation:** Athletes are expected to have a minimum run volume exceeding 100 descents. The ideal run volume to meet the LTAD model is 120-150 runs per season.

Performance Progression: Athletes are expected to demonstrate annual improvement to remain on the DST and progress towards the SST and podium potential. BCS-NSP may extend an athlete's tenure on the DST beyond the prescribed limits by up to one additional year. This extension is only granted to athletes who consistently show significant progress and potential. Specific performance targets will be established and agreed upon for continued inclusion in the DST.

4.3 Athlete Pool (AP)

Entry Point: Athletes may be named to the Athlete Pool if they are not currently on the DST or SST but have demonstrated potential through sanctioned competition performance, testing results, and upward progression relative to the GMP and NRS.

Purpose: The Athlete Pool provides a structured development tier for athletes who are not yet part of the National Team but are tracking toward future DST or SST criteria. It also serves as a mechanism for eligible athletes to access IBSF competition opportunities when quota spots are unfilled by SST, DST, or NGSA athletes.

Criteria:

- Based on GMP Assessments, testing data, and internal rankings.
- **Evaluation Races:** Scheduled for November 15,16, 2025 (TBC) and December 14, 2025 (TBC), at the Whistler Sliding Centre. Participation in these races is mandatory for Athlete Pool selection. *Note: If an athlete is assigned to an IBSF competition during either evaluation window, their performance at that IBSF event will be used in place of the scheduled evaluation race.*
- **Minimum Sliding Volume:** Athletes must exceed 100 descents per season to maintain active status. The ideal volume, in line with LTAD benchmarks, is 120–150 runs annually.

- **Time in Stream:** 4 years is the expected maximum time in the Athlete Pool.
- **Development Goal:** Demonstrated trajectory toward meeting the performance standards required for DST or SST selection.

Expectations and Conditions:

- Athletes are named to the Athlete Pool if they show consistent progression within the high-performance pathway and exhibit the potential to meet National Team standards in future seasons.
- To remain eligible for IBSF race allocations, Athlete Pool athletes must meet the Active Sliding Expectations outlined in Section 5.5.
- Athlete Pool status does not guarantee race selection or competition entries. Allocations are made at the discretion of the HPC, based on performance, team strategy, competition needs, and available resources.
- While not considered part of the National Team, Athlete Pool athletes may be invited to participate in National Team training camps or access the DTE at the discretion of the Head Coach and Technical Lead.
- The presence of Athlete Pool athletes in the DTE is conditional on their alignment with NSP values and their ability to contribute positively to the high-performance training environment, as determined by the designated lead Coach of the DTE.
- Athletes who remain in the Athlete Pool beyond four (4) years must submit a formal letter of intent and a performance justification to the HPC to be considered for continued evaluation. Extensions will only be granted under exceptional circumstances and must align with NSP development priorities.

Note: AP athletes are not considered part of the national team and are not eligible for AAP support (carding).

NSP HP Athlete Pathway



4.4 Excellence Skeleton Athlete Designation (ESA)

Eligibility:

- Compliance: Must meet the eligibility requirements in section 2.3.
- NSP-QP Participation: Must have fully participated in the NSP-QP, if eligible and qualified, unless exempted by the Technical Lead.
- Medal Potential: Demonstrated medal potential within a performance funnel as determined by funding partners based on podium results tracking.

4.5 NextGen Skeleton Athlete Designation (NGSA)

Eligibility:

- Compliance: Must meet the eligibility requirements in section 2.3.
- NSP-QP Participation: Must have participated in the NSP-QP, if eligible and qualified, unless exempted by the Technical Lead.
- Age Requirement: Not born prior to January 1998.
- Push thresholds: Men: ≤ 4.80 seconds, Women: ≤ 5.25 seconds.
 - Athletes who meet the **IBSF U20 designation** may be exempt from the push threshold if they have shown the potential to meet the required standards

Note: All athletes granted NGSA designation are considered a part of the National Team

5. Training and Competition Requirements

5.1 Training Programs

In 2024, BCS-NSP launched an off-season training program overseen by the Technical Lead. This program includes start and strength training as well as mental strength components, developed in response to athlete feedback from the 2023/24 debriefs and the technical staff's recognition of program gaps. It reflects the NSP's commitment to athlete-centric programming. The 2024/25 debriefs further refined this process to better meet the evolving needs of both the program and the athletes. It reflects the NSP's ongoing commitment to athlete-centric programming.

Full participation in the BCS-NSP off-season program is not mandatory; however, participation in off-season training camps is part of the NSP-QP and will be evaluated as such.

5.2 Competitive Plan and Availability

Each athlete must complete a competition plan, indicating their availability for pre-season and competitive events as outlined in the appendix. This information will be used for selection, deselection, and race allocations. Adherence to this plan is crucial for efficient race allocation and team management. Athletes are expected to adhere to their stated availability, unless they are granted an exemption by the HPC.

Any changes to the approved plan must be submitted in writing and are subject to HPC approval. Any associated costs incurred by BCS due to changes in availability may be billed to the athlete. Fees associated with events listed on the approved plan are non-refundable, even if the athlete is later exempted from participation.

5.3 High-Performance Off-Season Program

The High-Performance Off-Season Program aims to provide structured and centralized training, avoiding a fragmented team culture and varying costs. The program includes comprehensive training packages, camps, and enhanced athlete monitoring to ensure optimal preparation for the competitive season.

Camp Schedule:

- June 23, 2025 (Kick Off Meeting)
- July 8-13, 2025 (Calgary, AB)
- August 19-24, 2025 (Lake Placid, NY)
- October 7-12, 2025 (Calgary, AB)

Each training camp will conclude with a push competition, which will be evaluated in accordance with the National Ranking System (NRS). This evaluation will help assess athlete progress and readiness for the upcoming season.

5.4 Participation Requirement

All NSP National Team athletes are required to participate in all BCS-sanctioned events, training camps, and competitions. Exceptions will only be made if the athlete receives written approval from the HPC for absences. This policy ensures full commitment to the athlete's development and team preparedness.

Absence without prior approval may impact the athlete's selection for future competitions and their standing within the team.

While participation in BCS-sanctioned events is not mandatory for AP athletes, it is highly encouraged. Active involvement in the NSP-QP maximizes the opportunity for a fair and comprehensive evaluation of each athlete's abilities and potential, thereby enhancing their development, selection prospects, and race allocation opportunities.

5.5 Active Sliding Expectation

LTAD models throughout the history of Canadian sliding sports have included minimal run volumes. With the challenges that NSP has faced in relocating to Whistler and concussion management over recent years, run volume has diminished. While run volume is not the sole factor in an athlete's progression, it is critical for improving the technical and tactical aspects of the sport.

To be considered an active slider in the NSP, athletes are expected to have a minimum run volume exceeding 100 descents. The ideal run volume to meet the LTAD model is 120-150 runs per season.

6. Athlete Selection Criteria

6.1 SST Selection

Criteria: Athletes must meet all criteria outlined in Section 4.1, including push thresholds, GMP assessments, safety and competency requirements, and alignment with performance expectations for World Cup competition.

Selection Limit: The number of athletes nominated to the SC will be determined by the HPC based on performance, program capacity, and alignment with NSP strategic objectives.

Selection Race Series: There will be no Selection Race Series for the 2025/26 season.

Selection Process for 2025/26: Nominations to the SC will be based on:

- Meeting all SST criteria outlined in Section 4.1
- Performance in the 2024/25 season and GMP assessment
 - Athletes will be assessed against the *Train to Win* standards of the GMP
- Final 2024/25 NSP NRS standing combined with NRS standing during the 2025/26 NSP-QPs
- Alignment with the athlete's approved IPP
- Demonstration of Competitive Readiness as assessed by the HPC
- Adherence to NSP values and standards in alignment with the BCS Athlete Agreement and Code of Conduct.

All nominations to the SST will be submitted by the HPC and are subject to ratification by the SC, as outlined in Section 3. Ratification will occur in two phases: the first review by **October 31** and a second review by **December 20, 2025**

Additional Notes:

- SST athletes whose rankings secured IBSF World Cup quota spots for Canada will be granted the first two World Cup races
- Any remaining World Cup quota spots will be filled based on NRS ranking among eligible athletes.
- Participation in mandatory evaluation races during NSP-QPs unless assigned to IBSF competitions on those dates
- In the event of an NSP ranking tie, the IBSF Discipline Ranking List will be used as the tiebreaker. The 2024/25 ranking list will apply for the first selection review (by October 31, 2025), and the updated 2025/26 ranking list will apply for the second review (by December 20, 2025).

6.2 DST Selection

Criteria: Athletes must meet all criteria outlined in Sections 4.2 and 4.5, including push thresholds, Train to Compete GMP assessments, safety and competency requirements, minimum sliding volume, and alignment with expected podium trajectory and development timelines.

Selection Limit: Nominations to the SC will be based on developmental potential, performance progression, available resources, and alignment with NSP pathway priorities, as determined by the HPC.

Selection Race Series: There will be no Selection Race Series for the 2025/26 season.

Selection Process for 2025/26: Nominations to the SC will be based on:

- Meeting all DST criteria outlined in Sections 4.2 and 4.5
- Performance during the 2024/25 season and GMP assessment
 - Athletes will be assessed against the *Train to Compete* standards of the GMP
- Final 2024/25 NSP NRS standing combined with NRS standing during the 2025/26 NSP-QPs
- Demonstrated progression within the athlete's IPP
- Evidence of Competitive Readiness as assessed by the HPC
- Adherence to NSP values and standards in alignment with the BCS Athlete Agreement and Code of Conduct

All nominations to the DST will be submitted by the HPC and are subject to ratification by the SC, as outlined in Section 3. Ratification will occur in two phases: the first review by **November 16, 2025**, and a second review by **December 22, 2025**.

Additional Notes:

- DST athletes may also be considered for World Cup allocation based on program strategy, athlete development trajectory, and available quota spots.

- Participation in mandatory evaluation races during NSP-QPs unless assigned to IBSF competitions on those dates
- In the event of a tie in NSP ranking, the IBSF Discipline Ranking List will be used as the tie-breaker. The 2024/25 ranking list will apply for the first selection review (by November 16, 2025), and the updated 2025/26 ranking list will apply for the second review (by December 22, 2025).

6.3 AP Selection

Criteria: Athletes must meet all expectations outlined in Section 4.3, including:

- Active status as defined by minimum sliding volume (100+ descents per season)
- Demonstrated progression relative to the GMP and NRS
 - AP athletes will be assessed against the GMP stream associated with the team they are tracking toward: *Train to Compete* for DST and *Train to Win* for SST.
- Adherence to NSP values and standards in alignment with the BCS Athlete Agreement and Code of Conduct.
- Participation in mandatory evaluation races during NSP-QPs unless assigned to IBSF competitions on those dates
- Athletes are expected to remain in the Athlete Pool for a maximum of four (4) years. Athletes who wish to continue beyond this period must submit a formal letter of intent and a performance justification to the HPC. Extensions will only be granted under exceptional circumstances and must align with NSP development priorities.

Selection Limit: Selection to the Athlete Pool will be based on demonstrated progression, developmental potential, and alignment with NSP values and long-term planning, as determined by the HPC.

As the Athlete Pool is not considered part of the National Team, it is intended to provide development opportunities aligned with the NSP Long-Term Athlete Development (LTAD) model and high-performance pathway.

For this reason, Athlete Pool selections are managed solely by the HPC and do not require nomination or ratification by the SC. Selection reflects both athlete readiness and program strategy.

Selection Race Series: There will be no Selection Race Series for the 2025/26 season.

Selection Process for 2025/26: Selections by the HPC, in consultation with the HPD, will be based on:

- Performance in the November 15–16 and December 14, 2025 evaluation races (Whistler Sliding Centre)
- Competitive results during the 2024/25 season
- Testing data and technical assessments

- Final 2024/25 NSP NRS standing combined with NRS standing during the 2025/26 NSP-QPs
- Alignment with the athlete's IPP projected development timeline
- Selections to the Athlete Pool will occur in two phases: the first review by **November 16, 2025**, and the second review by **December 20, 2025**. In addition to these timelines, the **HPC, at its discretion and in consultation with the HPD**, may add athletes to the Athlete Pool throughout the season to support the goals and strategies of the NSP, provided the athlete meets the criteria outlined above.

Athletes will only be named to the Athlete Pool if they demonstrate:

- Active participation and engagement in the NSP pathway
- A clear and measurable upward performance trajectory
- Consistent alignment with NSP values, team dynamics, and professional conduct

Additional Notes:

- AP athletes may be allocated to any IBSF competition at the discretion of the HPC if it aligns with the strategy of the NSP and the athlete's approved IPP.

6.4 Deselection Criteria

- **Performance:** Failure to meet performance benchmarks or a decline in performance may result in deselection.
- **Conduct:** Breach of the Athlete Agreement or violations of BCS policies, including the Code of Conduct and anti-doping regulations, may lead to deselection.
- **Injury/Illness:** Long-term injury or illness preventing training and competition commitments and/or preventing the athlete from achieving competitive readiness may result in deselection after a review process by the HPC and the BCS medical team.

6.5 Athlete Conduct and Team Values

6.5.1 Expectations of Athletes' Behavior

Athletes are expected to adhere to the highest standards of conduct and to embody the team values of respect, integrity, and professionalism at all times. This includes, but is not limited to:

- **Respectful Interaction:** Athletes must treat all team members, including technical staff, coaches, support staff, and fellow athletes, with respect and courtesy. Disrespectful or abusive behavior towards any BCS staff or team members will not be tolerated.
- **Adherence to Team Values:** Athletes must demonstrate commitment to the team's values, including maintaining a positive attitude, supporting teammates, and upholding the principles of fair play and sportsmanship.

6.5.2 Zero Tolerance Policy

- **Disrespectful and Abusive Behavior:** Any form of disrespectful or abusive behavior towards BCS staff, teammates, or any other individuals involved in the program will result in immediate removal from team activities, including training and competitions. Such behavior undermines the integrity and cohesion of the team and will not be tolerated.
- **Authority of Technical Staff:** The technical staff present during any event has full authority to address and take immediate action against any behavior that violates this policy. This includes the authority to remove athletes from the event or team activities if necessary.

6.5.3 Communication of Expectations

To ensure clarity and transparency, these expectations will be communicated to all athletes at the beginning of each season and during any team meetings or briefings. Athletes will be required to acknowledge their understanding and commitment to these standards as part of their participation in the NSP.

For further details on athlete conduct, refer to the Athletes' Code of Conduct.

7. World Championships and World Junior Championships Selection

For the 2025/26 season:

- There is no IBSF World Championships scheduled due to the Olympic Winter Games.
- The National Skeleton Program will not be participating in the IBSF World Junior Championships this season.
- Olympic qualification and athlete selection are governed separately under the BCS NSP Internal Nomination Process (INP), which outlines the criteria and procedures for nomination to the Canadian Olympic Committee.

For more information on Olympic selection, please refer to the full BCS NSP INP, available on the BCS website.

8. Performance Evaluation and National Ranking System

After the completion of competitions, the Technical Lead/National Head Coach and staff will conduct a performance evaluation. During this review, BCS may, at its sole discretion, reallocate quota spots to other athletes who participated in the NSP-QP if they demonstrate that they meet the performance pathway associated with the event. This reallocation will only occur in warranted situations.

It is important to note that any changes to an athlete's IPP, YTP, and Competition plan do not affect the team to which they were initially selected.

For clarity, the performance review will analyze various factors, including:

- Size and strength of the field

- Percent back from the leader
- Push differential
- Other technical and tactical parameters
- Behaviour observations and adherence to team values and expectations

Athletes will only be considered for reallocation if the HPC believes it is in the best interest of their long-term development and the NSP.

8.1 National Ranking System

The National Ranking System (NRS) for the NSP is designed to objectively assess and rank athletes based on their performance across all competitions (domestic and international) and training evaluations.

- The NRS will act to create a depth chart of all skeleton athletes within Canada, including those not part of the NSP. The NRS will utilize the current IBSF points table and will employ a multiplier depending on NSP status.
- For all IBSF events, the following multipliers will be applied:
 - - SST (Senior Skeleton Team) = x1
 - - DST (Development Skeleton Team) = x0.9
 - - AP (Athlete Pool) = x0.7
- Additional multipliers will be applied to represent the depth of field
 - - Lead (First position) = x1.10
 - - <0.3 Percent from Winning Time = x1.05
 - - <0.6 Percent from Winning Time = x1
 - - <1.0 Percent from Winning Time = x0.85
 - - <1.5 Percent from Winning Time = x0.7
- NSP push competitions will be awarded points at 50% value of the IBSF NAC/EC/AC table.
- NSP Canadian National Championships will be awarded points equivalent to the IBSF WC Points table.

NSP Evaluation Races are held at the conclusion of designated development camps and serve as a formal selection and ranking opportunity for eligible athletes.

- NSP Evaluation Races will be awarded points at 50% value of the IBSF NAC/EC/AC table.

Unlike the IBSF ranking lists where the number of races scored is equal to the number of World Cup races carried out up to that specific date during the current, there is no limit to the number of competitions an athlete can be awarded points for.

8.2 NRS for NSP Selections

- **Goal:** The NRS aims to act as a continuous means of evaluating performance in competition and training over the entire season against GMP and IPP.
- **Utilization:** The NRS will be used within race allocation to provide a more comprehensive evaluation of where the athlete stands within the NSP.
- **Ranking Updates:** Rankings are updated regularly to reflect the latest performance data and provide a transparent basis for team selections and race allocation.

9. Athlete Empowerment and Development

9.1 Athlete-Centric Environment

Empowerment requires the engagement of the athlete in planning and executing their daily training, pre-competition, competition, and debriefing plans. Empowering athletes creates a sense of responsibility, knowing they are valued, and allows them to take ownership of their performance development, which can in turn create a greater level of motivation and engagement with the NSP.

Athlete-Centric vs. Athlete-Driven

An athlete-centric environment prioritizes the well-being and development of all athletes within the program, ensuring that decisions are made with the collective best interest in mind. This approach ensures that every athlete receives the support, resources, and guidance they need to reach their full potential, while also considering the overall goals and values of the team.

In an athlete-centric model, we act with care and compassion, always mindful of the broader impact on the entire team. This means that while individual needs and goals are important, they are balanced against the needs and goals of the team. Our guiding principle is "we, not me," emphasizing the greater good and fostering a sense of community and shared purpose among all NSP athletes.

This athlete-centric approach extends beyond the athletes and coaches, involving a comprehensive support network that includes medical staff, mental health professionals, sports scientists, BCS staff, High-Performance Director (HPD), Technical Lead, funding partners, and other stakeholders. Each member of this network plays a crucial role in creating an environment where athletes can thrive.

In contrast, an **athlete-driven** approach places primary emphasis on the preferences and desires of individual athletes, potentially at the expense of team cohesion and the overall program objectives. While this approach can be beneficial in certain contexts, it may not always align with the utilitarian model adopted in the NSP, which seeks the greatest benefit for the greatest number of athletes and potential success as a program.

By maintaining an athlete-centric focus, we ensure that every decision and action contributes to the collective success and well-being of our team. This approach fosters a supportive and inclusive environment where all athletes can thrive, knowing that their individual development is valued and supported within the broader context of the program's goals.

10. Individual Performance Plan (IPP)

10.1 Purpose and Importance

The IPP is a comprehensive plan tailored to each athlete's development needs, encompassing technical, tactical, physiological, and psychological aspects. It serves as a strategic roadmap for achieving performance goals. The IPP creates accountability to both the athlete and the coaching staff to ensure the athlete is progressing within the LTAD and HP Pathway and may be used as part of the evaluation process.

10.2 Development and Implementation

- **Collaborative Process:** IPPs are developed collaboratively between athletes and coaches, incorporating feedback and setting clear performance objectives. The process also involves input from support staff, including medical professionals, mental health specialists, and sports scientists, to ensure a holistic approach to athlete development.
- **Components:** The IPP includes specific skill development goals, sport-specific testing results, defined targets, and scheduled assessment points. It also outlines the resources and support available to the athlete, ensuring they have access to the necessary tools for success.

10.3 Review and Adjustment

- **Regular Reviews:** IPPs are reviewed regularly (bi-annually) to ensure they remain relevant and aligned with the athlete's progress and goals. These reviews involve the athlete, coach, and relevant support staff to provide comprehensive feedback.
- **Adjustments:** Based on review outcomes, adjustments are made to the IPP to address any new challenges or opportunities for improvement. This may include modifying training regimens, setting new targets, or adjusting support services to better meet the athlete's needs.
- **Feedback Incorporation:** Continuous feedback from competitions, training sessions, and assessments is incorporated into the IPP to keep it dynamic and responsive to the athlete's evolving requirements within their trajectory in the NSP.

11. Team Position Reallocation

The HPC may reallocate designated positions (SST, DST) at any time during the current season. For the avoidance of doubt, all competitive results, domestic and international, may be taken into consideration for the purposes of in-season reallocation.

11.1 Performance Review

All factors, including icehouse push threshold and competitive results, will be analyzed in a performance review when considering in-season team reallocation. The review will consider:

- **Size and Strength of the Field:** The competitiveness and caliber of the athletes in the field.
- **Percent Back from the Leader:** The time or performance difference between the athlete and the leader.
- **Push Differential:** The athlete's performance in push start relative to competitors.

- **Technical and Tactical Parameters:** Other relevant performance metrics and qualitative factors such as race strategy, execution, and adaptability.

Athletes will only be considered for team reallocation if the HPC believes the change is in the best interest of the long-term development of the athlete and the NSP. Additionally, the following considerations will be made:

- **Consistent Performance:** Athletes must demonstrate consistent performance improvements and meet the benchmarks set in their Individual Performance Plans (IPP).
- **Health and Fitness:** The athlete's health, fitness, and injury status will be reviewed to ensure they can handle the demands of the new team position.
- **Developmental Potential:** The potential for further development and the likelihood of achieving long-term performance goals will be considered.
- **Behavior and Conduct:** Athletes' behavior and conduct will be reviewed to ensure they align with the team values of respect, integrity, and professionalism. Any history of disrespectful or abusive behavior towards BCS staff or team members will be considered.
- **Mental Well-being:** The mental well-being of the athlete and its impact on other team members will be evaluated. The NSP is committed to maintaining a supportive and healthy team environment.
- **Feedback and Communication:** Continuous feedback from coaches and support staff will be integrated into the re-allocation decision-making process.

By maintaining a thorough and comprehensive performance review process, NSP ensures that team reallocations are made transparently and in the best interest of the athletes and the program.

Section 12: IBSF Circuit Quota Spot Allocation

The HPC will allocate BCS's WC, NAC, AC, and EC IBSF quota spots. All allocations may be changed at the sole discretion of the HPC, taking into consideration NSP development and competition strategies, plans, and all other relevant factors. IBSF WC allocation for the first two races of each season will be awarded to the athletes whose results earned BCS the quota.

In the continued effort to be athlete-centric, all athletes will complete an IPP and supporting competition plan.

12.1 Quota Priority

Following the completion of the Final Selection Process, quota spot allocation priorities will be considered based on the agreed-upon athlete IPP and competition plans in the following order:

1. Senior Skeleton Team (SST)
2. Development Skeleton Team (DST)
3. NextGen Skeleton Athlete (NGSA)

4. Athlete Pool (AP)

12.2 Performance Evaluations and Debriefs

Following the completion of competitions, a performance evaluation and debrief will take place. Performances will be reviewed by the Technical Lead/National Head Coach and technical staff to ensure a comprehensive assessment of each athlete's progress and areas for improvement. This process is integral to our athlete-centric approach, demonstrating the care and attention provided to each athlete's development.

The technical coaches present with the athlete at each event will conduct a debrief of the performance. Due to time restrictions and travel logistics, this debrief may or may not be conducted immediately. Depending on the size of the team and logistics surrounding the event, the debrief will be arranged to be conducted at a suitable time and location. Ideally, all debriefs are completed prior to the following event. In the event that an athlete or coach is leaving that group immediately following an event, a debrief may be conducted in a virtual format.

The performance evaluations and debriefs will include:

- **Individual Feedback:** Athletes will receive detailed feedback on their performance, highlighting strengths and identifying areas for development.
- **Comprehensive Assessment:** All factors including size and strength of the field, percent back from the leader, push differential, and other technical and tactical parameters will be analyzed.
- **Goal Setting:** Based on the evaluations, personalized goals will be set for each athlete to guide their training and competition focus moving forward.
- **Support Plans:** Specific support plans will be developed to address the unique needs of each athlete, ensuring they have the resources and guidance necessary to achieve their goals.
- **Team Integration:** Evaluations will also consider the athlete's role and integration within the team, fostering a cohesive and supportive team environment.
- **Values Alignment:** The athlete's commitment to the core values of the team and the organization will be evaluated. This includes their dedication to fair play, sportsmanship, and the overall mission and vision of the program.
- **Attitude and Conduct:** Evaluations will assess each athlete's attitude, conduct, and behavior both on and off the ice. This includes adherence to team values, respect for teammates and staff, and overall professionalism.
- **Quota Spot Re-Allocation:** In situations where warranted, quota spots allocated following the NSP-QP may be re-allocated to other athletes who demonstrated that they meet the performance pathway associated with the event. All changes to the athlete's YTP and competition plan do not change the team to which they were selected.

By maintaining this structured and supportive evaluation process, we ensure that every athlete receives the attention and guidance necessary to reach their full potential, aligning with our athlete-centric philosophy

13. Competitive Readiness, Medical, and Health Protocols

13.1 Medical, Illness, and Mental Health Protocol

Athletes must promptly report any injuries, illnesses, or mental health concerns and provide the necessary medical documentation. The NSP is committed to supporting athletes through the Integrated Support Team (IST), which will conduct a thorough review to determine the best course of action. This may include modified training programs, additional medical support, or temporary withdrawal from competition. The athlete's well-being is the primary consideration, and the NSP will work collaboratively with medical professionals to ensure appropriate care. Athletes are required to follow approved recovery and rehabilitation programs to ensure a safe return to training and competition. The NSP aims to facilitate a complete recovery and help athletes regain their competitive edge.

13.2 Competitive Readiness

Throughout the NSP-QP and current season, athletes are required to maintain Competitive Readiness, defined as the ability to achieve equal or superior performance(s) during the NSP-QP, domestic competitions, international competitions, and other events compared to their personal bests. Athletes must immediately report any injury, illness, mental health concern, or change in training to the Technical Lead/Head Coach or staff.

BCS Requirements:

- **Proof of Condition:** BCS reserves the right to request proof of injury, illness, or psychological stressor that prevents participation. This proof must be documented by a healthcare professional.
- **Medical Consultation:** BCS also reserves the right to require an athlete to consult with a BCS-approved medical lead, mental health practitioner, or designated health professional. The HPC may choose the appropriate professional to ensure the athlete's readiness to return to sport.
- **Exemptions:** BCS may grant exemptions from participation based on the recommendations of the health professional. However, such exemptions do not guarantee a position for the athlete upon their return. The prognosis and length of potential return to sport at the same level will also be used to determine decisions about nominations, allocations, and team status.

13.3 Assessment Process and Return to Sport Protocols

The assessment process includes:

- **Assessments:** Conducted by the BCS Medical Lead, Mental Health Practitioner, IST Lead, or technical coaching staff as deemed necessary by the HPC. Costs associated with these assessments are the responsibility of the athlete.

- **Fitness Tests:** Athletes may be required to undergo fitness and performance tests to confirm readiness as deemed necessary by the HPC. Costs associated with these tests are the responsibility of the athlete.

Return to Sport Protocol:

1. **Initial Assessment:** Conducted by the BCS Medical Lead or a designated healthcare professional to determine the athlete's current health status and readiness for return. Costs associated with this initial assessment are the responsibility of the athlete.
2. **Rehabilitation Plan:** Development of a tailored rehabilitation plan addressing the specific needs of the athlete, including physical therapy, psychological services, and any other required interventions. Costs associated with the rehabilitation plan are the responsibility of the athlete.
3. **Progress Monitoring:** Regular monitoring of the athlete's progress through assessments and check-ins with medical and coaching staff. Costs associated with progress monitoring are the responsibility of the athlete.
4. **Gradual Reintegration:** A phased approach to reintegrating the athlete into training and competition, ensuring they meet specific milestones and performance benchmarks. Costs associated with gradual reintegration are the responsibility of the athlete.
5. **Final Evaluation:** A comprehensive evaluation by the HPC, in consultation with the BCS Medical Lead, to confirm the athlete's readiness to return to full participation in the daily training and competition environments. Costs associated with the final evaluation are the responsibility of the athlete.

13.4 Competitive Readiness Prior to Nomination to the SC

If an athlete is deemed injured, ill, or not Competitive Ready prior to the nomination by HPC to the SC, the HPC, in consultation with the BCS Medical Lead and other appropriate persons, will determine whether the athlete will be sufficiently recovered to compete at their highest level during the current season to warrant the athlete's nomination. Injured, ill, or not Competitive Ready athletes may be subject to a proof of fitness and/or Competitive Readiness test, which consists of a controlled performance, such as a competition or observed test, with a predetermined expected outcome. These athletes will not be eligible for a team (SST, DST) nomination or designation (NGSA or ESA) until this requirement has been satisfied.

Important Considerations:

- **Health Professional Recommendations:** If the BCS-approved health professional deems the athlete fit to participate and the athlete chooses not to participate, no exemption will be granted. The decision to not participate will be at the athlete's discretion, and they will be expected to follow the same protocols as all other athletes.
- **No Guarantee of Position:** Exemptions granted based on health professional recommendations do not guarantee that the athlete will retain their team position upon return. Decisions

regarding nominations, allocations, and team status will consider the prognosis and length of potential return to sport at the same level.

13.5 Confidentiality and Privacy

All medical information and assessments will be handled confidentially to ensure athletes' privacy is protected. Only relevant personnel will have access to this information, and it will be used solely for the purpose of ensuring the athlete's health, safety, and competitive readiness.

13.6 Communication Protocol

Athletes must immediately report their status to the Technical Lead/Head Coach or designated staff via BCS email or other agreed-upon communication methods. Immediate reporting is crucial for timely support and intervention.

By maintaining these protocols, the NSP ensures that athletes receive comprehensive support for their health and competitive readiness, fostering a safe and effective training and competition environment.

14. Fee Structure

The NSP is committed to providing athletes with a world-leading high-performance environment while maintaining a fee structure that is as accessible and reasonable as possible. Through continued operational efficiencies, strategic resource management, and an integrated coaching and support model, we have been able to contain costs across all aspects of the program. NSP fees are carefully benchmarked and remain comparable to or lower than those of other National Sport Organizations of similar size and scope. Our goal is to ensure that athletes receive exceptional value while participating in a program that delivers world-class training, competition, and development opportunities within the sport of skeleton.

14.1 In-season Program Fees

Excellence Skeleton Athlete (ESA):

- Full Season: **\$10,000.00**

Includes all NSP fees and IBSF event fees (training and competition), airfare, ground transportation, accommodation, off-season program access, coaching, equipment usage, and administrative support.

IBSF Event Fees (DST and AP):

- European Cup (EC): \$3,500 per event (flight not included)
- North American Cup (NAC): \$3,500 per event (flight not included)
- World Cup (WC): \$3,500 per event (flight not included)

Note: For Lake Placid, which includes **three races across two separate events over a 10-day period**, athletes participating in the **full block** will receive a bundled rate of **\$5,500** instead of the standard **\$7,000**. This discounted rate reflects efficiencies in accommodation and ground transportation applied across the full 10-day period.

NSP In-Season Training and Competition Fees:

- NSP Development Camp: \$750 per week (5-day training block)
- Pre-season Lillehammer: TBC
- National Championships: \$750 per week (5-day training block)

14.2 Additional Costs and Fees:

- **CAIP:** BCS requires all NSP athletes to enroll in the Canadian Athlete Insurance Plan (CAIP) In Canada Insurance - Accident Only at the Bronze Level. Athletes have the option to upgrade their In Canada Insurance coverage plan to meet their needs. Please see the CAIP website for the CAIP Summary of Benefits for each level of coverage: <https://mkirsch.ca>
- Any costs incurred by the athlete for activities outside the NSP will be the responsibility of the athlete and are not eligible for reimbursement. This includes expenses related to travel, transportation, baggage, coaching, and training that are not directly associated with NSP or organized by the NSP team manager and technical lead, even if these activities contribute to the athlete's performance or participation in NSP and BCS-sanctioned programming. All non-budgeted activities will be at the athlete's expense.

14.3 Payment Schedule:

- All fees must be paid in full **16 days prior to each event**, unless an alternative schedule has been approved in writing by both the Technical Lead and BCS Finance.
- **Failure to meet payment deadlines** will result in **suspension from all scheduled NSP activities, training, events, and races** until payment is received in full.

14.4 Inclusions: Program fees include a variety of essential elements to support athlete development and competition. These elements encompass, but are not limited to:

Excellence Skeleton Athlete (ESA) Full Program:

- **Airfare** for assigned IBSF competitions
- **Ground Transportation** during camps and events
- **Accommodation** for all sanctioned competitions and training camps
- **Off-Season Program Participation**
- **Coaching:** Access to NSP technical, tactical, and strategic support

- **Equipment Usage:** Full access to NSP-assigned equipment, including sleds, runners, and components as allocated by the Head Coach and Technical Lead
- **Project-Based Funding:** Additional project-related expenses may be covered as determined by the Head Coach and Technical Lead
- **Administration & Logistics:** Includes race entries, ice time, scheduling, travel planning, and team coordination

IBSF Event Fees (DST and AP):

- **Accommodation** during sanctioned events
- **Ground Transportation** during events
- **Race Fees** and travel insurance
- **Coaching:** Access to NSP technical, tactical, and strategic support
- **Equipment Usage:** As allocated by the Head Coach and Technical Lead
- **Administration & Logistics:** Includes entry fees, ice time, scheduling, travel planning, and event logistics

NSP In-Season Training and Development Camps:

- **Ground Transportation Support** (case-by-case basis)
- **Ice Time and Gym Access** (booked by NSP)
- **Coaching:** Full NSP coaching support across technical, tactical, and strategic domains
- **Equipment Usage:** As allocated by the Head Coach and Technical Lead
- **Administration & Logistics:** Includes facility booking, ice time, scheduling, camp planning, and staff coordination

15. Appeals Internal

Any dispute in relation to this NSP SP&C shall be conducted in accordance with the BCS Appeals Policy available on the BCS website: <https://www.bobsleighcanadaskelton.ca/en/team/policies/>

Appendix A: Fee Schedule

Overview

The fee schedule for the NSP program will be based on each athlete's Individual Performance Plan (IPP), Yearly Training Plan (YTP), and competition plan. The schedule is divided into two main categories: Camp Fees and Program Fees.

NSP Camp Fee Schedule

Date	Amount Due
June 24, 2025	\$250
August 3, 2025	\$250
September 21, 2025	\$250

NSP Off-Season Program Fee Schedule

Date	Amount Due
September 30, 2024 (Paid in Full)	Provided on an individual athlete basis

NSP Program Fees Schedule

Date	Amount due
September 30, 2025	ESA Program Fee
October 6, 2025	TBC – Lillehammer Pre-season
October 20, 2025	Block A \$750 Whistler NSP Camp 1 Block B \$750 Whistler NSP Camp1
November 1, 2025	\$3500 NAC Whistler
November 7, 2025	\$3500 NAC Park City
November 24, 2025	\$750 Whistler NSP Camp 2
December 16, 2025	\$3500 Lake Placid 1 (NAC 5&6)
December 16, 2025	\$2000 Lake Placid 2 (NAC 7) – If competing in LP 1 \$3500 Lake Placid 2 (NAC 7) – If not competing in LP 1
January 5, 2026	Block A \$750 Whistler NSP Camp 3 Block B \$750 Whistler NSP Camp 3
February 2, 2026	Block A \$750 Whistler NSP Camp 5

	Block B \$750 Whistler NSP Camp 5
February 23, 2026	\$750 Whistler NSP Camp 6
March 1, 2026	\$750 NSP Canadian Championships

Custom Payment Schedules

Athletes who require a more customized payment schedule may submit their request in writing to the High-Performance Committee (HPC). Only athletes who have consistently maintained their payment schedules in the past will be considered for customized arrangements.

Note: Athletes need to adhere to the specified payment deadlines to ensure their continued participation in the NSP program and camps. Failure to do so may result in penalties or exclusion from program activities.

Failure to adhere to the payment schedule will result in the athlete's standing being changed and participation in all NSP activities suspended pending payment. Continued missed deadlines will result in probation and/or long-term suspension from programming,

Appendix B: National Ranking System

Purpose and Structure

Purpose: The NRS aims to create a comprehensive depth chart of all skeleton athletes within Canada, including those not part of the NSP.

Structure: The NRS will utilize the current IBSF points table and will employ a multiplier depending on NSP status and the depth of field in the competitions.

Multipliers for IBSF Events

Event Multiplier:

- SST (Senior Skeleton Team) = x1
- DST (Development Skeleton Team) = x0.9
- AP (Athlete Pool) = x0.7

Depth of Field Multiplier:

- Lead (First position) = x1.10
- <0.3 Percent from Winning Time = x1.05
- <0.6 Percent from Winning Time = x1
- <1 Percent from Winning Time = x0.85
- <1.5 Percent from Winning Time = x0.7

Points Allocation for Competitions

- NSP Push Competitions: Points awarded at 50% value of the IBSF NAC/EC/AC table.
- WSL SDC-SK Races: Points awarded at 50% value of the IBSF NAC/EC/AC table.
- NSP Canadian National Championships: Points equivalent to the IBSF WC Points table.

Scoring and Limitations

Unlike the IBSF ranking lists where the number of races scored is equal to the number of World Cup races carried out up to that specific date during the current season, there is no limit to the number of competitions an athlete can be awarded points for in the NRS.

Example of Multiplier Use and Percent From Winning Time Calculation

Scenario 1: An athlete from the DST (Development Skeleton Team) finishes 3rd in the IBSF North American Cup race in Whistler with 15 participants and has a finish time of 1:49.77 seconds. The winning time is 1:48.38 seconds.

1. Percent From Winning Time Calculation:

Convert the times to seconds:

- Finish Time = 1:49.77 = 109.77 seconds
- Winning Time = 1:48.38 = 108.38 seconds

Calculate:

$$\text{- Percent from Winning Time} = [1 - ((109.77 - 108.38) / 108.38)] \times 100$$

$$\text{- Percent from Winning Time} = [1 - 0.01282] \times 100 = 98.718$$

The athlete is 1.282% behind the winning time.

2. Base Points: According to the IBSF North American Cup points table, a 3rd place finish with 15 participants earns 102 points.

3. Event Multiplier: DST status applies a multiplier of 0.9.

$$\text{- 102 points} \times 0.9 = 91.8 \text{ points}$$

4. Depth of Field Multiplier: Finishing <1.5% behind the leader applies a multiplier of 0.7.

$$\text{- 91.8 points} \times 0.7 = 64.26 \text{ points}$$

Total Points Earned: **64.26 points**

The winner who is a member of the AP (Athlete Pool) finishes with a time of 1:48.38 seconds.

1. Percent From Winning Time Calculation:

$$\text{- Percent from Winning Time} = 100$$

2. Base Points: According to the IBSF North American Cup points table, a 1st place finish with 15 participants earns 120 points.

3. Event Multiplier: AP status applies a multiplier of 0.7.

$$\text{- 120 points} \times 0.7 = 84 \text{ points}$$

4. Depth of Field Multiplier: Being in the lead applies a multiplier of 1.10.

$$\text{- 84 points} \times 1.10 = 92.4 \text{ points}$$

Total Points Earned: **92.4 points**

NRS for NSP Selections

Goal: The NRS aims to act as a continuous means of evaluating performance in competition and training over the entire season against GMP (Gold Medal Profile) and IPP (Individual Performance Plan).

Utilization: The NRS will be used within race allocation to provide a more comprehensive evaluation of where the athlete stands within the NSP.

Ranking Updates: Rankings are updated regularly to reflect the latest performance data and provide a transparent basis for team selections and race allocation. This ensures that athletes are aware of their standings and the criteria used for evaluations and selections.

World Cup Points Allocation

Rank	Points
1	225
2	210
3	200
4	192
5	184
6	176
7	168
8	160
9	152
10	144
11	136
12	128
13	120
14	112
15	104
16	96
17	88
18	80
19	74
20	68
21	62
22	56
23	50
24	45
25	40
26	36
27	32
28	28
29	24
30	20
31	18
32	16
33	14
34	12
35	10
36	9
37	8
38	7
39	6
40	5

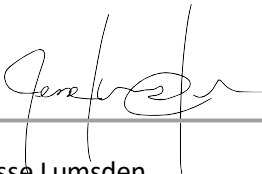
North American / Europe / Asian Cup / Junior World Championships Points Allocation

Rank	Points (100%)	Points (75%)	Points (50%)
1	120	90	60
2	110	83	55
3	102	77	51
4	96	72	48
5	92	69	46
6	88	66	44
7	84	63	42
8	80	60	40
9	76	57	38
10	72	54	36
11	68	51	34
12	64	48	32
13	60	45	30
14	56	42	28
15	52	39	26
16	48	36	24
17	44	33	22
18	40	30	20
19	37	28	19
20	34	26	17
21	31	23	16
22	28	21	14
23	25	19	13
24	22	17	11
25	20	15	10
26	18	14	9
27	16	12	8
28	14	11	7
29	12	9	6
30	11	8	6
31	10	8	5
32	9	7	5
33	8	6	4
34	7	5	4
35	6	5	3
36	5	4	3
37	4	3	2
38	3	2	2
39	2	2	1
40	1	1	1

Push Competitions and NSP Evaluation Races Points Allocation

Rank	Points (50%)
1	60
2	55
3	51
4	48
5	46
6	44
7	42
8	40
9	38
10	36
11	34
12	32
13	30
14	28
15	26
16	24
17	22
18	20
19	19
20	17
21	16
22	14
23	13
24	11
25	10
26	9
27	8
28	7
29	6
30	6
31	5
32	5
33	4
34	4
35	3
36	3
37	2
38	2
39	1
40	1

Approved by:



Jesse Lumsden

Bobsleigh Canada Skeleton High-Performance

Director Date: 2025/07/01



Joe Cecchini

National Skeleton Program Head Coach and Technical

Lead Date: 2025/07/01