

## NBP GMP - Physical Assessment Table



Parameters	NBP GMP - Physical Assessment Table	
	LTAD - Train to Compete	LTAD - Train to Win
<b>Anthropometric</b>	5 = Athlete almost always maintains an optimized weight for their disciplines.	
	3 = Athlete sometimes maintains an optimized weight for their disciplines.	
	1 = Athlete has difficulty with meeting optimal weight for their disciplines.	
	0 = Athlete does not meet the weight requirements of the sport	
<b>Power</b>	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)
<b>Speed</b>	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 Athlete Performance Evaluation (APE)
	1 = Athlete scores average 65 or above on Athletic Performance Evaluation (APE)	1 = Athletes' scores average 70 or above on Athlete Performance Evaluation (APE)
	0 = Athlete scores average below 65 on Athletic Performance Evaluation (APE)	0 = Athlete scores average below 70 on Athlete Performance Evaluation (APE)
<b>Icehouse Push Time</b>	5 = Meets the NBP Push Standard	5 = Meets the NBP Push Standard by 0.1 or greater
	3 = Meets the NGBP Push Standard	3 = Meets the NBP Push Standard
	1 = Fails to meet the NGBP Push Standard by less than 0.1	1 = Fails to meet the NBP Push Standard by less than 0.1
	0 = Fails to meet the NGBP Push Standard by greater than 0.1	0 = Fails to meet the NBP Push Standard by greater than 0.1
<b>Icehouse Velocity</b>	5 = Velocity is > 42.5 km/hr for men and > 40.1km/hr women and > 40.5km/hr for monobob	5 = Velocity is > 43.4 km/hr for men and > 40.9km/hr women and > 41.5km/hr for monobob
	3 = Velocity is > 41.8km/hr for men and > 39.6km/hr for women and > 40.1km/hr for monobob	3 = Velocity is > 42.9km/hr for men and > 40.6km/hr for women and > 41.1km/hr for monobob
	1 = Velocity is < 41.8km/hr for men and < 39.6km/hr for women and < 40.1km/hr for monobob	1 = Velocity is < 42.9km/hr for men and < 40.6km/hr for women and < 41.1km/hr for monobob
	0 = Deceleration is present in push	0 = Deceleration is present in push

## NBP GMP - Psychological Assessment Table



LTAD - Train to Compete & Train to Win

Parameters	NBP GMP - Psychological Assessment Table
	LTAD - Train to Compete & Train to Win
<b>Goal Setting / Planning</b>	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.
<b>Self - Reflection</b>	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.
<b>Resiliency</b>	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.
<b>Leadership</b>	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.
<b>Stress Management / Emotional Regulation</b>	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	
<b>Riding Position</b>	5 = Athlete can almost always maintain an optimal riding position for most of the run. The pilot's helmet, below the visor, is not visible at the highest point of the cowling.
	3 = Athlete can sometimes maintain an optimal riding position for most of the run. The pilot's helmet, below the visor, is not visible at the highest point of the cowling.
	1 = Athlete can rarely maintain an optimal riding position for most of the run. The pilot's helmet, below the visor, is not visible at the highest point of the cowling.
	0 = Athlete cannot maintain an optimal riding position for most of the run. The pilot's helmet, below the visor, is visible at the highest point of the cowling.
<b>Steering Application</b>	5 = Athlete almost always applies the correct steering technique, strength, and timing, achieving maximum acceleration with precision.
	3 = Athlete sometimes applies the correct steering technique, strength, and timing, achieving maximum acceleration with precision.
	1 = Athlete rarely applies the correct steering technique, strength, and timing, achieving maximum acceleration with precision.
	0 = Athlete cannot apply the correct steering technique, strength, or timing, and does not achieve maximum acceleration with precision.
<b>Start Time</b>	5 = Start times are within 1% of leader.
	3 = Start times are within 2% behind leader.
	1 = Start times are within 4% behind leader.
	0 = Start times are further than 4% behind leader.
<b>Finish Time</b>	5 = Athlete has an average finish time percentage difference of: Monobob = less than 0.2%, 2W / 2M / 4M = less than 0.5 %
	3 = Athlete has an average finish time percentage difference of: Monobob = less than 0.7%, 2W / 2M / 4M = Less than 1.25 %
	1 = Athlete has an average finish time percentage difference of: Monobob= less than 1.5%, 2W / 2M / 4M = Less than 2%
	0 = Athlete has an average finish time percentage difference of : Monobob = greater than 1.5%, 2W / 2M / 4M = greater than 2%

## NBP GMP - Tactical Assessment Table



LTAD - Train to Compete & Train to Win

Parameters	
<b>Curve Theory</b>	5 = Athlete almost always collaborates with the coach to determine the best possible approach to a corner, considering all relevant characteristics and clearly demonstrating or communicating their knowledge.
	3 = Athlete sometimes collaborates with the coach to determine the best possible approach to a corner, considering all relevant characteristics and clearly demonstrating or communicating their knowledge.
	1 = Athlete rarely collaborates with the coach to determine the best possible approach to a corner, considering all relevant characteristics and clearly demonstrating or communicating their knowledge.
	0 = Athlete does not collaborate with the coach to determine the best possible approach to a corner, consider relevant characteristics, or demonstrate/communicate their knowledge.
<b>Ice Theory</b>	5 = Athlete almost always collaborates with the 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 = Athlete sometimes collaborates with the 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.
	1 = Athlete rarely collaborates with the 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.
	0 = Athlete does not collaborate with the 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.
<b>Track Awareness</b>	5 = Athlete almost always 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 = Athlete sometimes 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.
	1 = Athlete rarely 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.
	0 = The athlete does not have complete recollections of runs or is unable to describe corners, locations, sled angles, or the sensations experienced in each pressure
<b>Equipment</b>	5 = Athlete almost always takes the initiative to ensure the sled is optimized for performance, including training / race set-up, and general maintenance after travel.
	3 = Athlete sometimes takes the initiative to ensure the sled is optimized for performance, including training/race set-up and general maintenance after travel.
	1 = Athlete rarely takes the initiative to ensure the sled is optimized for performance, including training/race set-up and general maintenance after travel.
	0 = Athlete does not take the initiative to ensure the sled is optimized for performance, including training/race set-up and general maintenance after travel.

## NBP GMP - Elite Behaviours Assessment Table



LTAD - Train to Compete & Train to Win

Parameters	
<b>General Health &amp; Self Care</b>	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.
<b>Nutrition</b>	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.
<b>Sleep</b>	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.
<b>Professionalism</b>	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.
<b>Performance</b>	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
<b>PHYSICAL SCORE</b>	
$5 + 3 + 5 + 3 + 5 = 21$	$5 + 3 + 5 + 3 + 5 = 21$
<b>PSYCHOLOGICAL SCORE</b>	
$5 + 5 + 3 + 5 + 3 = 21$	$3 + 3 + 5 + 3 + 3 = 17$
<b>TECHNICAL SCORE</b>	
$5 + 3 + 5 = 13$	$3 + 3 + 5 = 11$
<b>TACTICAL SCORE</b>	
$3 + 3 + 5 = 11$	$5 + 3 + 5 = 13$
<b>ELITE BEHAVIOURS SCORE</b>	
$5 + 3 + 5 + 3 + 5 = 21$	$5 + 3 + 5 + 3 + 5 = 21$
<b>FINAL GMP SCORE</b>	
Adjusted GMP Score = $(21 + 26 + 13 + 11 + 21) \times 80\%$	Adjusted GMP Score = $(21 + 22 + 11 + 13 + 21)$
<b>69.6 POINTS</b>	<b>83 POINTS</b>