



HIGH PERFORMANCE SQUAD

ELIGIBILITY AND SELECTION CRITERIA

(January 26, 2016)



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OVERVIEW OF HIGH PERFORMANCE SQUAD PROGRAM:

1. The objective of the High Performance Squad is to prepare Canadian athletes to achieve the pinnacle of Canadian and international squash success. High Performance Squad athletes are those fully committed to achieving the necessary performance standards and training schedule to represent Canada in major international competitions.

PURPOSE:

2. This Policy governs Squash Canada's selection of the High Performance Squad.

COMMUNICATION:

3. This Policy, and any amendments to it, will be posted on the Squash Canada website and in the High Performance Manual.

HIGH PERFORMANCE SQUAD ELIGIBILITY CRITERIA:

4. To be eligible for selection to the High Performance Squad, an athlete must meet the following eligibility criteria:
 - a) Be a member in good standing with his/her provincial/territorial squash association and a player in good standing with Squash Canada pursuant to any prior Athlete Agreement executed by the athlete;
 - b) Be eligible to participate at the World Squash Team Championships; **AND**
 - c) Be a registered and active member of the Professional Squash Association (PSA)

HIGH PERFORMANCE SQUAD SELECTION REQUIREMENTS:

5. To be selected to the High Performance Squad, an athlete must meet the following selection criteria:
 - a) Have a Canadian National Ranking in the top 8 men / top 8 female after the completion of the previous competitive squash season (which shall be defined as the conclusion of the National Squash Championships); **OR,**
 - b) Have finished top 8 at the most recent Canadian National Championship Open Division; **AND,**
 - c) Have participated in a minimum of 4 PSA tournaments at a minimum 5k level or higher; **AND,**
 - d) Meet a minimum of one (1) of the following items below:
 - i. have PSA ranking at or inside top 90 PSA anytime from September to July;
 - ii. have a minimum of 2 wins over other High Performance Squad athletes during the preceding competitive squash season which shall be defined as the conclusion of the National Squash Championships (***NOTE:** defaulted matches **do not** count;

- iii. represent, or have represented, Canada at the World Team Championships, Pan Am Games or Commonwealth Games Team, in the most recent cycle of each event;
 - iv. Have a top 6 men/6 women finish at the National Squash Championships;
 - v. Be nominated for 'carding' by Squash Canada in the previous cycle as per the AAP Policy
 - vi. Achieve a minimum of 3 wins over top 100 PSA Men/top 70 PSA Women ranked players (matches from September to July will be considered);
 - vii. Achieve a minimum of 2 wins over top 50 PSA Men/top 35 PSA Women ranked players (matches from September to July will be considered);
 - viii. Achieve a minimum of 1 win over top 35 PSA Men/top 20 PSA Women ranked players (matches from September to July will be considered); **OR**,
 - ix. Achieve a minimum of 3 main draw quarter finals, or better, appearances in PSA events \$10,000 and above, during the previous calendar year (tournaments from September to July will be considered).
- d) Athletes finishing top 4 at the most recent senior level Squash Canada National Team Selection Trial shall also be selected to the High Performance Squad.

HIGH PERFORMANCE SQUAD CONFIRMATION & MAINTENANCE STANDARDS

6. Once Squash Canada selects an athlete to the High Performance Squad, the athlete is required to do the following to confirm and maintain his/her status on the Squad:
- a) Commit to the High Performance Squad program through the signing of the Athlete Agreement each year, and honor all aspects of the Athlete Agreement during the term of each Agreement;
 - a) Attend all training camps, as required of the individual athlete by the Performance Director;
 - b) Complete sport science tests, as required of the individual athlete by the Performance Director;
 - c) Complete and submit training logs, as required by the Performance Director;
 - d) Maintain or improve individual fitness levels and ensure that individual competitive performance is maintained at a high standard appropriate for competition at both the national and international level. The Performance Director will inform athletes of minimum fitness standards that must be achieved throughout the year, as well as individual levels of fitness where required, based on consultation with sport science experts;
 - e) Liaise with the Performance Director as required, and others as directed by the Performance Director;
 - f) Maintain status as a member in good standing with the provincial/territorial squash association and not be subject to any on-going disciplinary action by Squash Canada;
 - g) Pay any fees, levies or fines assessed by Squash Canada;
 - h) Provide documents (medical records, classification card, birth certificate, health card, etc.) as properly required by Squash Canada;
 - i) Obey all rules established by Squash Canada through its policies, rules and regulations, which are posted on the Squash Canada Website and in the High Performance Manual; **AND**,
 - j) Continue to be a registered and active member of the PSA competing in a minimum of 4 tournaments at a minimum of 5k or higher.
7. The Performance Director has the discretion to remove or suspend any athlete from the High Performance Squad at any time due to a lack of commitment to the High Performance Squad program or for not meeting the requirements set out in Section 6 above, or both.

PERFORMANCE STANDARDS TO MAINTAIN YEAR-TO-YEAR HIGH PERFORMANCE SQUAD STATUS

8. To maintain his/her status on the High Performance Squad for successive years (i.e., year-to-year) once selected, an athlete must achieve a minimum of three (3) maintenance standards as described below in the preceding year:

- a) Maintain or improve year-end (December 31st) PSA ranking of top 90;
- b) Have participated in a minimum of 4 PSA tournaments, at a minimum of 5k or higher;
- c) Finish in the top 6 men/ 6 women at the Canadian Squash Championships;
- d) Achieve a top 8 men / top 8 women Canadian National Ranking (Open ranking) at the conclusion of the competitive squash season (which shall be defined as the conclusion of the National Squash Championships);
- e) Have a minimum of 2 wins over other High Performance Squad athletes during the previous competitive squash season;
- f) Achieve a minimum of 3 wins over top 100 PSA Men / top 70 Women ranked players (matches from September to July will be considered);
- g) Achieve a minimum of 2 wins over top 50 PSA Men / top 35 Women ranked players (matches from September to July will be considered);
- h) Achieve a minimum of 1 win over top 35 PSA Men / top 20 Women ranked players (matches from September to July will be considered);
- i) Achieve a minimum of 3 main draw quarter finals or better appearances in PSA \$10,000 and above, during the calendar year (January 1 – December 31); **OR**,
- j) Be nominated for 'carding' by Squash Canada as per the AAP Policy;

END OF SEASON PERFORMANCE APPRAISAL:

9. An end of season performance appraisal will be conducted by the Performance Director. The appraisal result will assist the Performance Director in decision-making. The review will include, but not be limited to, the following items:
 - a) The performance record of the athlete in major events and in pressure situations in international competitions;
 - b) Psychological, emotional and mental acuity of the athlete, particularly in international competitions;
 - c) Performance in playoffs, trials and/or results of events specified by Squash Canada and the Performance Director;
 - d) The attitude and commitment of the athlete to preparation and competition;
 - e) Illness and injury history of the athlete;
 - f) The athlete's ranking(s) whether his/her ranking is reflective of his/her current playing standard;
 - g) The manner of victories and defeats – for example, if a player concedes defeat too easily or fails to apply themselves in defeating a much lower ranked player, match time in defeat will be used as a key performance indicator; **AND**,
 - h) Ability to build, secure, manage and benefit from engagement with an Integrated Support Team setting, (which would include squash coach, strength and conditioning coach, nutritional expert, and sport psychologist).

APPLICATION FOR EXEMPTIONS

10. Athletes may request, in writing, exemption from Section 5 and Section 8 of the High Performance Squad requirements based on injury, illness, or exceptional circumstance and which will be considered, and accepted or rejected, on an individual basis by the Performance Director in his sole discretion.
 - a) Such request must be submitted as soon as the athlete is aware that he/she requires an exemption. In the case of a required tournament, training camp or sport science test session, the athlete must request the exemption at least 2 weeks prior to the event (or the event's entry deadline for a tournament), unless the exemption involves an injury, illness, or exceptional circumstance occurring within that 2-week timeline, in which case notification must be made immediately. The Performance Director will review the request and make a decision within 1 week of receiving the exemption request or more quickly

depending upon circumstances.

- b) Any request for an exemption on the basis of injury or illness must include a medical certificate indicating the date of injury, diagnosis, treatment plan, and expected date of return to training/competition, as well as any other pertinent information. The Performance Director may request other confirming documentation regarding any request for an exemption.
- c) In the event that an athlete has submitted a medical certificate, Squash Canada reserves the right to request an independent medical assessment. Additionally, prior to confirmation of any National Team, medical confirmation that the player is fit for tournament play may be sought.