

ONTARIO PARA NETWORK
Quest for Gold – Ontario Athlete Assistance Program 2019-2020
ATHLETE SELECTION CRITERIA
WHEELCHAIR BASKETBALL

1.0 *Quest for Gold – Ontario Athlete Assistance Program 2019-2020 (OAAP)* is funded by the Government of Ontario, through the Ministry of Heritage, Sport, Tourism and Culture Industries (MHSTCI), and operated through the Sport, Recreation & Community Programs Division. The overarching goal of the *Quest for Gold – OAAP* is directly related to the High Performance Sport goal of the *Canadian Sport Policy* – that Canadians are systematically achieving world-class results at the highest levels of international competition – by improving the performance and number of Ontario athletes performing at the national and international level, thereby contributing to the improved performance of Canada at international competitions.

Specific objectives of the program are:

- a) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
- b) To encourage athletes to stay in Ontario to live and train;
- c) To compensate athletes for earnings lost while training;
- d) To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
- e) To increase athlete access to improved high performance coaching; and
- f) To enhance training and competitive opportunities available to athletes.

The intent of the OAAP is to provide funding to individual athletes in the sport's Train to Train through Train to Win categories based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition. **Only those athletes that meet the required minimum performance standard detailed in this Selection Criteria will be considered for this program.** Ideally an athlete will first receive a Quest for Gold "Ontario Card" for 1 to 3 years, which will allow them to train towards the goal of a national team position in subsequent years. Once an Ontario athlete reaches the national level and becomes a recipient of Sport Canada's carding program, they become eligible for the Quest for Gold "Canada Card". Athletes who are not planning to train towards this level of competition should not apply for this program.

2.0 How does it work?

In accordance with the OAAP guidelines, Ontario Para Network develops sport-specific selection criteria and forms a Selection Committee that will apply these criteria. The top-ranked athletes, based on the criteria, will be awarded Ontario Card status in 2019-2020. This Selection Criteria has been approved by Ontario Para Network and reviewed by MHSTCI staff. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and Ontario Para Network. Carding status will be for one year starting April 1, 2019 ending March 31, 2020.

Carded athletes will be required to compete exclusively on behalf of the Province of Ontario at National Championship events and for Canada at International Championship events, for a period of one year from the date carding is approved and acknowledge Ontario as their permanent place of residence on athlete profiles, Media Guides, PSO/NSO and personal websites, and in similar types of public communications.

2.1 For 2019-2020, the MHSTCI has allocated Ontario Para Network a total of 14 Ontario cards (split evenly as 7 male and 7 female Cards).

Ontario Para Network has also decided to exercise the option made available by MHSTCI to split up to 30% of its carding allotment.

A minimum of 70% of the Ontario Cards will be allocated to what the MHSTCI defines as junior-aged athletes (11 to 22 years of age). A maximum of 30% of the Ontario Cards *may* be allocated to athletes no longer eligible for "junior athlete" status, (athletes 23 and over).

The Ministry recognizes that junior/developmental level ParaSport/Paralympic athletes are generally older than those in able bodied sports. This recognition is supported by detailed study of AWAD development models as reflected in No Accidental Champions, the LTADM for Athletes with a Disability. Therefore, the age guidelines for Ontario Cards for AWAD are different from able bodied athletes:

- Paralympic sports in Canada Games – Must use Canada Games technical package guidelines (maximum age of 24 years old).

2.2 As a result, the 14 cards issued to Ontario Para Network will be allocated as follows:

Category	Number of cards
Junior-aged athletes (i.e. born in or after January 1, 1999)	10 Full Cards (5 male, 5 female)
Late Entry athletes (i.e. born before January 1, 1999)	4 Full Cards (2 male, 2 female)

An athlete's age will be determined as of January 1, 2019.

Ontario Para Network is not obligated to assign all Ontario Cards if there are an insufficient number of athletes who have demonstrated potential to be considered for future National Teams.

2.3 The Selection Committee, as approved by the Ontario Para Network is comprised of the following members:

Josée Matte, Manager, High Performance, Ontario Para Network
 Kathy Ludwig, Ontario Junior Provincial Head Coach
 Paul Bowes, Ontario Women's Provincial Head Coach
 Melanie Hawtin, Director of Basketball, ONPARA Board of Directors

How much funding is available?

The exact level of funding for the 2019-2020 carding year will be determined by the MHSTCI after the total number of athletes nominated for Ontario Card status has been determined.

How will the Ontario Para Network Selection Committee decide who receives funding?

The Ontario Para Network Selection Committee will use the Ministry of Heritage, Sport, Tourism and Culture Industries Eligibility Criteria and the Sport Specific Selection Criteria detailed below to determine which athletes will be nominated for Ontario Card status in 2019-2020:

3.0 Ministry of Heritage, Sport, Tourism and Culture Industries Eligibility Criteria:

All athletes must meet the Ministry of Heritage, Sport, Tourism and Culture Industries minimum athlete eligibility criteria:

- Athlete must be a Canadian citizen or permanent resident (previously known as a Landed Immigrant).
- Athlete must be a permanent resident of Ontario **for one year prior** to his/her nomination for carding status, (and continue to be a permanent resident throughout the term of the agreement).
- Athletes who have achieved Canada Card status (carded by Sport Canada) are not eligible for Ontario Cards.
- Athletes must be living in and continuing to train in Ontario.

3.1 Residency Exceptions:

Exceptions to these criteria, known as a “Residency Exception” will be considered **on a case specific basis by the Ontario Para Network** Selection Committee provided that the athlete can substantiate in writing that:

- (a) He/She cannot receive the required level of training in Ontario and is out of the province **temporarily** during the year (i.e. due to lack of facilities, coaching, competitions);
- (b) He/She must attend a post-secondary institution out-of-province either because the course of study is not offered by an Ontario institution; or
- (c) It is more financially feasible to attend a post-secondary institution out-of-province, or other extenuating circumstances that require the athlete to be out of the province.

Any change in an athlete’s residency status must be communicated in writing to the PSO/MSO immediately.

The onus is on the athlete to demonstrate that he/she needs to be out-of-province for one of the above reasons. **The athlete must submit written documentation to the Ontario Para Network by no later than March 31, 2020, clearly indicating how they meet a residency exception(s).**

Athlete’s applying for a Residency Exception related to exception (a) above, who are training at an NSO-approved National Training Centre MUST include a letter from the NSO outlining their support for the athlete, the progress the athlete is making and the athlete’s potential to make the national team level. Additional documentation may include, but shall not be limited to an explanation of why the athlete is training out of province, whether or not the athlete was formally invited by the NSO, what additional opportunities are being made available beyond those provided in Ontario; and any other information that will illustrate that the athlete is receiving enhanced training while still meeting all obligations of the Ontario Para Network.

3.2 **Length of time living outside Ontario:**

Athletes living outside Ontario for more than 30 consecutive days within the ministry fiscal year 2019-2020 for athletic or academic purposes must demonstrate, to the satisfaction of the PSO/MSO Selection Committee that appropriate training programs are in place and are being monitored by the PSO/MSO. The onus is on the athlete to:

1. Provide a written plan outlining their training and competition plans to the PSO/MSO prior to their departure from Ontario, as part of their Residency Exception request due March 31, 2020 and
2. Adhere to the PSO/MSO-approved competition and training plan throughout the carding cycle. At a minimum, this requires regular monthly contact by the athlete with Josée Matte, the Ontario Para Network Manager, High Performance; and
3. Submit regular monthly training logs to the Ontario Para Network to track progress against the PSO/MSO-approved competition and training plan.

Athletes who were formally invited to and are currently participating in their NSO’s national team training program are exempt from this requirement.

3.3 Ministry criteria continued:

- Athlete must be a member in good standing with PSO/MSO and NSO where applicable;
- Athlete must have entered into a Sports Organization - Athlete Agreement with his or her PSO/MSO and must be in full compliance with the terms and conditions of that agreement;
- Athlete must have met all terms and conditions of any previous *Quest for Gold* Sports Organization – Athlete Agreements to the satisfaction of the PSO/MSO in order to be eligible for consideration in 2019-2020;
- Athlete must demonstrate a commitment and dedication to a proper training and competitive program, the goal of which is to continue to train towards a national team position and Sport Canada carding;

- Athlete's coach should be minimum Level 2 NCCP certified or trained status Competition Stream or the sport's equivalent in the Instruction Stream, or be engaged in completing this training, as determined by the PSO;
- Athlete must not be under a sanction that prohibits competition as per the Canadian Anti-Doping Policy;
- Athlete must be attending an educational institution full-time (i.e. elementary and secondary schools):
 - Exceptions will be made provided that the athlete can substantiate that his/her training will not allow for full-time attendance or if an athlete requires special needs that preclude full or part-time attendance (e.g. Athlete with a disability (AWAD) athlete);
- Athletes who have completed their area of study at the secondary level (i.e. high school) and who continue to train towards participation in major national or international competitions will also be considered;
- If eligible, the athlete must compete, and continue to compete solely for Ontario and/or Canada for one year from the date of the Minister's letter informing the athlete of acceptance into OAAP program, at Canada Games and other national competitions involving provincial team competitions;
- Athlete must not receive financial support from any other provincial/territorial athlete assistance program. This does not include academic scholarships, bursaries, student grants, student loans, social assistance, disability pensions, and other forms of financial assistance that have nothing to do with competitive sport.
- Eligibility will be limited to Ontario junior-aged athletes, ages 11-22 ("junior-aged" refers to chronological age, not a sport's specific age category - only exception is for PSO/MSOs using 30% of Ontario Card allotment for athletes older than 22 years of age who have been identified as a potential next generation national team athlete by the PSO/MSO's selection process.

3.4 Residency Exemption for Military Families: The one-year Ontario residency requirement is waived for any Ontario Card or Canada Card applicant who is a spouse or dependant of a: Regular Force member of the Canadian Forces; or Reservist currently deployed by the Canadian Forces into active service and who takes up residence in Ontario during the fiscal year. This means that eligible military family members now qualify for OAAP funding immediately upon becoming residents of Ontario. Please contact Ontario Para Network for more information if you are applying for this exemption.

- To be deemed a potential next generation national team athlete, the athlete must be age-eligible to compete on the national team in the year following receipt of Ontario Card funding.
- All athletes under the age of 18 must have their parent or legal guardian sign their OAAP application form. Cheques will be processed in the name of the eligible athlete.
- An athlete can only be nominated to receive *Quest for Gold* funding in one sport.

4.0 Athletes funded through the Sport Canada AAP:

Ontario athletes who have been nominated and accepted for funding through Sport Canada's AAP within the government of Ontario's fiscal year (April 1, 2019 to March 31, 2020) and who continue to meet AAP and OAAP eligibility requirements will automatically be considered for a Quest for Gold 'Canada Card'. MHSTCI will contact those athletes directly at the mailing and email addresses the athlete provided to Sport Canada. Athletes are solely responsible for ensuring that their contact information is kept accurate and up to date at all times.

An athlete who received Sport Canada AAP carding during any part of Ministry fiscal year April 1, 2018 to March 31, 2019 and/or any part of fiscal year April 1, 2019 to March 31, 2020 and is no longer in receipt of Sport Canada Athlete Assistance shall not be eligible to receive Quest for Gold funding during fiscal year 2019-2020 (April 1, 2019 to March 31, 2020.)

The intent of this rule is to prevent athletes whose performance levels and rankings no longer qualify them for Sport Canada carding from taking an Ontario Card from a future national-level athlete.

4.1 Canada Card Exception (CCE)

Exceptions may apply to this rule (known as a **Canada Card Exception (CCE)**) and will be considered by the Ministry on a case-by-case basis. Exceptions may include, but may not be limited to logistical or administrative changes (e.g. reduction in Sport Canada carding allocation), injuries, etc.

It is the sole responsibility of the athlete to contact Ontario Para Network Selection Committee prior to **March 31**, 2020 to request a CCE. The athlete must submit, in writing, an explanation of why they have not been, or do not expect to be re-carded by their NSO. The submission must include a statement from the NSO, signed and dated on their letterhead, confirming that the athlete still has potential to return to the NSO's carding program in the future. It is the responsibility of the athlete to submit this letter to the PSO; the PSO NAME HERE will not obtain this letter from the NSO on the athlete's behalf.

Ontario Para Network will then contact MHSTCI in writing prior to the submission of the Athlete Nomination Form to seek individual Canada Card Exceptions. Ontario Para Network is not responsible for seeking a CCE for any athlete unless requested to do so by the athlete as detailed above.

5.0 National College Athletic Association (NCAA):

On August 1, 2013, the NCAA revised their By-law that previously prevented an athlete from accepting grants from a governmental entity, such as Quest for Gold. Despite this change, any athlete considering an application to an NCAA institution is strongly encouraged to contact the NCAA Eligibility Center prior to applying for QFG funding.

The onus is entirely on the athlete to determine the impact of accepting OAAP funding on current or future NCAA eligibility and to decide whether or not to accept OAAP funding. The athlete will be required to acknowledge this onus and responsibility when signing the OAAP Ontario Card application form and agreeing to the related terms and conditions of the program. Athletes are strongly encouraged to contact the NCAA Eligibility Center to determine the impact of *Quest for Gold* - OAAP funding on current or future eligibility for a NCAA scholarship or on eligibility to compete in a non-scholarship NCAA sport.

National Collegiate Athletic Association www.ncaa.org

NCAA Eligibility Center mailing address:
700 W. Washington Street
P.O. Box 6222
Indianapolis, Indiana 46206-6222
Phone: 317-917-6222

6.0 Ontario Para Network Athlete Selection Criteria:

The following sport-specific athlete selection criteria will be utilized in the identification, ranking, and selection of athletes for Quest for Gold carding:

6.1 Application Letter & Sample Training Plan

Athletes who apply for OAAP funding will be evaluated by the Selection Committee members and each athlete will be awarded points on the following areas using a 0-5 point rating scale (0=low, 5=high):

- Objectives and Plans for Funding (10 points),
- Event Attendance (5 points)
- Training Plan (10 points)

For a total of 25 points.

Athletes must obtain a minimum of 15 points in the written portion of the application in addition to meeting or exceeding Provincial Standards in at least 2 of the 3 on-court tests in order to be considered for funding.

6.2 Event Attendance

Athletes will score points for their participation in events (and anticipated events) from the 2019-2020 season in an effort to demonstrate their active involvement in the sport and the current competitive cycle. Each event is worth 1 point unless otherwise indicated (up to the maximum of 5 points)

6.3 On-Court Testing

Players will also be evaluated using on-court testing results that measure athletes' performance in the following five specific areas:

- 20 Metre Sprint
- 12 U-Turns
- Canadian Shuttle (with and without ball)

Please see Appendix C for detail on the above standards and protocols.

Athletes must meet or exceed Provincial Standards in at least 2 of the 3 on-court tests in addition to obtaining a minimum of 15 points in the written portion of the application in order to be considered for funding.

PLEASE NOTE: Selection of the 14 carded athletes will cover a cross section of the Classification System ranging from classes 1.0 to 4.5. The evaluation process will first consider the player's ability to compete at a high performance level, then evaluate where the individual player falls in the classification system.

7.0 Breaking a Tie:

If there is a tie in the final score between 2 or more athletes, the Selection Committee will vote to break the tie by taking into consideration athletes' on-court and off-court performance throughout the 2019-2020 season.

8.0 Failure to Meet Selection Criteria for Health-related Reasons

Athletes who, for strictly health-related reasons, have not achieved the standards required for nomination of carded status may be considered for nomination under the following conditions:

- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy and, despite making every reasonable effort to attain the applicable carding standards during the year in which the injury, illness or pregnancy occurred, has failed to do so, in the view of the PSO/MSO, for reasons strictly related to the injury, illness or pregnancy.
- The Ontario Para Network, based on its technical judgement and that of a PSO/MSO team physician or equivalent, indicates in writing the expectation that the athlete will achieve at least the minimum standards required for carding during the upcoming carding period.
- The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period for which he or she wishes to be renewed despite not having met the carding criteria.

Athletes who meet the above criteria will be allowed to use their testing results and event attendance record from the 2017-2018 season in order to be considered for carding.

9.0 Alternates: Ontario Para Network will also nominate alternates to those athletes nominated for Ontario Card status. Alternates will be those athletes who are ranked directly behind those athletes nominated for the allotment of Ontario Cards in a particular category/discipline. The names of alternates will be published along with the names of nominated athletes. If an athlete drops out or is removed from the OAAP an alternate will be substituted into that athlete's position, provided that:

- Alternate is substituted within 2019-2020 fiscal year;
- An alternate meeting all requirements is available from the same category/discipline/card level (Full/Half);
- Funding for athlete being substituted is still available within fiscal year (e.g. full funding for card has not already been paid out to athlete no longer in program).

10.0 To Apply:

All required information listed below must be submitted no later than **March 31, 2020 by 5:00pm EST** to:

Josée Matte, ONPARA Program Manager, Wheelchair Basketball
josee@onpara.ca
101-100 Sunrise Avenue, Toronto ON, M4A 1B3
416-855-0745 (B) | 416-407-9915 (cell)

The application must contain the following information:

- Application Letter answering all necessary questions (*see Appendix A*)
- List of events attended in 2017-2018 season and anticipated to attend in the 2019-2020 season (*see Appendix A*)
- Completed Sample Training Plan (*see Appendix B*)
- Most recent test scores (*see Appendix C*)

10.1 Any athlete requesting a “Residency Exception” must submit this information by **March 31, 2020** as detailed above.

10.2 It is the sole responsibility of the athlete to provide a full and complete application that meets all stated requirements. Ontario Para Network will neither review applications in advance of the deadline in order to make applicants aware of any missing/incorrect information and/or attachments nor make corrections on behalf of the athlete. Any revisions on the part of the athlete will only be accepted prior to the posted submission deadline.

Applications that are sent directly to the Ministry of Heritage, Sport, Tourism and Culture Industries rather than to Ontario Para Network will not be considered valid or to have been received by the Ontario Para Network deadline.

10.3 An email will be sent within 2 business days confirming receipt. It is the athlete’s responsibility to contact the Ontario Para Network if this email is not received to be certain that the application has been successfully received by the deadline date.

The Sports Organization – Athlete Agreement will only come into effect if an athlete is selected and accepts carding status through the OAAP program. Athletes who fail to return a signed Athlete Agreement by the deadline date will not be carded.

10.4 Ontario Para Network will publish or make known a draft list of athletes nominated for Ontario Card status by no later than **April 8, 2020**.

11.0 Appeals

Athletes who have not been nominated for an Ontario Card by the Ontario Para Network Selection Committee or who have been nominated for a ‘Half Card’ versus a ‘Full Card’, where applicable will be allowed to appeal that decision by filing a “Notice of Appeal” with MHSTCI. Appeals will be heard by an Appeals Committee comprised of representatives from the sport community, selected by the MHSTCI.

Grounds for appeals will be limited strictly to issues related to:

- A) Whether or not the Selection Committee has completed the selection process in accordance with its own published selection criteria and related procedures;
- B) Whether or not the Selection Committee applied the selection criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Issues related to the specific content or selection requirements contained in the Ontario Para Network Selection Criteria are not grounds for an appeal and should therefore be discussed directly with the leadership of Ontario Para Network.

Please note that before an athlete can file a Notice of Appeal, he or she must first ask Ontario Para Network for reasons explaining why he or she was not nominated for an Ontario Card.

If the athlete is not satisfied with the Ontario Para Network response, the athlete may submit a **Notice of Appeal**, found below. A Notice of Appeal will only be accepted from the athlete or their parent/guardian on the MHSTCI-provided template (typed or hand-printed, no hand-written entries) through email, regular post, registered mail, courier or delivered in person. One appeal cannot be written on behalf of multiple athletes. The Notice of Appeal must be received by MHSTCI by noon on the deadline day. Appeals that are delivered personally or by courier shall be deemed to be received on the date of delivery.

Once MHSTCI has received the Notice of Appeal, it will share it with Ontario Para Network, who will then submit a **“Response”** with MHSTCI by a specified deadline. The Response will outline why Ontario Para Network believes that the Selection Committee’s decision not to nominate the athlete should be upheld by the Appeals Committee. MHSTCI will share the Ontario Para Network Response with the athlete.

If, after receiving the Ontario Para Network Response, the athlete believes that Ontario Para Network has raised new or additional reasons to justify the Selection Committee’s decision not to nominate the athlete for an Ontario Card, then the athlete will have an opportunity to file a **“Reply”** with MHSTCI, responding to these additional reasons. The Reply must be limited to these additional reasons and cannot be used to make submissions already raised in the Notice of Appeal, or that the athlete neglected to include in the Notice of Appeal. The Reply will only be accepted on the MHSTCI-provided template.

Once MHSTCI receives the Notice of Appeal, the Response, and the Reply (if applicable), it will provide those materials to the Appeals Committee. The Appeals Committee will discuss all appeals at once. During its review of the appeals, the Appeals Committee reserves the right to request additional information from both the athlete and Ontario Para Network.

After reviewing an appeal the Appeals Committee will have the authority to:

1. Direct Ontario Para Network to redo the selection process using the correct criteria/process and submit a new list of nominated athletes;
2. Deny the appeal; or
3. Allow the appeal and nominate the appellant for carding status.

Once the Appeals Committee has reached its decision, it will contact the athlete and Ontario Para Network in writing to communicate its decision and the reasons therefore.

An athlete who has had his or her appeal denied is not permitted to submit a second appeal to the Appeals Committee on the same or different grounds.

Note: Ontario Para Network is encouraged to resolve disputes or disagreements informally with athletes who have not been nominated to avoid, wherever possible, formal appeals.

11.1 The deadline for athletes to submit an **“Athlete’s Notice of Appeal”** to the Appeals Committee is **April 20, 2020 at 12 noon.**

11.2 Appeals must be completed on the Notice of Appeal template below and will be directed to:

Quest for Gold Appeals Committee
c/o Sport, Recreation and Community Programs Division
Ministry of Heritage, Sport, Tourism and Culture Industries
777 Bay Street, 18th Floor
Toronto ON M7A 1S5 questforgold@ontario.ca

**2019-2020 Quest for Gold – Ontario Athlete Assistance Program
Athlete’s Notice of Appeal Template**

The deadline for an athlete to submit an appeal to the Appeals Committee is 12 noon on April 20, 2020. Appeals will only be accepted on the MHSTCI-provided Notice of Appeal template. **Please refer to the appeals section of your PSO/MSO’s Athlete Selection Criteria document prior to completing this form.**

Return form to:

**Quest for Gold Appeals Committee
c/o Ministry of Heritage, Sport, Tourism and Culture Industries
Sport, Recreation and Community Programs Division
777 Bay Street, 18th Floor, Toronto ON M7A 1S5 Email: questforgold@ontario.ca**

Full Name _____
Address _____ City _____
Postal Code _____ Phone _____ Email _____
Sport / PSO _____

Reason for Appeal (Check all that apply):

- Whether or not the PSO/MSO has completed the selection process in accordance with its own published selection criteria and related procedures;
- Whether or not the PSO/MSO applied the section criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Provide a two-line summary of the reason for the appeal:

In the space below, (continue on to next page as needed) provide the reasons communicated to you by your PSO/MSO as to why you were not nominated for an Ontario Card, and the date the information was provided. (Note: This Appeal will not be accepted unless it contains a response from your PSO/MSO.)

Date of PSO response: _____

In the space below (continue on to next page as needed), provide a detailed account of the situation to allow the Appeals Committee to understand the basis of the appeal (please submit additional pages/supporting documentation as necessary):

PLEASE NOTE that all decisions of the Appeals Committee are final.

A. Print Name of Appellant	Signature of Appellant	Date
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All information provided to the Appeals Committee will be shared with both the Appellant and the PSO/MSO.

APPENDIX A Application Letter

Name:
Class:
Club:
Coach:

Contact Information

Home Address:

City:

Province:

Postal Code:

Primary Email Address:

Primary Phone Number:

Athletes who apply for OAAP funding will be evaluated by the Selection Committee members and each athlete will be awarded points on the following areas using a 0-5 point rating scale (0=low, 5=high): Objectives and Plans for Funding (10 points), Event Attendance (5 points), Training Plan (10 points) for a total of 25 points. Athletes must obtain a minimum of 15 points in the written portion of the application in addition to meeting or exceeding Provincial Standards in at least 2 of the 3 on-court tests in order to be considered for funding.

Objectives and Plans for Funding

Please answer all the questions below when completing your application letter.

Total 10 points

2019-2020 Athlete Identification		
Are you part of the Team Ontario Junior and/or Women's provincial programs?	Yes	No
Are you part of a full-time/part-time Daily Training Environment, such as the National Academy program or an NCAA collegiate varsity program?	Yes	No
Are you part of the Team Canada Men's U23 or Women's U25 national programs?	Yes	No
Are you part of the Team Canada Men's or Women's Senior National programs?	Yes	No

Do you have regular and reliable access to a sport wheelchair that is in good condition and appropriate for you and your training/competitive needs? Yes or No

Why should you be considered for Quest for Gold funding?

What are your long-term sport goals?

What objectives do you expect to achieve with the aid of this funding?

How will you use the funding? Provide specific examples and a tentative budget.

Note - The exact level of funding for the 2019-2020 carding year will be determined by the MHSTCI after the total number of athletes nominated for Ontario Card status has been determined.

For reference, 2018-2019 cards were valued around \$4,000 per card.

APPENDIX B Event Attendance

Please indicate below all wheelchair basketball events you attended (or were selected to attend) in the 2019-2020 season. Indicate whether you attended as a club team member, Provincial Team member, or National Team member.

Total 5 points

2019-2020 Season (September 1, 2019 – August 31, 2020) – Maximum 5 points

League Games (1 point per league)			
Event	Attended? Yes or No	Club	Points
A minimum of 4 Great Lakes Conference Division 1* season games			1
A minimum of 3 Great Lakes Conference Division 2* season games			1
A minimum of 5 Great Lakes Conference Division 3* season games			1
Total Points (League Games)			

**or equivalent, if participating in the Québec provincial league or NWBA league*

Note – Due to the cancellation of certain tournaments & events due to COVID-19, please indicate ‘Yes’ if you had been selected to attend the event. Athletes will still earn points even if the events were cancelled.

Championships (1 point per event)			
Event	Attended? Yes or No	Club/Provincial	Points
2020 Junior East Regional Championship, Fredericton NB			1
2020 NWBA Championship, Wichita KS (DI, DII, DII, Collegiate)			1
2020 CWBL Women’s National Championship, Amherst NS			1
2020 CWBL National Championship, Montreal QC			1
2020 Défi Sportif, Montreal QC (DI, DII, DII, Minis)			1
Total Points (Championships)			

Note – Due to the cancellation of major championships due to COVID-19, please indicate ‘Yes’ if you had been selected to attend the event. Athletes will still earn points even if the events were cancelled.

Camps (1 point per camp, unless otherwise stated)			
Event	Attended? Yes or No <i>indicate dates</i>	Club/ Provincial/ National	Points
Junior Provincial Training Camps (Nov 9, Dec 14, Jan 19, Feb 29)			1 per camp (max. 2 points)
Women's Provincial Training Camps (Dec 8, Jan 18, Mar 28/29, Apr 25)			1 per camp (max. 2 points)
Ontario High Performance Camp			1
WBC Late Entry Camp			1
WBC U23/U25 Camp			1
WBC Tip Off Camp			1
WBC Carding Camp			1
Total Points (Camps)			

Other Events (1 point per event)			
Event	Attended? Yes or No	Club/ Provincial/ National	Points
2019 Kitakyushu Cup, Japan			1
2020 Osaka Cup, Japan			1
2020 Ontario Winter Games, Orillia			1
<i>Insert Other Event*</i>			1
<i>Insert Other Event*</i>			1
<i>Insert Other Event*</i>			1
Total Points (Other Events)			

**If you participated in another competitive/high performance event during the 2019-2020 season, please indicate the event for consideration by the Selection Committee.*

Total Points	
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APPENDIX C

Sample Weekly Training Plan

Please outline your short-term, mid-term, and long-term goals and indicate the actions you will take to achieve those goals.

Total 10 points

GOAL SETTING	
Short Term (6 months - 1 year)	
How do you plan to accomplish this goal?	
Mid Term (1 year - 2 years)	
How do you plan to accomplish this goal?	
Long Term (2+ years)	
How do you plan to accomplish this goal?	

What would your typical week look like for training? Please include all club team, provincial team, and/or national team practices, off-court training session, and cross-training session (e.g. other sports). Include any other relevant activities that are beneficial to your training.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

APPENDIX D

Quest for Gold On-Court Testing Standards & Protocols

Athletes will be evaluated using on-court testing results that measure performance in various fundamental skills such as speed and agility. Testing protocols and standards are aligned with those used by Wheelchair Basketball Canada's *Gold Medal Profile*. Quest for Gold athletes should be in the 'Train to Train' or 'Train to Compete' stages of the Long-Term Athlete Development model and should achieve test scores that indicate a performance trending 5-8 years out from the National Team average.

Athletes must meet or exceed Provincial Standards in at least 2 of the 3 on-court tests in addition to obtaining a minimum of 15 points in the written portion of the application to be considered for funding.

Applicants are asked to fill in their test scores below. Scores should be from the most recent testing period during the 2019-2020 season.

20 Metre Sprint

The test consists of completing 3 separate attempts at maximum sprints over a 20 metre distance with time recorded using electronic timing gates. The starting position is standardized with athletes starting from a stationary position with the front castors of the wheelchair on a starting line behind the first timing gate. No rocking movement is allowed. This test evaluates the maximal pushing speed of athletes and time is measured to the 1/10th of a second.

National Team Average

Men: 5.4 seconds
Women: 6.4 seconds

Quest for Gold (Provincial) Standards

Men: 6.8 seconds
Women: 7.5 seconds

QUEST FOR GOLD APPLICANT'S SCORES	
Attempt 1:	
Attempt 2:	
Attempt 3:	

U-Turns

Athletes are asked to perform 12 'U-turn' movements as quickly as possible on 2 separate attempts. The movement involves having the athlete back out and pivot around a stationary object, such as a pylon. The front castors of the wheelchair must start on a designated line on the basketball court and must return to that line on the opposing side of the pylon for it to count as a completed U-turn. The amount of time it takes to complete 12 U-turns is measured to the 1/10th of a second.

National Team Average

Senior Men: 37.4 seconds
Senior Women: 40.0 seconds

Quest for Gold (Provincial) Standards

Men: 49.0 seconds
Women: 52.0 seconds

QUEST FOR GOLD APPLICANT'S SCORES	
Right Side:	
Left Side:	

Canadian Shuttle (Agility)

This test evaluates athletes' agility, speed, and ball-handling skills as athletes are required to perform the sequence on one attempt both with and without the ball for a total of two attempts. Time is recorded to the 1/10th of a second using electronic timing gates located at the start and finish lines.

The starting position is standardized with athletes starting from a stationary position with the front castors of the wheelchair on a starting line behind the first timing gate. Athletes start on the left or right outside edge of the circuit and must complete a 10m sprint up the court before rounding a pylon and sprinting 10m back down the court. In the middle of the circuit are located 4 pylons distanced 2.67m apart from one another. Athletes must weave up the court between the pylons and weave down again. The final third of the circuit mimics the first third. Athletes must sprint 10m up the court, round a pylon, and sprint 10m down the court and through the timing gates at the finish line.

No penalties are assessed if athletes hit or move the pylons throughout the sequence, though it is included in the test notes and taken into consideration during evaluation. If an athlete loses the ball, they are required to chase it and return to the location where they lost control of the ball to complete the rest of the circuit. Athletes must dribble the ball and cannot travel during the drill (ie. more than two touches of their wheels without dribbling).

National Team Average (Without Ball)

Senior Men: 23.8 seconds
Senior Women: 25.0 seconds

National Team Average (With Ball)

Senior Men: 25.3 seconds
Senior Women: 27.0 seconds

Quest for Gold (Provincial) Standards (Without Ball)

Men: 30.0 seconds
Women: 33.0 seconds

Quest for Gold (Provincial) Standards (With Ball)

Men: 38.0 seconds
Women: 42.0 seconds

QUEST FOR GOLD APPLICANT'S SCORES	
Without Ball:	
With Ball:	