



2021-2022 Athlete Tracking Framework

During the 2021-2022 season, Biathlon BC will track its current and next-year eligible targeted athletes using the following framework and the Biathlon BC Athlete Report Card.

The Key Performance Factors (“KPFs”) for targeted athletes will be used to determine if an athlete has met the performance-based criteria required to be eligible for Biathlon BC’s targeted list with Canadian Sport Institute Pacific. The performance-based criteria will be updated annually to align with Biathlon Canada and Nordiq Canada’s Gold Medal Profile and Podium Pathway.

Physical KPFs

Incremental Run

- only applicable for athletes who are on the Performance Squad and High Performance Squad, or athletes 17 and older who are seeking to be on the High Performance Squad in the following season
- to be done twice a year: at the start (May-July) and end (September-October) of the general preparation phase
- athlete will meet the criteria if they complete both sessions
- results must be emailed to coach@biathlonbc.ca

3000m Run

- times must be witnessed by a coach and results emailed by the coach to coach@biathlonbc.ca using the BiBC Results Template spreadsheet
- send athlete’s best time for May-July by August 15
- send athlete’s best time for September-October by November 15
- the athlete’s mark for the report card is their best submitted time

Technical/Tactical Skiing KPFs

Skiing Report Card

- the Biathlon Canada GMP report card will be used to evaluate two ski techniques: one-skate and offset
- the Technical Director or their delegate will score athletes out of 15 for each technique
- videos and photos to be submitted by coaches to the Technical Director during an interim evaluation window in November/December, and the final evaluation window in February/March
- a written action plan for improvement will be developed for each athlete following the interim evaluation
- the athlete’s mark for the report card is the average of the technique scores from the final evaluation



Technical/Tactical Shooting KPFs

Shooting Report Card

- a modified Biathlon Canada GMP shooting report card will be used to evaluate shooting technique
- the Technical Director or their delegate will score each athlete out of 30
- the Technical Director or their delegate will do an interim evaluation during the general preparation phase (July-September)
- a written action plan for improvement will be developed for each athlete following the interim evaluation
- the Technical Director or their delegate will complete the athlete's mark for the report card at the end of the season, based on observations at provincial camps and sanctioned competitions

National Team Shooting Challenge

- results must be witnessed by a coach and results emailed by the coach to coach@biathlonbc.ca using the BiBC Results Template spreadsheet
- send athlete's best result for May-July by August 15
- send athlete's best result for September-October by November 15
- the athlete's mark for the report card is their best submitted result

Shooting Percentage

- the Athlete Development Committee will track shooting percentages from Biathlon BC, Biathlon Canada and International Biathlon Union sanctioned events
- the athlete's mark for the report card is the average total shooting percentage from the athlete's best three shooting performances at Biathlon BC, Biathlon Canada or IBU sanctioned competitions

Mental Performance KPF

Mental Performance Report Card

- the Biathlon Canada GMP mental performance report card will be used
- the Technical Director or their delegate will mark each athlete out of 50
- the Technical Director or their delegate will do an interim evaluation during the general preparation phase (July-September)
- a written action plan for improvement will be developed for each athlete following the interim evaluation
- the Technical Director or their delegates will complete the athlete's mark for the report card at the end of the season, based on observations at provincial camps and sanctioned competitions



Health KPF

Health Report Card

- a modified Biathlon Canada GMP health report card will be used
- athletes will receive one point for each evaluation completed
- athlete's coaches will email the evaluations completed to coach@biathlonbc.ca by the end of the season

Equipment KPF

Equipment Report Card

- a modified Biathlon Canada GMP report card will be used
- equipment will be marked using the green/yellow/red scale out of 10
- the Technical Director or their delegate will do an interim evaluation on rifle, ammo and training by end of September and skis and selection end of November
- a written action plan for improvement will be developed for each athlete following the interim evaluation
- the Technical Director or their delegate will complete the athlete's mark for the report card at the end of the season

Daily Training Environment KPF

DTE Report Card

- a modified Biathlon Canada GMP report card will be used
- DTE will be marked using the green/yellow/red scale out of 20
- the Technical Director or their delegate will do an interim evaluation during the general preparation phase (July-September)
- a written action plan for improvement will be developed for each athlete following the interim evaluation
- the Technical Director or their delegate will complete the athlete's mark for the report card at the end of the season