



## ONTARIO CURLING COUNCIL

### ***Quest for Gold – Ontario Athlete Assistance Program 2019-2020***

### **ATHLETE SELECTION CRITERIA**

- 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 and 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 CURLING COUNCIL 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 the PSO and reviewed by MHSTCI staff. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and ONTARIO CURLING COUNCIL. 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 CURLING COUNCIL a total of 12 Ontario cards (split evenly as 6 male and 6 female Cards).

**2.2** As a result, the 12 cards (8 Able bodied and 4 Para) issued to ONTARIO CURLING COUNCIL will be allocated as follows:

Category	Male Cards	Female Cards
Full Cards – 6 (Fours – ages 22-29)	3	3
Half Cards – 4 (Mixed Doubles – ages 22-29)	2	2
Wheelchair Cards - 4	2	2

An athlete’s age will be determined as of June 30, 2019

**ONTARIO CURLING COUNCIL 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 CURLING COUNCIL** is comprised of the following members:

- Heather Houston, Ontario Curling Council Board of Directors (ex officio)
- Jennifer Ferris, Ontario Curling Council – Manager of Programs and Operations (ex officio)
- Sean Turriff, Ontario Curling Council – Education Manager, South
- Andrea Ronnebeck, Ontario Curling Council – Education Manager, North
- Sherry Middaugh, Athlete Representative – Board selected
- Ryan Lafraniere, High Performance Team – Board Selected

**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 CURLING COUNCIL Selection Committee decide who receives funding?**

The ONTARIO CURLING COUNCIL 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 CURLING COUNCIL** 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 CURLING COUNCIL by no later than March 31, 2020 at 12:00 pm EST, 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 CURLING COUNCIL.

### **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 at 12:00 pm EST); and
2. Adhere to the PSO/MSO-approved competition and training plan throughout the carding cycle. At a minimum, this requires regular (monthly, email) contact by the athlete with the PSO/MSO (Manager of Programs and Operations, Jennifer Ferris at [jennifer@ontcurl.com](mailto:jennifer@ontcurl.com)); and
3. Submit regular (weekly) training logs to the PSO/MSO 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.

**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 CURLING COUNCIL 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 CURLING COUNCIL Selection Committee prior to March 31, 2020 at 12:00 pm EST 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 ONTARIO CURLING COUNCIL will not obtain this letter from the NSO on the athlete's behalf.

ONTARIO CURLING COUNCIL will then contact MHSTCI in writing prior to the submission of the Athlete Nomination Form to seek individual Canada Card Exceptions. ONTARIO CURLING COUNCIL 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

Toll-free phone number (U.S. callers) - Customer service line – 877-262-1492

Phone number (international callers) - Customer service line – 317-223-0700

## 6. **ONTARIO CURLING COUNCIL Athlete Selection Criteria:**

The following sport specific athlete selection criteria will be utilized in the identification, ranking and selection of athletes for Ontario Cards:

### **General Eligibility**

The following sport specific athlete selection criteria will be utilized in the identification, ranking and selection of athletes for Ontario Cards:

- Be a member in good standing with either the Ontario Curling Association (CurlON) or the Northern Ontario Curling Association (NOCA)
- Athlete must be actively competing and training in the 2019-2020 Curling Season and must compete in one of the provinces' (CurlON or NOCA) sanctioned playdowns for men (Brier), women (Scotties), Mixed Doubles or Wheelchair. And be on a CTRS Registered team (Fours), or a CMDRS Registered Team (Mixed Doubles), wheelchair excluded.
- Athlete must be actively working with a Certified Coach – Competition Coach
  - Coach must sign a Coach Declaration form
- Athlete must fall into one of three categories:
  - Fours - Age 22-29 years old as of June 30, 2019
  - Mixed Doubles – Age 22-29 years old as of June 30, 2019
  - Wheelchair Curling – No age restrictions
- Positions on the team are equally important – skip, vice, second, lead will all be considered equal
- **Athletes may apply for only one category**
- Athletes must complete appropriate application form ONLINE and points will be granted for each category.
  - Each application will be given specific points (as noted on each question) and then totalled to arrive at that curler's score. The top scores in each category will be nominated for cards as outlined above.
  - Athletes must meet the following minimum point threshold to be eligible to apply:
    - Fours: 10 points
    - Mixed Doubles: 10 points
    - Wheelchair: 20 points
  - Eligible events/rankings must fall between May 1, 2018-March 2, 2020 (Fours and Wheelchair). Canadian Mixed Doubles Ranking (**Player Detail rankings**) posted on curling.ca as of March 1, 2020 will be used for Mixed Doubles.
  - Applications must be from individuals, no team applications will be accepted

- Team names and position on the teams must be included, if missing, no points will be awarded. You will be required to upload a [Coach Acknowledgement Form](#) (mandatory), Seasonal/Annual Training Plan (optional) and Fitness Plan (optional) – form templates, and examples can be found [here](#).
- If nominated for an Ontario Card, Athlete must sign the Ontario Curling Council's Athlete agreement
- [Canadian Team Ranking System \(CTRS\)](#) and [Canadian Mixed Doubles Ranking System](#) is accessible on Curling Canada's website: curling.ca
- ***Athletes are ineligible to apply if receiving funding from Curling Canada's National Team Program***
- Submission of false information will result in program ineligibility.
- Applications that are sent directly to the Ministry of Heritage, Sport, Tourism and Culture Industries rather than to the Ontario Curling Council will not be considered valid or to have been received by the Ontario Curling Council deadline.
- Application Deadline is March 31, 2020 at 12:00 pm EST. LATE APPLICATIONS WILL NOT BE ACCEPTED BY THIS SYSTEM.
- IF YOU DO NOT RECEIVE AN AUTOMATED CONFIRMATION EMAIL BY 11:30 AM EST ON March 31, 2020. THEN YOU SHOULD RESUBMIT/RE-ENTER THE FORM.

#### **Privacy Statement**

The Ontario Curling Council is gathering the information provided in this application for the sole purpose of determining potential recipients of the Quest for Gold Ontario Athlete Assistance Program. When you register/apply for this program, the Ontario Curling Council may use this information in the assessment, communication and award notification with such recipients and to the community at large. In addition, the Ontario Curling Council may be required to provide this information to the Government of Ontario to ensure compliance with their program requirements and in any review by other parties of those athletes that receive an "Ontario Card" designation. The Ontario Curling Council will not release this information to any third party or curling association without the express written consent of the registrant.

- The following is an exported PDF of the online application.

APPLICATION PROCESS: Application forms are to be accessed ONLINE only. You must complete the application in one sitting, you cannot access the application to change it after submission. Partially completed submissions cannot be saved.

### **Mixed Doubles (22-29 Years Old)**

#### **Fours (22-29 Years Old)**

#### **Wheelchair**

## Mixed Doubles (22-29 Years Old)

Updated: March 20, 2020

Description of Point Allocation	Points
Carry Over Points earned through Mixed Doubles Events in 2018-2019	
Individual Points earned through Mixed Doubles Events in 2019-March 1, 2020*	
*Individual Points earned by player can be found: <a href="http://curling.ca">curling.ca</a> Count only Mixed Double Events AND , NOT CTRS.	
<b>Planning – scores determined by the QFG committee</b>	
Seasonal or Annual Plan containing 2019-2020 Competition Schedule with results to date	Up to five (5) points
Fitness Plan and Fitness Testing Results	Up to five (5) points

## Fours (22-29 Years Old)

Description of Point Allocation	Points
<b>Canadian Team Ranking System (CTRS)</b>	
CTRS Points – 2018-2019 Season	(Total points ÷ 4)
CTRS Points – 2019-2020 Season (prior to March 2, 2020)	(Total points ÷ 4)
<b>Mixed Doubles Play-downs</b>	
Canadian Mixed Doubles Championship	Participant = 1 Quarter-finalist = 3 Semi-finalist = 4 Runner-up = 5 Winner = 6
World Mixed Doubles Championship	Quarter-finalist = 7 Semi-finalist = 8 Runner-up = 9 Winner = 10
<b>Mixed Play-downs</b>	
Provincial Mixed Championship	Runner-up = 1 Winner = 2
Canadian Mixed Championship	Semi-final = 3 Runner-up = 4 Winner = 5
World Mixed Championship	Semi-finalist = 6 Runner-up = 7 Winner = 8
<b>Varsity</b>	
College or University Provincials	Semi-final = 1 Runner-up = 2 Winner = 3
College or University Nationals	Semi-final = 4 Runner-up = 5 Winner = 5
<b>Planning – scores determined by the QFG committee</b>	
Seasonal or Annual Plan containing 2019-2020 Competition Schedule with results to date	Up to five (5) points
Fitness Plan and fitness testing results	Up to five (5) points

## Wheelchair Curling

	Description of Point Allocation	Points
<b>*Teams are to record their scores in events A-D, but will only get to record their top two events.</b>		
A	2019 NOCA or CurlION Provincial Playdowns* (Note 2020 Provincials are NOT eligible since CurlION Provincials have not taken place yet.)	Winner = 10 Runner-up = 8 Semi-finalist = 6
B	2018 Cathy Kerr Bonspiel*	Main Event Winner = 10 Main Event Runner-up = 8 Consolation Event Winner = 6 Consolation Event Runner-up = 4
C	2019 Cathy Kerr Bonspiel*	Main Event Winner = 10 Main Event Runner-up = 8 Consolation Event Winner = 6 Consolation Event Runner-up = 4
D	2019 ParaSport Winter Games	Gold = 10 Silver = 8 Bronze = 6
E	2020 Ontario Winter Games	Gold = 10 Silver = 8 Bronze = 6
F	2019 Canadian National Championships	Winner = 15 Runner-Up = 13 Semi-Finalist = 12
	Skill Based Testing Total Score (See application form)*	Maximum of 200 points ÷ 4
<b>Planning – scores determined by the QFG committee</b>		
	Seasonal or Annual Plan containing 2019-2020 Competition Schedule with results to date	Up to five (5) points
	Fitness Plan and results	Up to five (5) points

### Wheelchair Curling - Skill Based Testing\*:



- Skill based testing must be done by a volunteer Certified NCCP coach who is **NOT** affiliated with the athlete's development or team coaching duties in the current season. **Skill based testing cannot be done by a family member, spouse, Team or Personal Coach.**
- Athletes are to submit their test results on the application form including uploading the original scoresheet. If necessary, scoresheets can be emailed to Jennifer Ferris at [jennifer@ontcurl.com](mailto:jennifer@ontcurl.com).
- Athletes are permitted two attempts at each shot, both attempts are to be recorded and will be counted towards overall score.

### UPDATE: MARCH 20, 2020 – DUE TO COVID-19 FACILITY CLOSURES:

- **Curlers can submit Skill Based Testing Conducted in 2020, or submit last year's (2019) Skill Based Testing (whichever is higher)**
- **As well, Team Coaches ARE BEING PERMITTED TO CONDUCT THE TESTING WITH A WITNESS (can be a teammate, does not have to be another Certified Coach) CO-SIGNING THE FORM.**
- **We are relying on the honesty and spirit of all curlers to submit valid testing results.**



## Quest for Gold – Wheelchair Application Skill Based Testing

**Instructions** – athletes may complete all four drills at once or divide and complete in segments. Two attempts are allowed and recorded for each shot/turn. Drills must be scored by a volunteer NCCP Certified coach who is not the athlete’s team or personal coach, and who is NOT related to the athlete (family member, spouse, etc...).

**UPDATE: MARCH 20, 2020 – DUE TO COVID-19 FACILITY CLOSURES:**

- **Curlers can submit Skill Based Testing Conducted in 2020, or submit last year’s (2019) Skill Based Testing (whichever is higher)**
- **As well, Team Coaches ARE BEING PERMITTED TO CONDUCT THE TESTING WITH A WITNESS (can be a teammate, does not have to be another Certified Coach) CO-SIGNING THE FORM.**
- **We are relying on the honesty and spirit of all curlers to submit valid testing results.**

**Athlete Name:** \_\_\_\_\_

**Scorer Name:** \_\_\_\_\_ **NCCP #** \_\_\_\_\_

**Scorer Signature\*\*:** \_\_\_\_\_

**Witness Name:** \_\_\_\_\_ **Witness Signature:** \_\_\_\_\_

### Quest for Gold Summary

Enter “Drill Total” – Drill #1	
Enter “Drill Total” – Drill #2	
Enter “Drill Total” – Drill #3	
Enter “Drill Total” – Drill #4	
Grand Total	
	÷ 4
Total for Quest for Gold Application Form	

# Drill #1

## Goal is Corner Guard

### Rock Speed Precision & Directional Accuracy

Guard weight Draw to Zone 2 inside the yellow box

Weight Tolerance is Zone 2

Directional Tolerance is Within 8 Foot Lines

Indicate Finish Positions on Chart

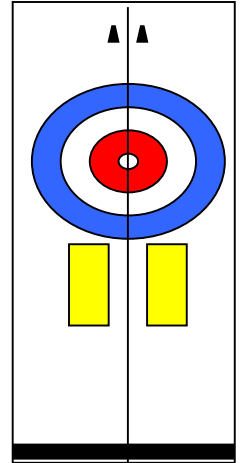
Not Within Weight Tolerance = 0

Within Weight Tolerance = 4

Not Within Directional Tolerance = 0

MAX 8 Points Per Shot

Within Direction Tolerance = 4



Corner Guard Zone 2	Clockwise	Clockwise	Counter Clockwise	Counter Clockwise
Attempt	1	2	1	2
Weight Finish Position				
Score				
Direction Finish Position				
Score				
Total Score				
Drill Total				

## Drill #2

### Goal is Draw to Wing

### Rock Speed Precision & Directional Accuracy

Draw weight Draw to Zone 3 *completely inside* the yellow box

Weight Tolerance is Zone 3 (top 12 to T Line)

Directional Tolerance is Edge of 4 'to Middle 12 '

Indicate Finish Positions on Chart

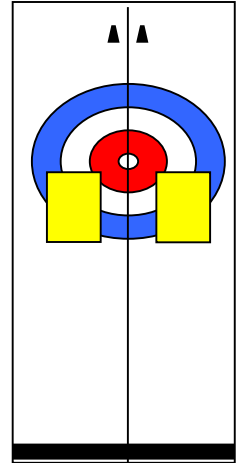
Not Within Weight Tolerance = 0

Within Weight Tolerance = 4

Not Within Directional Tolerance = 0

MAX 8 Points Per Shot

Within Direction Tolerance = 4



Draw Wing Zone 3	Clockwise	Clockwise	Counter Clockwise	Counter Clockwise
Attempt	1	2	1	2
Weight Finish Position				
Score				
Direction Finish Position				
Score				
Total Score				
Drill Total				

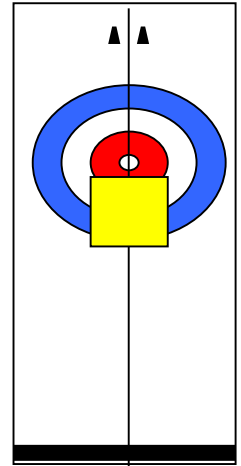
### Drill #3

### Goal is Draw to Zone 3 Box

### Rock Speed Precision & Directional Accuracy

Draw to Zone 3 *completely inside* the yellow box  
 Weight Tolerance is from Top 12 to the Tee Line not touching T line – Zone 3  
 Directional Tolerance is Within 4 Foot Lines  
 Target Broom is positioned to allow Draw to finish along Center Line  
 Indicate Finish Positions on Chart

Not Within Weight Tolerance = 0  
 Within Weight Tolerance = 4  
 Not Within Directional Tolerance = 0  
 Within Direction Tolerance = 4  
 Bonus Points for Touching Centerline = 2  
 MAX 10 Points Per Shot



Draw Zone 3	Clockwise	Clockwise	Counter Clockwise	Counter Clockwise
Attempt	1	2	1	2
Weight Finish Position				
Score				
Direction Finish Position				
Score				
Bonus Points				
Total Score				
Drill Total				

## Drill #4 Goal is Hit and Stick Rock Speed Precision & Directional Accuracy

### 9 Second Hit Tolerance for Scoring is 8.5 – 9.0

You will have 2 attempts with each turn. 4 Shots per location.

Please include the actual rock speed you threw.

Target Stone to be hit is on left edge of 8 ft, centerline, right edge of 8 ft (broom position to allow for curl)

Not Within Weight Tolerance = 0 Point

Within Weight Tolerance = 4 Point

Hit and Roll Out = 2 Point

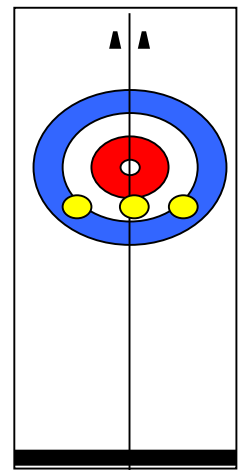
MAX 8 Points Per Shot

Hit and Stay in Rings = 4 Point

Hit Left 8'	Clockwise	Clockwise	Counter Clockwise	Counter Clockwise
Attempt	1	2	1	2
Rock Speed				
Shooter Final Position				
Score				
Total Score				

Hit Centerline	Clockwise	Clockwise	Counter Clockwise	Counter Clockwise
Attempt	1	2	1	2
Rock Speed				
Shooter Final Position				
Score				
Total Score				

Hit Right 8'	Clockwise	Clockwise	Counter Clockwise	Counter Clockwise
Attempt	1	2	1	2
Rock Speed				
Shooter Final Position				
Score				
Total Score				
Drill Total				



### For All Categories:

#### Planning:

#### 1. 2019-2020 Seasonal or Annual Training Plan

A Seasonal Plan is based on the curling season (i.e. September-March) an Annual Plan is year long (May-April). Either format is acceptable for this application, but an **Annual plan will be scored higher.**

- Performance Planning is an important process for an athlete to achieve elite status. Seasonal or Annual Training Plans are key to performance planning and act as a “roadmap” for an athlete to follow to achieve their long term annual goal.

- Seasonal or Annual Training Plans break down an athlete’s season into manageable pieces, with clear instructions on what to do on a week-by-week/month-by-month basis in all aspects of their training (Curling – Technical, Tactical, Strategic, Mental, Fitness, and Nutrition).
- Seasonal or Annual plans help teams design their season so that they are ready to “peak” when they need to – often it will be for a “Regions,” “Provincials,” “Grand Slam”, etc...
- They outline the number of practices, competitions, fitness training sessions, and Sport Science (Mental, Nutrition, etc...) sessions a team should have given the time of the year/season.
- They are also great checkpoints to ensure enough rest/recovery has been built into a season.
- The Seasonal or Annual Plan must include Competition Schedule and ideally competition results year to date.

### Seasonal or Annual Plan Submission

- The format for submission of the Annual Plan is flexible (some teams use online planners, excel spreadsheets, etc...)
- A point value of “0-5” will be awarded (at the discretion of the Selection Committee) based on the detail of the plan.
- A Sample Annual Plan can be found [here](#).

### 2. Fitness Training Plan

- Fitness training plan
- Fitness plan must be progressive
- Fitness plan may be self-designed/monitored (ie. No Personal Trainer)
- Fitness plan should be appropriate to curling but unique to the athlete
- A complete fitness plan would include Fitness Testing and Results.

### Fitness Plan Submission

- The format for submission of the Training Plan is flexible
- A point value of “0-5” will be awarded (at the discretion of the Selection Committee) based on the detail of the plan.
- A Sample Fitness Plan can be found [here](#).

### 7.0 Breaking a Tie: Tiebreakers

(Quest for Gold Selection Committee will inform any athletes **if** Tiebreakers are required).

Description of Point Allocation	Points	Athlete Points
<a href="#">Skill Based Testing</a> conducted by an OCC assessor	Assigned as per Skill Based Testing	
<b>Tiebreaker Total:</b>		

### 8.0 Failure to Meet Selection Criteria for Health-related Reasons

ONTARIO CURLING COUNCIL has no criteria for ranking an athlete who is unable to meet these requirements as detailed above due to illness, injury or pregnancy.

**9.0 Alternates:** ONTARIO CURLING COUNCIL 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 (Online application, Annual Training Plan, Fitness Plan, Coach Declaration Form) must be submitted no later than **March 31, 2020 at 12:00 pm EST**.

Applications will be accepted ONLINE only, to access the applications click on the category below:

### [Mixed Doubles \(22-29 Years Old\)](#)

### [Fours \(22-29 Years Old\)](#)

### [Wheelchair](#)

PLEASE NOTE: You must complete the application in one sitting, you cannot access the application to change it after submission. Partially completed submissions cannot be saved.

**10.1** Any athlete requesting a "Residency Exception" must submit this information by March 31, 2020 at 12:00 pm EST 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 CURLING COUNCIL 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 CURLING COUNCIL will not be considered valid or to have been received by the ONTARIO CURLING COUNCIL deadline.

**10.3** An automated email receipt will be sent when your application is received through the online system. Applicants should apply well ahead of the March 31, 2020 12:00 pm EST deadline, if you have not received a confirmation email by March 31, 2020 at 11:30 am, you should re-enter the form and resubmit. It is the athlete's responsibility to contact the ONTARIO CURLING COUNCIL (jennifer@ontcurl.com) if an email is not received to ensure 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 CURLING COUNCIL will publish or make known a draft list of athletes nominated for Ontario Card status by no later than **April 8, 2020**.

In the event of a conflict or inconsistency between the MHSTCI eligibility requirements detailed in the MHSTCI binder provided to PSO/MSOs and duplicated in the Athlete Handbook provided to each nominated athlete and the eligibility requirements listed in the PSO/MSO Athlete Selection Criteria Document prepared by the PSO/MSO, the MHSTCI Binder/Athlete Handbook shall prevail.
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## 11.0 Appeals

Athletes who have not been nominated for an Ontario Card by the ONTARIO CURLING COUNCIL 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 CURLING COUNCIL Selection Criteria are not grounds for an appeal and should therefore be discussed directly with the leadership of ONTARIO CURLING COUNCIL.

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

If the athlete is not satisfied with the ONTARIO CURLING COUNCIL 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 CURLING COUNCIL, who will then submit a **"Response"** with MHSTCI by a specified deadline. The Response will outline why ONTARIO CURLING COUNCIL believes that the Selection Committee's decision not to nominate the athlete should be upheld by the Appeals Committee. MHSTCI will share the ONTARIO CURLING COUNCIL Response with the athlete.

If, after receiving the ONTARIO CURLING COUNCIL Response, the athlete believes that ONTARIO CURLING COUNCIL 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 CURLING COUNCIL.

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

- 1. Direct ONTARIO CURLING COUNCIL 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 CURLING COUNCIL 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 CURLING COUNCIL 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, 18<sup>th</sup> Floor  
Toronto ON M7A 1S5  
Email: [questforgold@ontario.ca](mailto: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, 18<sup>th</sup> 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.

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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.