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| **Name of Athlete:** |  | **Date of Birth:** |  |
| **Date this form completed:** |  | **Form completed by:** |  |

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| **Event(s):**  Highlight main target event |  | **Personal Best(s) / Seasons Best(s):** |  |
| **Lead Coach:** | Include email address | **Other Coaches (&c):** | Include email addresses |
| **Personal IST:**  Doctor, Physio, Masseur, Strength & Conditioning, Sports Scientist(s), etc | Include email addresses, if know | | |
| **Club / University** |  | **Agent / Sponsors:** |  |
| **Current CAPP level:** |  | **Athlete Performance Advisor (APA):** If on CAPP |  |

AC believes that outstanding physical potential, world-class processes and outstanding mental resilience are required for sustained success at the World and Olympic/Paralympic level.  
  
It is important that athletes and their coaches understand and accept that the CAPP program will constantly assess and re-assess these characteristics against *the best in the world*.

Our expectations of an athlete in three key areas (1) physical potential; 2) processes; and 3) mental resilience) will depend on an athlete’s training age and experience within the sport.   
  
We have limited resources and so we will invest the most resources into those athletes most likely to meet the aims of the program – in other words those with the highest capacity.

***The contents of this document may be shared with other Athletics Canada staff, including our medical team, and our partners from Own The Podium and the Canadian Olympic and Paralympic Sport Institute Network (COPSIN).***

**Ratings**

Gold **World leading.**

Green **Good.** At least good enough to maintain the target CAPP level.  
Yellow **Okay.** But will need some support to progress to the target CAPP level.

Red **Issue.** Likely to need significant support to achieve the target CAPP level.

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|  | **FACTOR** | **NOTES** | | | **RATING**  Gold/Green/Amber/Red |
| **Physical Potential** | **Training Age**  Number of years of training for athletics |  | | | N/A |
| **Competition History**  Major Championships results  Other significant competition results |  | | |  |
| **Year-on-year Progression** **Season’s Best:** Enter your personal results in your main event.  **Typical Champs:** Enter the result typically need to achieve these levels in your main event.  **Typical Rankings:** Enter the result typically need to achieve these levels in your main event. | **Seasons Best**  This year:  Last year:  Two years ago:  Three years ago:  Four years ago: | **Typical Champs**  Gold:  Medal:  Semi/top half:   Qualify: | **Typical Rankings (3 per nation)**  Top 8:  Top 16:  Top 32:  Top 64:  Athletes in top half (para): |  |
| **Physical Resilience**  Issues that have caused more than 3 weeks missed training / comp in last 12 months  Issues that have caused more than 8 weeks missed training / comp or effected major championships results during career  Current medical plans including rehab  / pre-hab. |  | | |  |
| **Technical / Tactical skills**  Strengths & weaknesses with examples and plans to close the gap. |  | | |  |
| **Mental Resilience**  Strengths & weaknesses with examples and plans to close the gap. |  | | |  |
| **Physical Attributes**  Other physical strengths & weaknesses with examples and plans to close the gap. |  | | |  |

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|  | **FACTOR** | **NOTES** | **RATING**  Gold/Green/Amber/Red |
| **Processes** | **Coaching Quality** | Years with this athlete:  Total Years Coaching / Years coaching this event: Global Medalists / top eights:  Total National Champions all events / in this event:  Qualifications:  Other notes: |  |
| **Planning**  Short / medium / medium term planning  If available attach:   * annual plan * competition plan * training tests and results |  |  |
| **Daily Training Environment**  Access to coach Size of training group Training facilities  Medical / Recovery facilities Sports Science support |  |  |
| **Competition equipment**  Specialist competition / training equipment requirements  (eg Pole vault, wheelchairs, etc)  Highlight any needs in this area. |  |  |
| **Engagement**  With AC, CAPP and the CSI network |  |  |
| **Professionalism** Including anti-doping & anti-doping whereabouts |  |  |
| **Training Commitment**  Work commitments? College commitments? Training sessions per week? |  |  |
| **Sports Commitment**  Career plans? Education plans? Other sports? |  |  |