



BRITISH COLUMBIA ULTIMATE SOCIETY

BC Ultimate Society
RPO King Edward Mall
PO Box 38097
Vancouver, BC
V5Z 4L9
bcultimate.ca
@bcultimate

Provincial Team Selection Process
Version 3.0 – February 2017

SUMMARY

BC Ultimate is committed to creating a “Gold Medal Profile” for each stage of the LTAD. At the Provincial Selection Team level, the team is to be fully comprised of Stage 6 Athletes (Train to Win).

The following outlines the process to be followed for the selection of a provincial team at any level of competition.

TRYOUTS

BC Ultimate will hold a minimum of two tryouts. At least one must be open to all participants. Additional tryouts may be restricted to participants selected by coaches to attend from the open tryout, or in some cases, to accommodate athletes who could not attend the open tryout.

Tryouts will be scheduled and announced a minimum of two weeks in advance. BC Ultimate will promote the tryouts on all electronic platforms (Web Site, Social Media, etc...) as well as send information directly via email and other means to club teams and programs, member organizations and known club team organizers.

BC Ultimate will collect a certain amount of information from athletes during the tryout registration process. This information may include, but is not limited to:

1. Full Name
2. Contact Email
3. Contact Phone
4. Current Address
5. Age
6. Recent tournament participation
7. Current/Most Recent School attended

If necessary, BCU may charge a nominal fee for players attending the open tryout. Fees should be kept to a minimum and are for the purposes of covering any outstanding expenses created by the tryout process.



BRITISH COLUMBIA ULTIMATE SOCIETY

BC Ultimate Society
RPO King Edward Mall
PO Box 38097
Vancouver, BC
V5Z 4L9
bcultimate.ca
@bcultimate

The coaching staff of each team will be solely responsible for the selection of the final team, with the Head Coach having the final decision making responsibility. During tryouts the coaching staff may engage with other player evaluators of their selection to help run the event and score the athletes.

ATHLETE SELECTION CRITERIA

Player selection criteria will be based on:

1. Performance at tryout(s) in both qualitative and quantitative areas;
2. Performance at recent Provincial tournaments (if applicable);
3. Performance at other past elite events (if applicable);
4. Information on players from other sources (references, teammates, coaches, competitors etc.);
5. Existing knowledge based on game tape review, coaching, observation.

The Coaching Staff and evaluators will be specifically looking for the following player attributes:

1. Elite two-way players is top priority; players who are at least above average (within elite ultimate) on Offence and Defense; the Provincial team does not afford the luxury of too many (if any) specialists who have significant limitations on either Offence or Defense;
2. “Gamers”: Players who have a proven track record of thriving under pressure and delivering in big moments and in big games;
3. Defensive versatility, players who can seamlessly switch from defending people in the handler to cutter positions;
4. Speed at all positions (i.e. elite defense requires speed when faced with isolation situations);
5. Height at all positions (i.e. where 2 players have equal skill, height matters).

During Selection, the Coaching Staff will take into account the following player roles in order to create a balance team:

1. Minimum of three initiating lane cutters – players who can get open 90% of the time when initiating the offense;
2. Minimum of three lock-down reset defenders – defenders who can neutralize the other team’s best handler;



BRITISH COLUMBIA ULTIMATE SOCIETY

BC Ultimate Society
RPO King Edward Mall
PO Box 38097
Vancouver, BC
V5Z 4L9
bcultimate.ca
@bcultimate

3. Minimum of three lock-down lane defenders – defenders who can neutralize the other team's best lane cutters;
4. Minimum of three elite strikers – a cutter with top-end speed, hands and timing who is good for a few "free goals" per game on continuation cuts;
5. Minimum of three elite handlers – offensive players with superior throwing skills, ability to initiate offensive sets and outstanding game sense.

ATHLETE EVALUATION SYSTEM

The following system will be used to evaluate players by Coaches and other Evaluators during tryouts:

1. 5 point scale: -2, -1, 0, 1, 2
 - a. -2 = player is poor for an elite player
 - b. -1 = player is below average level for an elite player
 - c. 0 = player is of an average level for an elite player
 - d. 1 = player is above average level for an elite player
 - e. 2 = player is exceptional at the skill

The following capabilities will be evaluated during tryouts using the prescribed scale:

1. Throwing (execution and choices):
 - a. Forehand Huck;
 - b. Backhand Huck;
 - c. Reset; Break;
 - d. Zone;
 - e. Quick (Dish);
 - f. End zone
2. Defense:
 - a. Reset D;
 - b. 1 on 1 D;
 - c. End zone D;
 - d. Zone / Junk D
3. Cutting:
 - a. Reset;
 - b. 1 on 1;
 - c. Quick; End zone;
 - d. Flow
4. Quantitative Testing:



BRITISH COLUMBIA ULTIMATE SOCIETY

BC Ultimate Society
RPO King Edward Mall
PO Box 38097
Vancouver, BC
V5Z 4L9
bcultimate.ca
[@bcultimate](https://twitter.com/bcultimate)

- a. Speed: 40 yard sprint;
- b. Power: Broad jump x 3;
- c. Endurance Test: 300 yard shuttle test.

ATHLETE SELECTION PROCESS

Within a reasonable time following tryouts, all athletes will be contacted by the Coaching Staff as to their selection results. This may be:

1. Selected for the Provincial Team;
2. Selected as an alternate for the Provincial Team;
3. Not-Selected for the Provincial Team.

Feedback from the Coaching Staff should accompany this communication for all athletes not selected to the provincial team, with specific focus on areas of improvement for future tryouts.

ATHLETE DISPUTE PROCESS

Should an athlete wish to dispute the selection results of a Provincial Team, they may contact the BCU General Manager (gm@bcultimate.ca). The GM will collect information from the athlete and will engage with the Head Coach to collect the reasons for the final selection decision. This information will be presented to the BC Ultimate Board of Directors within five working days of receiving the initial contact by the athlete.

The Board of Directors will make a final decision on the matter by either:

1. Upholding the original selection results;
2. Allowing the athlete an extended (minimum of two practices) tryout with the team, with a final decision on selection to be made by the Head Coach at the end of that period.

There is no further internal dispute process following that outlined above.