



## **ATHLETE CARDING PROGRAM**

### **2009-10**

## **1. GENERAL**

**What is carding?** The Athlete Carding Program, or “ACP”, is a program administered by Athletics New Zealand’s High Performance Program in conjunction with SPARC and the New Zealand Academy of Sport (NZAS). The ACP combines the resources of NZAS (sports medicine and sports science services) and the high performance funding from SPARC to deliver an elite program of support to athletes who have been identified as tracking towards a top 16 finish at future senior IAAF World Championships in Athletics and/or Olympics Games.

## **2. PRINCIPLES UNDERLYING CARDING**

**Who gets carded?** The underlying fundamental principles guiding the carding evaluation and decision-making process are:

- Carding is designed to support athletes who have either demonstrated their ability to finish in the top 16 at the senior IAAF World Championships in Athletics and/or Olympic Games, or who have been identified as tracking towards a finish in the top 16 at a future senior IAAF World Championships in Athletics and/or Olympic Games.
- Carding will be considered/extended for those athletes who can demonstrate their readiness and ability to achieve peak performance at a senior IAAF World Championships in Athletics and/or Olympic Games. Such ability is demonstrated through Athletics New Zealand’s Performance Funnels, an athlete’s championship results, training and competition plans, and the athlete’s individual performance plans.
- Carding is also designed to support a select group of under 20 (U20) athletes and assist in their development for future senior IAAF World Championships in Athletics and/or Olympic Games.

## **3. CARDING**

**How to get carded?** The entry process of carding will involve three steps:

### **A. Achieve a performance standard**

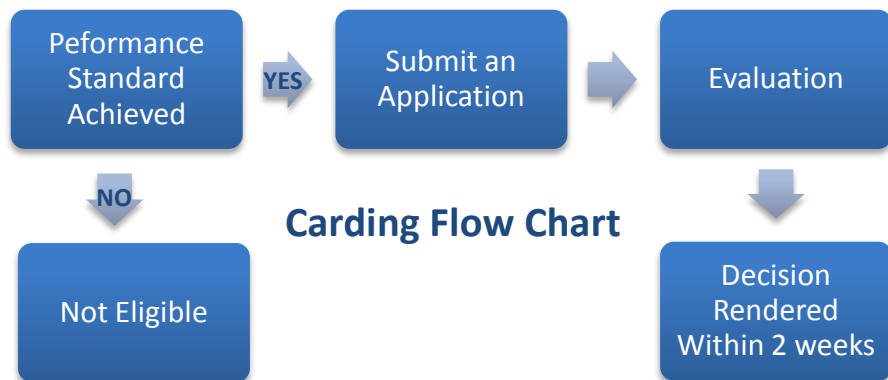
For an athlete to be considered for carding, an athlete must **FIRST** meet or exceed a “Performance Standard”. Athletes that have not reached a performance standard will not be considered for carding. The performance standards for each carding category are outlined in **appendix 1, 2**, and the conditions outlined in clauses 3.1-3.2.

### **B. Submit an application**

After an athlete has met or exceeded the performance standard in their carding category s/he will then fill out and submit an application (**appendix 3**) to Athletics New Zealand’s High Performance Department.

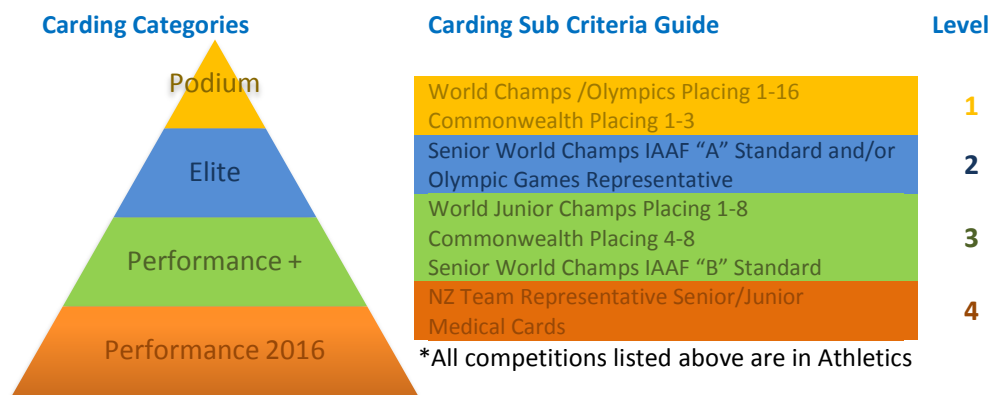
### **C. Be evaluated**

An athlete’s application will be evaluated by the High Performance Department and a decision on carding will be rendered within two weeks. Upon acceptance to the ACP additional application procedures and requirements will follow.



### 3.1 CARDING CATEGORIES

The pathway to success... Athletics New Zealand will card athletes across four different categories. Each category has its own specific conditions, including eligibility and application requirements. **As a guide**, once an athlete is carded s/he will be placed into the one following categories based on their age and performance(s): Podium (1) Elite (2) Performance+ (3) Performance 2016 (4)



### Carding Benefits

Athletes within the different levels of carding will be resourced to varying degrees and allocated support on a needs basis. The "need" will be determined from each athlete's individual performance plan. Listed below are some of the benefits that athletes will have as a result of their carding.

- Subsidised travel cost to national, regional, and international competitions and championships.
- Subsidised personal international camps and tours.
- Subsidised travel cost for personal coach.
- Access to sports science and sports medicine support through the New Zealand Academy of Sport.

- Eligible to apply for a Prime Ministers Scholarship.
- Individual performance planning, development, and support through the New Zealand Academy of Sport.
- Access to specialized performance services (i.e. biomechanics).

### 3.2 CARDING CONDITIONS

#### Eligibility

To be eligible for the Athlete Carding Program an athlete must meet the following requirements:

- Must possess New Zealand citizenship and satisfactorily demonstrate that they will be eligible to compete in an IAAF Championship event for New Zealand.
- Must not be under suspension or other sanction by IAAF and/or Athletics New Zealand for any doping or doping-related offence.
- Must commit to sign any applicable Athlete Agreement as required by Athletics New Zealand, SPARC, and NZAS.
- Must be in good financial standing with Athletics New Zealand.
- When an athlete is carded s/he must continue to meet these conditions as well as comply with any established code of conduct or athlete agreement. The athlete also commits to participate in a mid-season review of the Training and Competition Plan with the High Performance Director (or designate). **Once carded, failure to continue to fulfil these eligibility requirements may result in the athlete's carding being withdrawn.**

#### General Conditions

- Athletes entering the ACP will be normally **guaranteed** 2 years carding.
- Performance will be verified through: anzrankings.org.nz, iaaf.org, and tilastopaja.org.
- A Performance Standard used in consideration for carding must be achieved during competitions organized or authorized by the IAAF, its Area Associations or its Member Federations.
- Athletes changing events may be considered for carding although performances and conditions for the new event must be achieved. Previous championship results from an athlete's former event will still be considered for evaluation.
- As an athlete's performance improves a higher carding level will be applied as outlined under clause 3.1 (Carding Categories).
- **Athletes will be reviewed every 6 months** (May/October of each calendar year) by using the application evaluation form (appendix 3) and all of the carding conditions.
- Previous success alone cannot be used to justify an athlete's carding/extension.
- The performance standards for carding will be updated in November of each calendar year.
- Special circumstances or conditions that may be of consideration outside of the ACP carding conditions will be subject to the approval and the sole authority of the High Performance Department (clause 4).

### Podium – Elite – Performance + (Carding Level 1, 2, 3) Conditions

- Entry: Achieving the standard at any time.
- The Performance Standards for athletes 20 years of age and over will be based on the Athletics New Zealand Performance Funnels (appendix 2).
- Athletes (typically 19+ years of age) who have met or exceeded above the “Performance Line<sup>1</sup>” of the Athletics New Zealand Performance Funnels may be evaluated for carding.
- Athletes over the “Peak Age<sup>2</sup>” in their event as listed in the Performance Funnels will only be considered for carding if their performance(s) are close to the 2010<sup>3</sup> listed performances.

#### Retention

- Athletes will be expected yearly to show through the Performance Funnels that they are tracking “UP” and/or maintaining their performance above the Performance Line in their event.
- Athletes will be expected to qualify (at their level of carding) and show peak performance at targeted championship events (based on place and/or % of seasons best compared to their championship results).
- \*1-2-3 See Performance Funnel appendix 2

### Performance 2016 (Carding Level 4) Conditions

- Entry: Achieving the standard at any time.
- The Performance Standards for athletes under 20 years of age are set out in appendix 1.
- Under 20 years of age is defined by birth date (i.e. 19yrs 364 days).
- Multiple performances over the Level 4 standard will enhance the “Athlete Profile” for carding.
- Athletes who are carded prior to their 20 birth date will be carded for a maximum of 2 years beyond the age of 20 (maximum age for Level 4 carding is 22).
- Athletes over the age of 20 years can only enter the carding program based on the (Level 1, 2, 3) conditions.

#### Retention

- Athletes will be expected to improve/maintain their performance yearly within the two year period of carding at or above the Level 4 Performance Standards.
- After two years if and when the above criteria are met, the athlete will be given a further period of not more than two years to again improve/maintain their performance.

### Exiting the Program (De-carding)

- Athletes should expect to be removed from the program if they fail to meet with the conditions set out for retention and under the General and specific Level 1-2-3-4 conditions.

- Athletes who track above the Performance Line (as shown in the Performance Funnel) in their event yet perform poorly (at one or more championship based on place and/or % of season’s best) will be evaluated and based on those performance(s) may be removed from the program. All past and current championships will be taken into consideration.
- Athletes who cannot meet with the general/retention conditions will exit the program and must re-enter the program at the same level at which they previously maintained their carding (ie. tracking above the performance line).
- Athletes will receive official written notification of their de-card through email.

### Injury

- The exception to the retention conditions is when an athlete has a documented performance limiting injury (Level 1, 2, 3, 4). A performance limiting injury is considered as, partial or no training for at least 3 months (intermittent or continuous) in any single season.
- Athletes will be expected to produce performances at least at the level from the previous season following the ‘injury year’, followed by a return back to full compliance with the rules governing retention to the program.
- If a carded (Level 1-2) athlete is not able to return to competition and the injury is deemed sufficiently severe to warrant two consecutive years of rehabilitation:
  - The athlete will be demoted to medical card given that complete season to continue to rehabilitate the injury.
  - Thereafter they will be expected to return to competition in the third year and will be required to produce performances at least at the level of the previous season following the ‘injury year’, followed by a return back to full compliance with the rules governing retention to the program.
- **For this to apply** a carded (Level 1-2) athlete must be fully compliant with their rehabilitation program and show clear potential AND medical prognosis to return to the previous levels of performance.

### 4. AUTHORITY FOR DECISIONS

All matters relating to the carding of athletes are the sole authority of the High Performance Department and the High Performance Director. The High Performance Department may seek advice from any external sources to deliberate on an athlete’s carding.

### 5. NOTIFICATION

The carding cycle begins November 1<sup>st</sup> or each calendar year with a mid-year review each May. The athlete carding list will be published by Athletics New Zealand and SPARC.

<http://www.performance.athletics.org.nz/>

<http://www.sparc.org.nz/high-performance/athletes/the-carding-system>