



2022 WBSC Americas Championship
(scheduled to take place in November, 2022)

**WOMEN'S NATIONAL TEAM
SELECTION PROCESS**
(Approved May 2022)

Softball Canada is carefully following the evolution of the coronavirus on the global and domestic level and how it may impact any scheduling changes that could occur. Unless otherwise required by exceptional and unforeseen circumstances related to the impact of the coronavirus, Softball Canada will respect this selection process as written.

However, situations related to the coronavirus pandemic may arise that require this selection process to be modified. Any modifications will be made promptly and as often as required following developments that directly impact the selection process. In such circumstances, any modifications will be communicated to all affected individuals as soon as possible.

Further, situations may arise that do not allow this Selection process to be modified or applied as written due to time constraints or other exceptional and unforeseen circumstances. In such situations, any decision, including selection decisions, will be made by the individual(s) with decision-making authority, as stated in this selection process, in consultation with the relevant individual(s) or committee(s) (as applicable), and in accordance with the stated performance objectives and selection philosophy and approach as stated herein. Should it be necessary to make any decision in this manner, Softball Canada will communicate with all affected individuals as soon as possible.

SECTION 1 – PURPOSE

1. The 2022 Women's National Team will compete in the 2022 WBSC Americas Championship. The purpose of this document is to set out the process that will be used by Softball Canada to select athletes to the National Team for the 2022 WBSC Americas Championship, scheduled to take place in November, 2022 (location TBA).
2. **This selection process has two objectives:**
 - a) Select the best possible National Team. While some objective criteria will be used to select the National Team, it is also recognized that there is a significant subjective element. Subjective elements include such factors as previous and current performance, experience, positional requirements, leadership qualities, psychological makeup, and team cohesion.
 - b) Select the National Team with the intended outcome of achieving podium success.
3. Contact: For clarifications or questions on the contents of this document please contact Kaleigh Rafter, Head Coach, krafter@softball.ca

SECTION 2 – ELIGIBILITY

4. An athlete is eligible for selection to the National Team so long as they:
 - a) are in good standing with Softball Canada by not being subject to any disciplinary sanctions;
 - b) are a Canadian citizen;
 - c) hold a Canadian passport that does not expire before May, 2023 or are in the process of renewing their Canadian passport to ensure it does not expire before May 31, 2023; and
 - d) Be in compliance with all relevant World Baseball Softball Confederation (WBSC) requirements for eligibility.
 - e) Are fully vaccinated against COVID-19 (as per Canadian, and countries that the team is travelling to, definitions) and therefore able to travel and train/compete with the team in events both in Canada and internationally. Accommodations will be considered based on applicable law/regulations and rationale.
5. Individuals who meet 4(a), above, but who do not have the documentation in 4(b and c) are still eligible to be selected to the National Team if they demonstrate to Softball Canada that they are actively pursuing citizenship and would have the ability to achieve the required eligibility by the related roster submission deadline.
6. Once selected to the National Team, all athletes will be expected to be training towards, or to meet the physical standards outlined in Appendix B. These standards on their own will not be used to include or exclude an athlete from consideration for the National Team, but they will be used by Softball Canada to measure and monitor an athlete's training, progress and preparation.

SECTION 3 – AUTHORITY FOR SELECTION

7. Softball Canada's Board of Directors has delegated authority for all decision making under this Selection Process to the Head Coach (hereinafter the Head Coach).
8. The Head Coach has final authority for all selection decisions, including selecting athletes to any Identification and selection camps, selecting the National Team, removing athletes from the National Team, and selecting replacement athletes to the National Team when applicable in accordance with this Selection Process. In making selection decisions, the Head Coach will consult with the Manager - Women's National Team (WNT), and with coaching staff, defined for the purposes of this document to include assistant coaches, scouts and evaluators as designated by Softball Canada.

SECTION 4 – ATHLETE SELECTION PROCESS

9. In 2022 Softball Canada will host three open identification camps in the following Provinces: British Columbia, Saskatchewan and Ontario. These identification camps will be open to any and all entrants (subject to minimum age requirements as determined by the Head Coach).
10. There will be no final camp for selection of this team. Identified athletes will be invited to the 2022 World Cup final selection camp in June, 2022. Selection for the 2022 WBSC Americas Qualifier team will be based on:
 - Previous and current performance
 - Experience
 - Positional requirements
 - Present and projected development and/or improvement
 - Leadership/Contribution to team chemistry
 - Psychological, mental, and emotional makeup
 - Availability for competition and training

National Team Selection

11. Sixteen (16) athletes will be selected to the National Team by the Head Coach. Additionally, up to five (5) athletes will be named alternates who will travel with the National Team in accordance with the Head Coach's discretion. The Head Coach may select players to the National Team who did not attend a previous National Team camp or event. When considering which athletes to select either to the National Team or as alternates, the Head Coach will consider certain factors as described in Appendix A:
 - Previous and current performance
 - Experience
 - Positional requirements (primary and backup)
 - Present and projected development and/or improvement
 - Leadership/Contribution to team chemistry
 - Availability for competition and training
 - Psychological, mental, and emotional makeup
 - The depth chart, as developed from the evaluation criteria in Appendix A

12. The Head Coach makes selections for the National Team for the purpose of fielding the best possible team to achieve podium success. As such, it is possible that some individual athletes, who are assessed highly in certain factors, may not be selected to the National Team, for example due to positional requirements, experience, leadership, and overall depth of team. In addition, the Head Coach has discretion to name an athlete to the National Team even if that athlete did not participate in evaluation camps, selection camps, or other National Team events.
13. The timelines that will be followed in selecting athletes for the National Team are described below. Note that specific events, dates and times may be subject to change. If any changes occur, these will be communicated to all affected athletes by the Head Coach as soon as reasonably possible. The costs of such participation will be the responsibility of Softball Canada unless communicated otherwise by Softball Canada.
 - No later than September 1, 2022 – the Head Coach will name the sixteen (16) players selected to the National Team and up to five (5) alternates.
14. Exemption from attending events may be granted for illness/injury (supporting documentation is required) or special circumstances which will be determined and assessed individually by the Head Coach. The Head Coach, in consultation with the coaching staff and Manager - Women's National Teams (WNT), has the discretion to consider any special circumstances, and to exempt the athlete from attending certain National Team events.
15. Alternates may be added to the National Team to replace an athlete removed from the team pursuant to Section 7. The addition of alternates to the Team is at the sole discretion of the Head Coach and will be in keeping with the philosophy of fielding the best possible team.
16. In addition to the above schedule, athletes are expected to follow the training regime prescribed by the Head Coach, take the required regularly scheduled fitness tests and be available to meet with national team staff at agreed to times and locations throughout the year.

SECTION 5 – UNFORESEEN CIRCUMSTANCES/CHANGES TO THE DOCUMENT

17. If unforeseen circumstances arise which do not allow for this selection process or the above timelines to be implemented as outlined in this document, Softball Canada reserves the right to identify an alternate process or alternate timelines. Should this occur Softball Canada will publicize these changes in a timely manner.

SECTION 6 – REMOVAL FROM THE NATIONAL TEAM

18. Upon selection to the National Team, an athlete must:
 - a) Sign, submit and comply with a Softball Canada Team member agreement by September 15, 2022
 - b) Provide Softball Canada with all required documents (passport information etc.)
 - c) Participate in Team events, activities and meetings, as directed by the Head Coach or her designate
 - d) Ensure they wear proper equipment and clothing for National Team events, practices, competitions, training and as directed by the Head Coach

- e) Obey all rules established by the Head Coach and/or Softball Canada, including but not limited to, its Code of Conduct and Ethics
- f) Assist Softball Canada in public relations and fundraising projects where reasonably required
- g) Comply with off-season daily training environment training requirements as identified by the Head Coach
- h) Not be under suspension or any other sanction by any recognized body for any doping or doping-related offence.
- i) Be available for sample collection at any time and have provided up-to-date whereabouts information on a regular basis as directed by Softball Canada, WBSC and/or the Canadian Centre for Ethics in Sport (CCES) pursuant to the Canadian Policy.

19. An athlete may be removed from the Athlete Pool or from the National Team if the athlete:

- a) Is unable to maintain, or work towards, to the Head Coach's satisfaction, the training standards set out in Appendix B;
- b) Is unable to meet performance expectations – performing below the level and expected standards on-field, that earned them the nomination to the National Team;
- c) Is unable to perform due to injury, illness or for other medical reason as determined by Softball Canada's medical staff;
- d) Shows signs, as determined by the National Team's Integrated Sport Science Team that the athlete may not have the psychological, mental, or emotional well-being to perform at a level expected of athletes on National Team;
- e) Is unable to commit to National Team Program activities and events (note that an athlete may obtain an exemption from the Head Coach and Softball Canada)
- f) Violates team rules and/or Softball Canada's policies or procedures
- g) Exhibits conduct that is detrimental to the image of the National Team program
- h) Breaches the Athlete Agreement
- i) Voluntarily withdraws from the National Team
- j) Is removed from the National Team by a Softball Canada Discipline and/or Appeal panel as a result of a breach of any Softball Canada policies or procedures; or
- k) Fraudulently misrepresents themselves

SECTION 7 – SUBSTITUTION OF ALTERNATES

20. Where necessary and appropriate, an athlete removed from the National Team may be replaced by an alternate or from outside the Alternate group in the cases of positional requirements.

21. Any decision to remove an athlete from the National Team is subject to appeal.

SECTION 8 – APPEALS

22. Softball Canada's 2022 WBSC Americas Championship team selection may be appealed in accordance with the procedures set out in the Softball Canada Appeal Policy.

23. Decisions of the Head Coach on AAP nominations may be appealed pursuant to the [Appeals Policy](https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html) of Softball Canada and the applicable provisions of Sport Canada's Athlete Assistance Program (AAP) Policies and Procedures (Section 13).
<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html>

24. The Softball Canada appeal process may be bypassed with the consent of all parties and referred directly to the Sport Dispute Resolution Centre of Canada (SDRCC).



Women's National Team Program Player Evaluation - Infielders

3	<p><u>An average elite-level performance.</u> Requires more observation. Athlete made their share of mistakes/poor decisions, but they countered by an equal number of good plays/decisions. Factors within the game may have inhibited achieving satisfactory evaluation on this athlete. Athlete warrants consideration as a candidate for the National Team Program. Athlete demonstrates dominant play at the Junior or Senior Elite Domestic level of play (i.e., Canadian Championships).</p>
2	<p><u>A below average elite-level performance.</u> Bad plays/decisions outnumber good ones. Athlete may have lacked effort and hustle and made errors costly to the team. Attitude, behaviors and performance questionable. Physical and mental components were deficient and below average. This athlete shows some potential but has definite limitations which would not allow them to play at the top international level. Athlete demonstrates above average play at the Junior or Senior Domestic level of play (i.e., Canadian Championships). Athlete demonstrates dominant play at the Midget Elite Domestic level of play (i.e., Canadian Championships, Canada Games).</p>
1	<p><u>Unacceptable elite-level performance.</u> Well below acceptable standards. Not approaching level of contribution required or expected. Significant deficiencies in many areas of the game. Athlete has not demonstrated the appropriate skill set to warrant participation in the National Team Program. Significant improvements are necessary in order to successfully compete at the top international level.</p>

APPENDIX B – TRAINING STANDARDS

Softball Canada Testing Protocols.docx

Softball Canada Testing Protocols

Prepared by: Scott Willgress

V1.2

2022

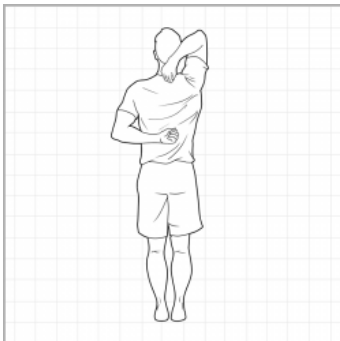
Anthropometry

- 1) Height
- 2) Weight
- 3) Armspan

Movement Assessment

Shoulder Flexibility

Reach the R arm over the shoulder and the L arm behind the back. Measure the distance between the hands. A positive score would indicate the hands overlap; a negative score would indicate there is distance between the hands. Repeat for the L shoulder.



Hamstring Flexibility

Place feet and ankles together and bend at the waist. Reach down as far as you can to the floor. Measure the distance between the hands and the floor. The highest score for this test would be a +6 meaning the athlete could place their full palms on the ground. A negative score would indicate an athlete could not touch the ground.



Additional Items

The following movement assessments may be used depending on time and/or player need:

- a. Cervical Spine
 - i. Flexion/Extension/Rotation
- b. Multi-segmental
 - i. Flexion / Extension /Rotational
- c. Single Leg Stance
- d. In line lunge
- e. Overhead Deep Squat
- f. Supine Straight Leg Raise (Active/Passive)
- g. Lumbar Lock Thoracic Spine (Active/Passive)
- h. Thomas Test
- i. Faber

Descriptions can be found in the Selective Functional Movement Assessment (SFMA) manual.

Field Based Testing

Vertical Jump

Description:

- Athletes will use a wearable vertical jump device or a force plate
- With feet stationary, athlete will jump as high as they can.
- The athlete will do this for three attempts and each attempt will be recorded.

Grip Strength

Description:

- Athletes will be given 2 chances to achieve maximal grip strength on each hand.
- Protocols used should be from the Canadian Society for Exercise Physiology (CSEP) manual.

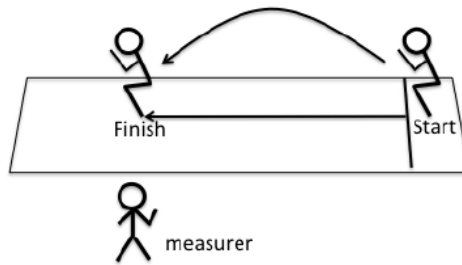
Rationale:

Assess and track grip strength of the athletes. Forearm strength is important for throwing, bat speed and bat control, injury prevention (assumptions).

Broad Jump

Description:

- A line should be taped (an existing line could be used) on the ground with a tape measure extending away from it in a perpendicular line
- Athlete should stand behind the line so that no part of their shoe is touching the line
- The instruction should be to try to just as far as possible, while being able to control the landing
- If the athlete cannot control their landing (they stumble, fall back, fall forward) the attempt should not count
- A maximum of 3 attempts should be given



Rationale:

Light load, horizontal power should be important for pitching, throwing, running and hitting

10-40-60yard sprint

Description:

- Athletes will be asked to run as fast as possible in a straight line for 60yds
- Timing lights (Brower, or other) will be set up at the 0m (ankle height), 10yrd (hip height), 40yrd (hip height) mark and 60yrd.
- A start line should be set up 30cm behind the 0yrd line.
- 1-2 75-85% warm up efforts should be given.
- Athletes should be given 2 attempts to achieve their best time

Rationale:

Speed and acceleration are important for many aspects of softball, including fielding and baserunning.

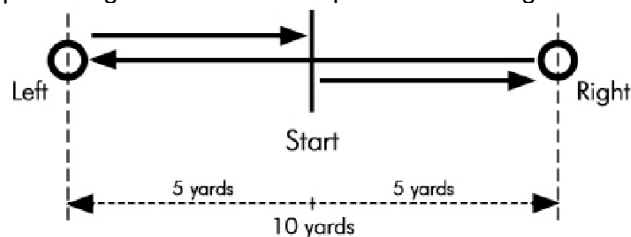
5-10-5 (Pro Agility) Agility

Description:

- A 10yrd course is set up with a start line in the middle, and two lines which are 5yds to either side of the start line.
- A set of timing cells should be set up at mid-shin to ankle height at the start line
- The athlete begins on the start line, straddling the laser from the timing cells
- When they are ready, they move as quickly as they can to their right, touch the outside hand on or over the 5yrd line, turn and run the 10yrd back to the far line, use the other hand to touch on or over the line, and then return through the start line
- Only the final time should be recorded
- The next trial should be done to the other direction
- A total of 1-2 trials should be given in each direction
- Approximately 3-5 min rest should be given between trials.

Rationale:

The ability for whole body rapid change of direction is important in fielding and base running.



Hip Turn Plyo Sprint

Description:

- Athlete will stand on the start line with their back towards the finish line
- The finish line will be 10yards away from the start line
- Athlete will turn to their right hand side and sprint towards the finish line.
- Time will start on the first move of the athlete and stop when they cross the finish line
- The test will be repeated 4 times with the athlete turning 2 times to their right side and 2 times to their left side.

Rationale:

Assess the ability of athletes to turn hips and move backwards. This is important in softball on defense any time a ball is hit over your head.

Rotational Medicine Ball Throw

Description:

- An 8 lbs med ball should be used
- A line should be taped (an existing line could be used) on the ground with a tape measure extending away from it in a perpendicular line
- Feet should be parallel with the 0m line
- The athlete should start with their front foot as close to the line as possible without any part of it touching the line
- The athlete should have the MB in both hands at hip height, load up rotationally on the back leg with the ball moving towards the back side of the body. The athlete should then try to heave the ball as far as possible
- The feet should not touch or go over the line before the ball is released. After the release the person can travel in the direction of the ball
- The next attempt should be the other direction (R vs L batting stance)
- A total of 2 attempts each way should be recorded
- 2-3 minutes rest should be given between attempts

ROTATIONAL MEDICINE BALL THROWS



MIND FUSE BASEBALL

Rationale:

Softball is a largely rotational sport with hitting, throwing, and pitching requiring the ability to coordinate full body, rotational power.

Overhand Throwing Velocity

Description:

- Athletes will be given 4 chances to throw into a net as hard as they can
- Using a pocket radar (or similar radar device) the speed of each throw will be measured

Rationale:

Assess and track the overhand throwing velocity of all players as throwing is an integral skill in softball.

Hitter Handicap

Description:

- A tee will be set up with a catch net approximately 7 feet from the tee.
- Players will hit 30 balls off the tee into the net in three sets of 10 balls.
- Using a pocket radar or similar device, the speed of each pitch hit will be recorded.
- If there is a mis-read OR the radar didn't register a speed, the rep will not count and need to be repeated.
- Two scores will be given:
 - The "hitter handicap": will be the difference between the highest and lowest exit velocity
 - The overall score will be the sum of all 30 exit velocities

Rationale:

- Have a baseline measure of swing consistency and power output. This will allow players to track over time using a standardized test.

Strength/Power Lab Testing

(This section would be done at a Sport Institute or other facility with necessary equipment and staff)

AUS 20m Shuttle Run (beep test)

Force Velocity (FV) Profile – Trap Bar Jump

Description:

- The test consists of a series of static (non-countermovement) jumps completed with incremental loads using a trap (hex) bar. **If low setting is available, it should be used.** (ie, handle parallel to bar)
- The first jump should be completed using only body weight, then each incremental load should be loaded using the trap bar.
 - For the body weight jump, the tether should be looped through the middle two fingers of the athlete's hand. This position will most closely resemble the loaded trap bar jumps.
 - Athletes should be instructed to pause at the bottom of the lift (weight in contact with ground) for 1-2 seconds, then jump as high as they can.
 - Athletes can shrug at the top of the lift, but they cannot bend their elbows.
- Weighted jumps should start at 20kg (empty bar) and then increase by 15kg until the average velocity from the best jump of the set is 1.00-1.05 m/s.
 - Athletes get a maximum of 2 attempts with each load.
- 3-5 minutes rest should be given between each set.

- The force velocity profile should be measured and recorded using a GymAware PowerTool and associated software. Analysis will be done after the testing using the gymaware values, with outcomes including:
 - Slope of force-velocity line
 - F0 – force at velocity of 0, as calculated using the slope of the F/V line
 - V0 – velocity at force of 0, as calculated using the slope of the F/V line
 - Pmax – Theoretical maximal muscular power based on $P_{max} = (F0 \times V0)/4$
 - FVimb – Difference between optimal FV slope and the FV slope of the athlete
 - See: Samozino, P. et al. Force-Velocity Profile: Imbalance Determination and Effect on Lower Limb Ballistic Performance. Int J Sports Med 2014; 35: 505–510
- Values needed include mean velocity and mean force for the best rep (best mean velocity) at each load, body weight of the individual, and the difference in height of the greater trochanter between start position (bottom of trap bar squat) and take off position.
- ALTERNATIVELY, if gymaware is not available jump height at each load can also be recorded using optojump software.

Rationale:

The FV profile will be used to assess whether a force or velocity deficit exists in each individual athlete. This will assist with individualization of programming and monitoring in the future. Lower body FV capabilities should be related to full body aspect of the sport, such as throwing, running, and swinging the bat.

Max Strength Trap Bar Deadlift

Description:

- Athletes will be asked to trap bar deadlift the maximal amount of weight with correct technique and posture. **If low setting is available, it should be used.** (ie, handle parallel to bar)
- Technique errors such as rounding of the back or major knee valgus should stop the test.
- Athletes can use the FV profile as a warm up for the maximal strength portion of the test.
- 2-3 more warm up sets (with no jump) can be given prior to attempting the 1RM

Rationale:

A certain level of lower body strength is necessary as a base for explosive movements.

Maximum Chin Ups

Description:

- Athletes will be asked to perform the maximal number of strict-form chin ups.
- Athletes will use a supinated grip, start from a dead hang (straight arm) position and must get their chin over the bar for each rep to count.
 - Any reps completed that do not start from straight arm position, or finish with the chin over the bar should not be counted.

Rationale:

Assess and track relative upper body strength of the athletes.