

OUTCAN Athlete of the Quarter Nomination Sheet

1. The Athlete of the Quarter recognizes CAF OUTCAN personnel who excel at their particular sport in terms of performance, leadership, dedication and sportsmanship. Participation may include the CAF National Sports Program and/or civilian leagues/competitions. Please complete section 3 including a short description of why this athlete is deserving of a nomination for Athlete of the Quarter. Please list any awards, commendations, or other accolades to better support the nomination. A picture of the athlete is also required, preferably competing in their respective sport. The athlete selected will be profiled in the OPS Fit newsletter, they will receive a prize and have their name placed on a plaque. Please direct any questions to the OUTCAN Fitness Coordinator at Cirka.Todd@cfmws.com
2. Nominations must be received by the OUTCAN Fitness Coordinator no later than 45 days prior to the publication date of the next OPS Fit newsletter (June, Sept, Dec, Mar).

|  |  |
| --- | --- |
| Name and rank of athlete |  |
| Name and rank of nominator |  |
| Location of athlete |  |
| Support unit |  |
| Sport(s) |  |
| Please explain why this athlete deserves to be nominated for Athlete of the Quarter |

1. The scoring criteria follows that used to determine the VCDS Athlete of the Year for the CAF Sports Awards. Some of the criteria may not apply to your specific nomination (ie: individual vs team sport) however it is provided to help guide you through the nomination process.

**Selection Criteria for Athlete of the Year**

**1. Primary points awarded**

* Full points are awarded for participation
* Additional points awarded for each top 3 finish (full points for each 1st place finish, minus 1 for each 2nd place finish, minus 2 points for each 3rd place finish)

|  |  |  |
| --- | --- | --- |
|  | Participation  | Placing |
| 1. International civilian competitions (10) \*(10,9,8)
 |  |  |
| 1. National civilian competitions (9) \*(9,8,7)
 |  |  |
| 1. CISM competitions (8) \*(8,7,6)
 |  |  |
| 1. Provincial civilian competitions (7) \*(7,6,5)
 |  |  |
| 1. CF National competitions (6) \*(6,5,4)
 |  |  |
| 1. CF Regional competitions (5) \*(5,4,3)
 |  |  |
| 1. Unit/Local/Regional level participation (4) \*(4,3,2)
 |  |  |
| 1. Outside activities (3) (eg. Coaching, officiating, etc., in local community programs or associations)
 |  | N/A |
| Total: |  |  |
| Total of both columns: |  |

**2. Secondary points awarded**

* Full points per category if criteria reasonably met
* Exception: category b and e as per below

|  |  |
| --- | --- |
| 1. Contributions of an athlete to a team; may include team captain, team spokesperson, administrator, and contributions to the team effectiveness (“esprit de corps”) (5)
 |  |
| 1. Single sport (3) vs. multi-sport athlete (5)
 |  |
| 1. Contributions to the development of sports at the unit level and the effect on unit morale through his sports contribution (5)
 |  |
| 1. Contribution to the sport in the area of coaching, officiating, or administration (5)
 |  |
| 1. Demands of the sport (example: Physical or mental); High (5) Medium (3) Low (1)
 |  |
| Total: |  |

**Total points awarded for all criteria**

|  |  |
| --- | --- |
| Total points: |  |