

# **KARATE CANADA**

## **2016-17 Youth Team Pilot Project Outline**



**KARATE  
CANADA**

**BOD Approved 21<sup>st</sup> January 2016**



## **PILOT PROJECT: 2016 YOUTH TEAM AND DEVELOPMENT PROGRAM**

### **-OUTLINE AND SELECTION CRITERIA-**

#### **1. SUMMARY:**

Karate Canada will lead a pilot project in 2016, aimed at increased support for the development of Youth (12-13 year old) athletes.

The relative success of this initiative will be measured by Karate Canada in the fall of 2016, so as to determine whether to prolong and sustain this program on an ongoing basis or to discontinue it.

#### **2. OBJECTIVES:**

This pilot program is to be focused around the development of athletes, and not around performance. It will be conducted in consideration of the main principles and recommendations contained in Karate Canada's Long Term Athlete Development model, and will at all times maintain the safety and well-being of athletes as its top priority.

The key objectives of this pilot project and program are as follows:

- ◆ To offer support for the development and preparation of the 12-13 year-old athletes, towards gradual progression to the Junior National Team program
- ◆ To provide more training opportunities (regional and inter-regional training sessions / camps), thereby allowing athletes to:
  - acquire more skill, knowledge, experience and motivation.
  - be introduced to the standards and work ethic of Karate Canada's Junior National Team program.
- ◆ To select some Youth (12-13 year-old) athletes for participation in the 2016 Cadet & Junior Pan American Karate Championships, alongside other Canadian Junior National Team roster athletes. This portion of the pilot project will help achieve the following sub-goals:
  - ◆ To assess the level of Karate Canada's Youth athletes in comparison to those of other PKF member nations, and to use this information for further development of the Junior National Team program.
  - ◆ To ensure better preparation of future Junior National Team Roster athletes for the level of international competition.

### 3. STRUCTURE (ENTRY POINTS):

- ◆ In order to become eligible to benefit from this initiative, Youth division athletes must compete in the 2016 National Championships (upon meeting their Provincial / Territorial Team selection requirements).
- ◆ All Youth division medalists (top 4) from the 2016 National Championships will be invited to participate in Regional / Inter regional Training Camps and Sessions offered throughout the 2016-2017 competitive season (February 1<sup>st</sup> 2016 to February 28<sup>th</sup> 2017), as well as in the 2016 Junior National Training Camp (JNTC, July).
- ◆ Participation in Regional and Inter Regional Training sessions will be mandatory for all invited Youth athletes in order to be eligible to take part in Challenge Matches at the JNTC (see section 5 below).
- ◆ Participation in the JNTC will be mandatory in order for Youth division athletes to be eligible for consideration towards possible selection onto the National Team participating in the 2016 Cadet & Junior Pan American Karate Championships. This selection will be considered and determined as described below (section 4):

### 4. SELECTION PROCESS:

Final selection of Youth Team members, for participation in the 2016 Cadet & Junior Pan American Karate Championships, will be decided by the High Performance & Coaching Committee.

This selection will be decided upon consideration of the following elements (see Appendix A):

- 1) Assessment / evaluation by and recommendation from the Junior National Team Head Coaches, Assistant Coaches and Regional and / or Inter Regional Training Centre Coaches – see Appendix for breakdown of assessed elements (60%)
- 2) 2016 National Championships results (40%)

All respective Coach evaluations / assessments will be made according to a common evaluation tool / matrix and set of criteria, and will primarily take into consideration and revolve around evidence of the following elements:

- 1) MATURITY - mental capabilities, tactical capabilities...
- 2) PHYSICAL ABILITIES - athleticism, speed, strength, flexibility...
- 3) TECHNICAL ABILITIES
- 4) COMMITMENT

National Team Coaches will, where applicable, also consider the athletes' demonstrated levels of readiness for participation in international competition, and such determination may take into consideration observation of these athletes in action through video review of matches from the 2016 USA Open Karate Championships (March, Las Vegas NV USA).

Recommendations will be presented to the High Performance & Coaching Committee by the Junior National Team Head Coaches (in kata and kumite), for final approval.

Only athletes obtaining the best overall evaluations will be recommended to the High Performance & Coaching Committee, for selection onto the Youth Team for participation in the 2016 Cadet & Junior Pan American Karate Championships.

Karate Canada is under no obligation to select any minimum number of athletes for participation in the 2016 Cadet & Junior Pan American Karate Championships in any of the Youth (12-13 year olds, or U14) divisions, and may select up to a maximum of 2 athletes per Youth division for participation in this event.

## 5. REQUIREMENTS TO MAINTAIN STATUS:

In order to remain eligible for participation in the 2016 Cadet & Junior Pan American Karate Championships, and in order to be considered active and current members in good standing of the national Youth Team, all Youth division athletes must meet the following requirements:

- ◆ Mandatory participation in all Regional or Inter-Regional Trainings (for all invited athletes residing within 200 km from the venue, or within 300 km of the venue in the case of Ontario-Quebec Inter-Regional Trainings; Invited athletes living outside of this perimeter will be exempt from mandatory participation in QC-ON Inter-Regional Training Camps.). See Table 1 below;
- ◆ Mandatory participation in the 2016 Junior National Training Camp (for all invited athletes);
- ◆ Demonstrated commitment to daily / regular training (dojo /club training attendance, as validated through communication with main club / dojo coach / instructor, and observed overall attitude / focus).

Furthermore, all selected Youth Team athletes will be required to:

- ◆ Sign and adhere to the Karate Canada Athlete Agreement
- ◆ Pay the required Junior National Team Package Fee as well as Team Management Fees for each event on time, if required.
- ◆ Have and maintain a valid Canadian passport.
- ◆ Always report any performance-limiting injuries or physical conditions to the National Junior Head Coach(es) within 5 days of the injury or performance limiting change in physical condition.
- ◆ Provide proper medical information on the injury and on its treatment.
- ◆ Keep the National Head Coach(es) informed on the progress of recovery from injury and/or illness.
- ◆ Provide an accurate mailing address, an active e-mail address and all phone numbers at which they can be reached; any changes must be sent to the Karate Canada Head Office.

**Table 1 – Dates for Regional and Inter-regional Training Camps\***

Inter-Regional Québec-Ontario	British Colombia	Atlantic	Alberta
May	May	May	May
June	June	June	June
August	August	August	August
KC Summit *	October	October	October

\* = Participation in the KC Summit Training Camp is mandatory for all Ontario and Quebec-based Youth National Team athletes, in order for these athletes to maintain their status as active within Karate Canada's Youth National Team Program. Exact dates of all Regional and Inter-Regional Training Camps to be announced, at least 6 weeks before the proposed start of each camp.

KC has the right to change the dates and/or location of any of the mandatory camps, or cancel a camp, provided at least 2 weeks notice is given to Youth National Team members.

Note that Karate Canada may add additional Regional Training Camps during the course of the season.

## 6. EXEMPTIONS:

Exemptions from Youth National Team Camps and/or competition activities due to exceptional circumstances may include, but are not limited to:

- ◆ Recent death in the immediate family (within at least 1 month prior to the start of the Camp or Competition);
- ◆ Injury limiting participation and/or performance;
- ◆ Infectious disease

Requests must be made as soon as reasonably possible after the issue arises but no later than 3 weeks after the occurrence of the incident or exception by notification in writing to the Karate Canada Head Office. Notification of such an event must include details of the circumstances along with any supporting evidence scanned and/or emailed to the Karate Canada Head Office.

In the cases of injuries, disease or other performance limiting physical condition, the athlete must include a medical certificate indicating the specific problem, its severity and the estimated recovery time. Karate Canada has the right to seek its own medical opinion before rendering their final decision on potential exemption or consequence of the injury.

An athlete who has sustained an injury must be present at all mandatory training camps unless the ability to receive appropriate medical treatment for that injury precludes that athlete from attending, or unless waived by the Head Coach(es).

An athlete whose condition persists and is unable to undergo full training during the 2-week period prior to an event may be withdrawn by KC from the team representing Canada at that event.

Karate Canada will accept or reject all requests for exemptions and deliver its decision in writing 3 business days following receipts of request for exemptions. Such decisions will be final and without appeal.

## 7. APPEALS:

Appeals regarding team selection are limited to the incorrect application of criteria. For any appeal, please refer to the Karate Canada's Appeal Policy.

## ELEMENTS CONSIDERED FOR SELECTION OF YOUTH DIVISION ATHLETES TOWARDS PARTICIPATION IN THE 2016 JUNIOR PAN AMERICAN CHAMPIONSHIPS

### 1. Assessment by National Team Coaches and Regional Training Centre Coaches (total value: 60%):

#### a. Commitment (20%):

*Measured through:*

- i) ...attendance / participation in Regional and Inter-Regional Training Camps (May-June) \*  
*Total value: 10 points*
- ii) ... attendance / participation in the 2016 Junior National Training Camp:  
*Value: 10 points*

#### b. Abilities\*\* (20%):

- i) Physical Readiness / Level: *Value: 10 points*
- ii) Technical/ Tactical Level: *Value: 10 points*

#### c. Maturity\*\* (20%):

- i) Stress Management and Sportsmanship: *Value: 10 points*
- ii) Intensity and Determination: *Value: 10 points*

### 2. Performance at the 2016 National Championships (total value: 40%): \*\*\*

-  Gold Medal: *40 points*
-  Silver Medal: *30 points*
-  Bronze Medal (3<sup>rd</sup> place in kumite): *20 points*
-  4th place (Kumite): *10 points*

\*= Athletes not invited to Regional / Inter-Regional training Camps due to the geographical location of their place of residence will not be impacted by this, and will earn full participation / attendance points for all such trainings.

\*\*= As assessed by National Team Coaches and Regional Training Coaches through observation in training, at the 2016 National Championships and at the Junior National Training Camp, and through video review of matches from the 2016 USA Open Championships, etc.

\*\*\*= A Youth division kumite athlete may be selected for participation in the 2016 Junior Pan American Championships in a different weight division than the division where he / she earned a medal (or top 4 result) at the 2016 National Championships.