



#523 – 4438 West 10th Ave
Vancouver BC, V6R 4R8
t. 604 333-3513 f. 604 333-3514
info@judobc.ca www.judobc.ca

Judo BC High Performance Elite & Development Teams 2016-17 Selection Policy and Criteria

This document outlines the criteria for selection to the Elite and Development Teams as a part of the Judo BC High Performance Program. Also included are the benefit of these programs, the costs and athlete and club coach commitments which will be expected of all athletes selected for either of these teams.

Judo Canada High Performance Mandate

Judo Canada's mandate is to produce sustainable podium performance at Olympic Games, Senior World Championships, Junior World Championships and Cadet World Championships.

Judo BC Provincial High Performance Definition

High Performance (HP) in BC is the pursuit and achievement of excellence at the Train to Train and Train to Compete stages of the Judo Canada Long Term Development Model. Judo BC has determined three HP Levels:

1. Elite Team

The Elite Team is the highest level of HP in BC. Athletes selected to the Elite team will be tracking towards the Judo Canada HP program.

2. Development Team

The Development Team will be made up of athletes tracking towards the Elite BC team.

3. Open Nationals Team

Athletes will be selected to the Open Nationals Team based on the selection criteria outlined in the [Team BC Nationals Selection Criteria document](#).

Statement

This selection policy and criteria, was developed by the Judo BC Sport Development Director/Provincial Coach and the Executive Director. It has been approved by the Technical Committee and the board of directors. It is based on best practices as recommended by Judo Canada Cadet (U18) & Junior (U21) High Performance Pathway, Canadian Sport for Life Long Term Athlete Development (LTAD) Principals, the Canadian Institute for Sport & the Canadian Sport Dispute Resolution Centre.

Purpose

The purpose of this policy and criteria is to select the top judoka in the following categories who are committed to the Judo Canada LTAD Model and the Judo BC High Performance Program.

- Final year of U14 (born in 2004)
- U16 (born in 2003 & 2002)
- U18 (born in 2001 & 2000)
- U21 (born in 1997 to 1999, priority for 1999)

Objectives of the Elite & Development Team Program

1. To achieve the 2015 – 2019 Judo BC Strategic Plan Performance Goal of increasing the number of nationally ranked E and above BC athletes to 8 – 10

2. Increase the number of athletes selected by Judo Canada for International Cadet (U18) and Junior (U21) events
3. Increase the number of athletes transitioning to the National Training Centre (NTC) when they become Juniors (U21)

Selection Process

Recommendations for selection to the Elite and Development Teams will be made by the Sport Development Director and approved by the Technical Committee based on the criteria outlined in this document. Athletes must apply for consideration for selection.

General Eligibility 2016-17

1. Athletes born in 1997 – 2004 (priority will be given to athletes born in 1999 – 2003)
2. Green belt minimum rank for 1999-2002, orange belt minimum rank for 2003 & 2004
3. Canadian Citizen or Permanent Resident
4. Member in good standing of Judo BC

Minimum Performance Criteria

1. 2003 & 2004
 - a. Participation in a minimum of 4 competitions in the 2015-16 season
2. 1997-2002
 - a. Participation in a minimum of 5 competitions in the 2015-16 season
 - b. Competed at the 2015 and/or 2016 Canadian Championships

Selection Criteria

Applicants that meet the general eligibility & minimum performance criteria listed above will be considered for selection. Recommendations for selection to the teams will be made utilizing, but aren't limited to, the criteria listed below. The Sport Development Director will make an overall assessment of each applicant based on his education, expertise, and experience.

1. Past Performance
 - a. Provincial Results
 - b. National Results – not applicable to U14 and first year U16 athletes
2. Commitment to Judo
 - a. Ranking points from 2015-16
 - b. Club coach assessment
 - c. 2015-16 Provincial Coach assessment – not applicable to U14 and first year U16 athletes
 - d. Meeting LTAD targets for training and competition (T2T & T2C)
3. Judo Potential – as assessed by Sport Development Director, 2015-16 Provincial Coach & club coach
 - a. Work habits
 - b. Coach-ability
 - c. Willingness to train
 - d. Age/pathway – i.e. athlete's age vs where they are on the LTAD pathway
4. Commitment to the Elite or Development Team & LTAD
 - a. For U14 and first year U16 athletes and for athletes applying for the first time to this program, this commitment will be assessed by the athlete's willingness to sign the team commitment declaration and other participation/performance criteria such as competing the U14 division at Pacific International, attending at regional training & competitions.
 - b. For athletes reapplying to the program (starting in 2017-18) commitment will be assessed by the attendance record to team events and attitude displayed during the past season.

5. Physical Preparation

- a. General Judo & Fitness testing – see attached information on specific tests to be performed
- b. V02 max testing starting in 2017-18
- c. Wingate testing starting in 2017-18
- d. Body composition testing starting in 2017-18

Application Deadline – August 5th. Click on the link below to apply.

[Online Application](#)

Number of athletes to be selected

The number will vary from year to year but we expect approximately 10 - 12 athletes to be selected to the Elite Team in the first year of the program and approximately 10 - 15 to the Development Team

Notification of Selection

Athletes and their coaches will be notified of selection to the Elite Team no later than September 1st each year.

Additional Information

1. An athlete selected by Judo Canada for an international or junior developmental event that is in conflict with a provincial event date will receive an exemption from participating at the Provincial event. Conflict of dates will include 14 days prior to and after the international event.
2. Should amendments to the selection criteria become necessary after the criteria have been adopted, amendments will be clearly communicated to all clubs via email and to the Judo BC membership via our social media & bi-weekly e-newsletter. Amendments will only be considered by the technical committee on recommendation of the Sport Development Director.
3. Athletes training full time outside of BC, who wish to be selected for the Elite or Development Teams, must communicate with the Judo BC Sport Development Director on a regular basis (bi-monthly), advising on training, testing, competitions attended and results.
4. An athlete with a current proven competitive record from another province who relocates to BC during the competitive season may be considered for selection.
5. An athlete who isn't meeting, or is unable to meet any of the commitments outlined in the athlete commitment section for any reasons (i.e. injury, school, family) will be assessed by the Sport Development Director on a case by case basis. Athletes will be required to provide a doctor's note, letter from the school or family, if an exemption from a specific commitment (i.e. training camp, tournament) is being requested. The Sport Development Director will then make a recommendation to the technical committee regarding an exemption from a specific activity/event/tournament and/or the athlete's continuation in the HP Program. The technical committee will have the authority to approve or deny the Sport Development Directors recommendations. Athletes who are unable to continue in the program, or moved from the Elite Team to the Development Team will be refunded on a pro rated basis.

Appeals

Appeals will only be considered on a case by case basis for those athletes that were ill or injured during the season in question.

Judo BC Elite Team

Athlete Benefits

Program/Service	Estimated Value per athlete
Monitored individualized yearly training plan	\$500
Monitored individualized strength and condition program	\$450
Training with Provincial Coach 2 – 3 per week at RTC for metro Vancouver athletes Minimum 2 per month for all others Ongoing communication between Provincial Coach & Club Coach	\$1500 Metro Vancouver \$300 Rest of BC
Performance Team Camps & Meetings as scheduled	\$800
Government funding (formerly BC Athlete Assistance Program)	\$950
Judo BC funding to assist with travel to BC Elite Team activities & Out of Provinces training camps and Tournaments	\$1300
CSI Pacific Targeted Athlete Support (formerly called Pacific Sport carding)	\$800
Provincial and Inter-Provincial training camp fees	\$200
Functional Assessments 3/year	\$300
V02 max testing 3/year	\$450
Body Composition 3/year	\$150
Wingate testing 3/year	\$150
Strength and Conditioning testing 3/year	\$150
A Team BC Kit – i.e. t-shirt, team jacket, bag, back patch	\$300
Elite Team Estimated Total Value per athlete	\$7000

Travel Costs*♦

Activity – entry fees, travel & accommodations included	Estimated Cost
Quebec Open/Training Camp/Ontario Open	\$1600
Elite Nationals	\$1200
Saskatchewan Open	\$750
Pacific International/Training Camp/Edmonton Open	\$750
National Championships & Camp	\$900
Total Estimated Travel Costs	\$5200

*meals not included

Total (Value & Travel Costs) of the Elite Team Program	\$12,200
Judo BC funding, government funding & in kind support	\$7100

Total for athlete/family to pay	\$5100
---------------------------------	--------

Monthly or quarterly payment plans can be arranged.

♦ If the travel costs for out of province activities are less than the estimates listed above, a refund will be issued or the final payment amount will be adjusted. If the travel costs are greater than the estimates Judo BC will cover the difference.

Judo BC has limited funds available to athletes in financial need. These athletes will generally come from a low range income family, especially where parents are receiving a pension, or have faced a very long period of unemployment or a single parent family. For more information, contact executivedirector@judobc.ca.

Elite BC Athlete Commitment

Activity	Frequency
Attend club training	minimum 2/week
Attend Elite Team training	training 2 – 3/week – Metro Vancouver athletes 2/month - all other BC athletes
Performance Team meeting/camp	As scheduled
Fitness & Strength – as determined by individual training plan	2-4/week
Attend CSI athlete workshops when offered in your region	As scheduled
Complete all testing listed above	5 tests 3/year
Attend all Provincial & Inter-Provincial training camps	4/year
Attend Quebec Open, Ontario Open, Saskatchewan Open, Pacific International, Edmonton International, Canadian Open Championships & Elite Nationals (if selected)	5 domestic points tournaments per year plus Nationals
Attend Quebec Open, Pacific International & Open Nationals training camps	3/year

Club Coach Commitment

Regular communication with Provincial Coach	ongoing
Attend all Provincial & Inter-Provincial training camps	4/year
Ensure athlete is following individualized yearly training plan	ongoing
Ensure athlete is following the individualized fitness & strength training program	ongoing
Provide progress reports on athlete	as requested
Attending Elite team meetings (to be schedule in conjunction with Provincial events – i.e. training camps, AGM, shiai	as scheduled

2016-17 Elite Team Schedule of Events

DATE	EVENT	PLACE	REQUIRED
August 27/28	Fitness & Judo Testing	Metro Vancouver	yes
September 30 – Oct 2	Fall Inter-Provincial Camp	Vernon	yes
November 5 & 6	Quebec Open	Montreal	yes
November 7 - 10	Judo Canada Training Camp	Montreal	yes
November 13 & 13	Ontario Open	Toronto, ON	yes
November 26	Steveston Tournament	Steveston, BC	no
December 2 & 3	Canada West Invitational	Burnaby, BC	yes

December 27 - 30	Winter Provincial Training Camp	Abbotsford, BC	yes
January 7 & 8	Elite National Championships	Montreal	if selected
January 21 & 22	Saskatchewan Open	Regina, SK	yes
January/February	Vancouver International	TBA	no
January/February	Youth Provincials	TBA	yes
March 4 & 5	Pacific International	Richmond, BC	yes
March 11 & 12	Edmonton International	Edmonton, AB	yes
April 7 - 9	Spring Inter-Provincial Camp	Canmore, AB	yes
April	BC Open	Vernon, BC	no
May 25 - 28	Canadian Championships	Calgary, AB	yes
May 29 - 31	Canadian Championships Training Camp	Calgary, AB	yes
June	Fitness & Judo Testing		yes
July/August	Summer training camp		yes

Proposed Weekly Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Physical Training (TBD)		Physical Training (TBD)		Physical Training (TBD)	10-12 RTC Training **
PM	Rest	Club training	6-8 RTC Training*	Club training	6-8 RTC Training*	Club training	

* Burnaby Judo Club

** Abbotsford Judo Club and Steveston Judo Club

Judo BC Development Team

Athlete Benefits

Program/Service	Estimated Value per athlete
Yearly training plan	\$75
Strength and condition program	\$75
Ongoing communication between Provincial Coach & Club Coach	
Performance Team camps/meetings as scheduled	\$800
CSI Pacific Targeted Athlete Support (formerly called Pacific Sport carding) if eligible – see CSI Criteria	\$800
Provincial and Inter-Provincial training camp fees	\$200
Team BC T-shirt & back patch	\$50
Development Team Estimated Total Value per athlete	\$2000

Travel Costs*♦

Activity – entry fees, travel & accommodations included	Estimated Cost
Saskatchewan Open	\$750
Pacific International/Training Camp/Edmonton Open	\$800
National Championships & Camp	\$900
Total Estimated Travel Costs	\$2450

*meals not included

Total (Value & Travel Costs) of the Elite Team Program	\$4450
Judo BC funding, government funding & in kind support	\$1450

Total for athlete/family to pay	\$3000
---------------------------------	--------

Monthly or quarterly payment plans can be arranged.

♦ If the travel costs for out of province activities are less than the estimates listed above, a refund will be issued or the final payment amount will be adjusted. If the travel costs are greater than the estimates Judo BC will cover the difference.

Judo BC has limited funds available to athletes in financial need. These athletes will generally come from a low range income family, especially where parents are receiving a pension, or have faced a very long period of unemployment or a single parent family. For more information, contact executivedirector@judobc.ca.

Development Team Athlete Commitment

Activity	Frequency
Attend club training	minimum 2/week
Attend Development Team training	1/month
Performance team camps/meetings	As scheduled
Fitness & Strength – as determined by training plan	2-4/week
Attend CSI athlete workshops when offered in your region if eligible	As scheduled

Attend all Provincial & Inter-Provincial training camps	4/year
Attend Saskatchewan Open, Pacific International, Edmonton International & Canadian Open Championships	3 domestic points tournaments per year plus Nationals
Attend Pacific International & Open Nationals training camps	2/year

Club Coach Commitment

Regular communication with Provincial Coach	ongoing
Attend all Provincial & Inter-Provincial training camps	4/year
Ensure athlete is following yearly training plan	ongoing
Ensure athlete is following the fitness & strength training program	ongoing
Provide progress reports on athlete	as requested
Attending development team meetings (to be schedule in conjunction with Provincial events – i.e. training camps, AGM, shiai	as scheduled

2016-17 Development Team Schedule of Events

DATE	EVENT	PLACE	REQUIRED
August 27/28	Fitness & Judo Testing	Metro Vancouver	yes
September 30 – Oct 2	Fall Inter-Provincial Camp	Vernon	yes
November 5 & 6	Quebec Open	Montreal	recommended
November 7 - 10	Judo Canada Training Camp	Montreal	recommended
November 13 & 13	Ontario Open	Toronto, ON	recommended
November 26	Steveston Tournament	Steveston, BC	yes
December 2 & 3	Canada West Invitational	Burnaby, BC	yes
December 27 - 30	Winter Provincial Training Camp	Abbotsford, BC	yes
January 21 & 22	Saskatchewan Open	Regina, SK	yes
January/February	Vancouver International	TBA	yes
January/February	Youth Provincials	TBA	yes
March 4 & 5	Pacific International	Richmond, BC	yes
March 11 & 12	Edmonton International	Edmonton, AB	yes
April 7 - 9	Spring Inter-Provincial Camp	Canmore, AB	yes
April	BC Open	Vernon, BC	yes
May 25 - 28	Canadian Championships	Calgary, AB	yes
May 29 - 31	Canadian Championships Training Camp	Calgary, AB	yes
June	Fitness & Judo Testing		yes
July/August	Summer training camp		yes

Judo BC Fitness & Judo Testing – Elite & Development Team Athletes

Here are the fitness and judo testing that will be done the weekend of August 27 & 28

Fitness/Strength

1. Maximum push ups
2. Maximum wall sit
3. Maximum chin ups – any grip
4. Plank maximum time
5. Beep test
6. Vertical jump test

Judo

1.5 minutes yaku soku geiko randori – showing attack systems tachi waza & ne waza (standing and ground techniques)

Other

1. Skin fold test
2. Weight

All high school aged athletes are asked to bring their most recent school report card.

Judo Canada LTDM Recommendations

U14*

40 weeks per year

Goal: Judo Technical

Between 6-8 competitions per year / 30-35 fights per year

Focus: Coordination + Speed

Judo: 3 times a week

U16*

44 weeks per year

Goal: Judo Technical / tactic

Between 8-10 competitions per year / 35-40 fights per year

Focus: Coordination + Speed + tactical introduction

Judo: 5 times a week

U18*

48 weeks per year

Goal: Judo Technical for competition / tactic / physique

Between 10-12 competitions per year / 40-45 fights per year

Focus: Tactical, mental introduction

Judo: 5 times a week + 2 conditioning

U21*

48 weeks per year

Goal: Judo Technical for competition /

Between 10-14 competitions per year / 50 fights per year

Focus: Power, Force, Tactical, Mental

Judo: 5 times a week + 1 conditioning + 2 weight training

*1 or 2 Additional technical trainings can be added.