

# 2022-23 Provincial Team Program Selection Criteria & Policies

## Introduction

This document outlines the criteria for selection to the Provincial Teams as a part of the Judo BC High Performance (HP) Program. Also included are the athlete, parent and club coach commitments, schedule of events, the program benefits, and expectations.

## Canadian National Open Championships – May 2023 Montreal

Athletes selected to the Provincial Team Program (PTP) will meet all the Judo BC selection criteria for National Championships providing they follow the PTP requirements. Athletes not selected, or who don't apply, to the Provincial Team Program can still qualify to represent BC at the Open National Championships providing they follow the [2023 Judo BC Open Nationals Selection Criteria](#).

## Judo Canada High Performance Mandate

Judo Canada's mandate is to produce sustainable podium performances 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 the following Provincial Team Program levels:

### 1. Elite A Team

The Elite A Team is the highest level of HP in BC. Athletes selected to the Elite team will be tracking towards the Judo Canada HP program and must train at the at the **National Training Centre** (NTC) in Montreal.

### 2. Elite B Team

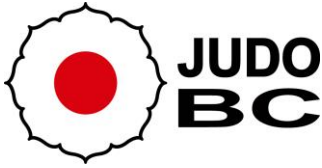
The Elite B Team is for athletes tracking towards the Elite A Team but have not yet relocated to the National Training Centre in Montreal. These athletes must train full time at the Provincial Training Centre (PTC) in Abbotsford.

### 3. Provincial A Team

The Provincial A Team will be made up of athletes tracking towards the Elite A and B Teams and will be training full time at the PTC in Abbotsford, if this isn't possible, they must train at least once a month at the Provincial Training Center AND train full time at a BC Regional training Centre (BC RTC).

### 4. Provincial B Team

The Provincial B Team will be made up of athletes tracking towards the Provincial A team and must train full time at a **BC RTC**



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### 5. Provincial C Team

The Provincial C Team will be made up athletes tracking towards to the Provincial B Team and training full time at a **BC RTC** or if this isn't possible, they must train at least once a month at **BC RTC**.

### Statement

This selection policy and criteria was developed by the Judo BC Sport Development Director/Provincial Coach and the Executive Director. It has been reviewed by the Technical Committee. It is based on best practices as recommended by Judo Canada Cadet (U18) & Junior (U21) High Performance Pathway, Canadian Sport for Life's Long-Term Development (LTD) 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 Provincial Team Program.

- Final year of U14 (born in 2010)
- U16 (born in 2009 & 2008)
- U18 (born in 2007 & 2006)
- U21 (born in 2002 to 2004, priority for 2004)

### Judo BC Strategic Plan 2020-2025 Excellence (High Performance) Goal

Four U18 athletes at the Judo Canada G standard, three U21 at E standard and top 5 finish at U18 or U21 World Championships.

### Objectives of the Provincial Team Program

Judo BC Strategic Plan Excellence Goals including:

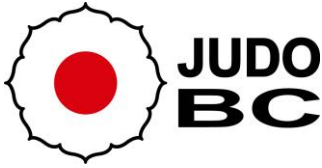
- Increase the number of athletes selected by Judo Canada for International Cadet (U18) and Junior (U21) events
- Increase the number of athletes transitioning to the National Training Centre (NTC) when they become Juniors (U21)

### Selection Process

Recommendations for selection to the Provincial Team Program will be made by the Sport Development Director and reviewed by the Technical Committee based on the criteria outlined in this document. Athletes must apply for consideration for selection.

### General Eligibility

1. Athletes born 2010 and earlier (priority will be given to athletes born in 2005 – 2009). Senior age athletes must be training at the National Training Centre in Montreal and not be receiving funding from Sport Canada in order to be eligible for the Provincial Team Program.



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2. Green belt minimum rank for 2005-2009, orange belt minimum rank for athletes born in 2008
3. Member of Judo BC (or equivalent Provincial Governing Body – i.e. Judo Ontario, USA Judo) for a minimum of 2 years
4. Member in good standing of Judo BC

### Minimum Fitness and Strength Criteria

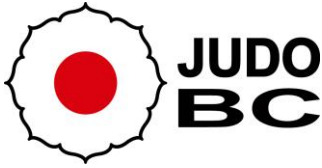
All athletes should be minimum “average” in 5 out of 7 [Judo BC Physical Testing Benchmarks](#).

Physical testing will be done by club coaches before the final selection to the team in late August or early September. If club coaches, or athletes, are not available for testing during this time, testing will be done at the fall camp at the end of September.

### Selection Criteria

Applicants that meet the general eligibility & minimum fitness/strength 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 their education, expertise, and experience.

1. Past Performance
  - a. Provincial Results for U16, U18, U21 & Senior athletes only
  - b. National Results for U18, U21 & Senior athletes only
2. Commitment to Judo Training
  - a. Training schedule in 2021-22
  - b. Club coach assessment
3. Judo Potential – as assessed by Sport Development Director/Head 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 LTD pathway
4. Commitment to the Provincial Team Program & Judo LTD
  - a. 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 in the U14 division at Provincial or National competitions, attendance at regional training & competitions.
  - b. For athletes reapplying to the program, commitment will be assessed by the attendance record to team events and attitude displayed during the past season.
5. Physical Preparation
  - a. General Judo and Fitness testing – see page 10 for details
  - b. If available, the results of V02 max testing, Wingate testing & body composition testing from the prior year



## 2022-23 Provincial Team Program Selection Criteria & Policies

**Application Deadline** – August 15, 2022. Click on the link below to apply. \$100 fee due with application. This deposit will be used to pay the initial booking fees on flights for the first team trip.

**Online Application** - <http://www.trackiereg.com/2022-23ProvincialTeam>

### **Notification of Selection**

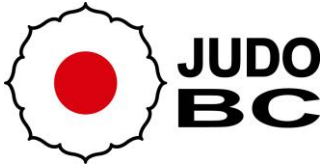
Athletes and their coaches will be notified of selection to the Teams by September 12, 2022. Acceptance of selection required by September 18, 2022. An additional deposit will be required upon accepting your spot in the program. This deposit will be used for the 2nd and 3rd trips of the year. Having this money at the start of the season will allow us to book flights earlier hopefully at great rates.

### **Additional Information**

1. An athlete selected by Judo Canada for an international or junior developmental event that conflicts 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/Head Coach.
3. Athletes training full time outside of BC, who wish to be selected for the Elite or Provincial Teams, must communicate with the Judo BC Sport Development Director/Head Coach 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/Head Coach on a case by case basis and in consultation with the Development Centre and Club Coach. 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/Head Coach 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 Provincial Team Program. The Technical Committee will have the authority to approve or deny the Sport Development Directors recommendations.

### **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.



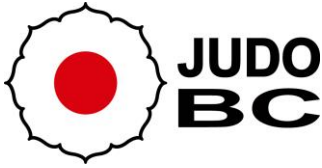
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### Athlete Commitment

- Follow the Judo BC Code of Conduct
- Attend all required team activities, meetings, events, camps and shiai as outlined by Judo BC
- Follow the yearly training plan as outlined by the Provincial Head Coach
- Follow the fitness and strength training program
- Fill in the online training log consistently
- Communicate with club coaches, regional coaches and the Judo BC head coach as needed
- Respond to communication, submit applications/registration for events & competitions, and remind parents to provide payment in a timely manner, ahead of deadlines whenever possible
- Attend a minimum of two on-demand online seminars or workshops that are provided by the Canadian Sport Institute Pacific in your region by September 30th – 1 workshop on nutrition and 1 on mental preparation.
- Maintain a positive attitude towards the program, training, teammates, coaches, volunteers, staff and officials at all times
- Follow the Judo Canada Concussion Protocols including the mandatory online reporting of any concussions - <https://www.judocanada.org/concussion-documents/>
- Complete the Canadian Centre for Ethics in Sports True Sport Clean (anti-doping) course - <https://cces.ca/truesportclean101untracked> by September 18th, 2021
- Complete the NCCP online Safe Sport module (U18 and older only) <https://safesport.coach.ca/> by September 18, 2021
- For U18 and older athlete start the coaching certification process, or continue on the coaching certification pathway
- For U16 and older athletes start the referee certification process. or continue on the referee certification pathway

### Parents Commitment

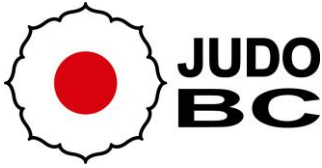
- Follow the Judo BC Code of Conduct & the BC Universal Code of Conduct
- Attend all recommended parent meetings, in person or via zoom
- Required volunteer hours or additional payment - more details will be available by August 1, 2022.
- Assist athlete in following the yearly training plan as outlined by Provincial Head Coach
- Assist athlete in following the fitness and strength training program
- Communicate with club coaches, regional coaches, and Judo BC head coach as needed
- Respond to communication, submit applications/registration for events & competitions, and provide payment in a timely manner, ahead of deadlines whenever possible
- Maintain a positive attitude towards the program, training, teammates, coaches, volunteers, Judo BC staff and officials at all times
- Follow the Judo Canada Concussion Protocols including the mandatory online concussion reporting - <https://www.judocanada.org/concussion-documents/>
- Complete the NCCP Safe Sport online module - <https://safesport.coach.ca/> Free
- Respect in Sport for Parents recommended - <https://judo-canada-parent.respectgroupinc.com/> (\$15)



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### Development Centre (Regional) and Team BC Coach Commitment

- Follow the Judo BC Coaches Code of Conduct & the BC Universal Code of Conduct
- Follow the Coaches Association of Canada Responsible Coaching Movement
- Regular communication with Provincial Coach
- Attend all Provincial and Inter-Provincial training camps
- Ensure athlete is following yearly training plan
- Ensure athlete is following the fitness & strength training program
- Provide progress reports on athlete
- Communicate with club coaches and the Judo BC head coach as needed
- Respond to communication, submit applications/registration for events & competitions, and remind parent to provide payment in a timely manner, ahead of deadlines whenever possible
- Attending team meetings (to be scheduled in conjunction with Provincial events – i.e., training camps, AGM, shiai etc...) whenever possible.
- Maintain a positive attitude towards the program, training, athletes, coaches, volunteers, staff, and officials at all times
- Follow the Judo Canada Concussion Protocols including the mandatory online reporting of any concussions - <https://judocanada.org/concussion-information/>
- Complete the Canadian Centre for Ethics in Sports True Sport Clean (anti-doping) course - <https://cces.ca/truesportclean101untracked>
- Complete the NCCP online Safe Sport module - <https://safesport.coach.ca/> - Free
- Complete the Respect in Sport for coach's online module - <https://judo-canada-al.respectgroupinc.com/> (\$15)
- Have a current (within the past 3 years) Criminal Record Clearance on file with Judo BC
- Work with Sport Development Director on a coach NCCP pathway plan and professional development
- Attend a minimum of two Professional Development coach events annually
- Attend Judo BC Annual Coaching Conference
- Have a current Emergency first aid certificate



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### Athlete Check List

#### Prior to application:

- For secondary school students – have your most recent school report card ready to upload into the application.
- Review the [Team BC Handbook](#)
- Review the [Judo Canada Concussion Protocols](#)
- Review the [Judo BC Code of Conduct](#) and if you are U18 age please also review the [BC Universal Code of Conduct](#)
- Review the [BodySense](#) website
- Download [SLACK](#) app if you are not already connected
- Subscribe to the [Judo BC e-newsletter](#) if you are not already receiving it
- Ensure your parents have reviewed the Concussion Protocols and the Judo BC Athlete, Parent and Coach Handbook
- Be prepared to answer the following questions in the application:
  - Short term (next 12 months) and long-term judo goals
  - Short term (next 12 months) and long-term school goals
  - Why do you want to be a part of the Judo BC Provincial Team Program?
- Complete the online application - <http://www.trackiereg.com/2022-23ProvincialTeam>

#### After completing application and prior to September 18<sup>th</sup>:

- Start tracking, or continue tracking, daily training via <http://athletes.judobc.ca/>
- Attend a minimum of one nutrition session. If you attend an online session in 2020-21 or 2021-22, you are not required to attend another one. For online nutrition sessions - <https://www.csipacific.ca/athletes/sport-education/on-demand/#presentations>
- Attend a minimum of one mental preparation session. If you attend an online session in 2020-21 or 2021-22, you are not required to attend another one. For online mental preparation sessions - <https://www.csipacific.ca/athletes/sport-education/on-demand/#presentations>
- Complete the True Sport Clean (anti-doping) course - <https://cces.ca/truesportclean101untracked>
- Complete the [NCCP Safe Sport module](#) (U18, U21 and senior athletes only)