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Judo BC High Performance Elite & Development Teams 2017-18 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 (HP) Program. Also included are the estimated travel costs and athlete and club coach commitments, schedule of events which will be expected of all athletes selected for these teams.

Canadian National Open Championships – May, 17 – 20, 2018 Calgary

Athletes selected to the HP program will meet all of the Judo BC selection criteria for National Championships providing they follow the HP program requirements. Athletes not selected to the HP program can still qualify to represent BC at the National Championships providing they follow the [2017-18 Judo BC Nationals Selection Criteria](#).

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 and must train at the at the Provincial training center in Burnaby. See training schedules on page 6 & 7.

2. Development 1 Team

The Development 1 Team will be made up of athletes tracking towards the Elite BC team and must train part time at the Provincial Training Centre in Metro Vancouver, their regional centre or have a plan to train a minimum of once per month at the Provincial Training Centre or at an equivalent centre i.e. Judo Canada regional training centre in Lethbridge.

3. Development 2 Team

The Development 2 Team will be made up of athletes tracking towards the Development 1 team.

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 2005)
- U16 (born in 2004 & 2003)
- U18 (born in 2002 & 2001)
- U21 (born in 1998 to 2000, priority for 1998)

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 2017-18

1. Athletes born in 1998 – 2005 (priority will be given to athletes born in 2000 – 2004)
2. Green belt minimum rank for 2000-2003, orange belt minimum rank for & 2005
3. Canadian Citizen or Permanent Resident, or member of Judo BC for a minimum of 2 years (Only for U14/U16/U18)
4. Member in good standing of Judo BC

Minimum Performance Criteria

1. Athletes born in 2004 & 2005
 - a. Participation in a minimum of 4 competitions in the prior season
2. Athletes born in 1998-2003
 - a. Participation in a minimum of 5 competitions in the prior season
 - b. Competed at the 2016 and/or 2017 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. # of provincial level camps & tournaments attended in 2016-17
 - b. Club coach assessment
 - c. 2016-17 Head Coach assessment
 - d. Meeting LTAD targets for training and competition (T2T & T2C)

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 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
 - b. If available, the results of V02 max testing, Wingate testing & Body composition testing from the prior year

Application Deadline – June 22nd. Click on the link below to apply.

[Online Application](#)

Number of athletes to be selected

For 2017-18, we will select 30 athletes in total – Elite, Development 1 and Development 2

Notification of Selection

Athletes and their coaches will be notified of selection to the Teams by July 10th.

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 Development 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 HP 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.

Athlete Commitment

Follow the Judo BC Code of Conduct	ongoing
Attend all recommended team activities, meetings, events, camps & shiai	as scheduled
Follow the yearly training plan as outlined by Provincial Head Coach	ongoing
Follow the fitness & strength training program	ongoing
Provide progress reports to Head Coach	Every Sunday
Attend two athlete seminar or workshop that is provided by the Canadian Sport Centre Pacific & PacificSport centre in your region.	ongoing

Development Centre 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 team meetings (to be schedule in conjunction with Provincial events – i.e. training camps, AGM, shiai	as scheduled

Team Travel

Activity – entry fees, travel & accommodations included*	Dates	Required/Strongly Recommended			Estimated Cost
		Elite Team	Dev 1 Team	Dev 2 Team	
Lethbridge Summer Camp	July 3 - 7	Yes	Yes		\$300
US Open	July 19 - 26	Yes	Yes	Yes	\$1300
NTC Summer School Camp	July 30 – Aug 5	Yes			\$1500
Judo BC Girls Summer Camp (includes meal)	Aug 22 - 25	Optional	Yes	Yes	\$325♦
HP Summer Camp (includes meals)	Aug 25 - 27	Yes	Yes	Yes	\$325♦
Inter-Provincial Fall Camp - Invermere	Sept 29 – Oct 1	Yes	Yes	Yes	\$300♦
Continental Crown, Seattle	Oct 6 - 8	Yes	Yes	Optional	
Quebec Open/Camp/Ontario Open	November	Yes	Yes	Optional	\$1400
International Trip (France or Japan)	December	Yes	If selected	If selected	\$1800
Elite Nationals, Montreal – top 8 per weight division U18 & Seniors only as selected by Judo Canada	January	If selected	If selected	If selected	Fully funding for Elite team, 50% for Dev 1
Saskatchewan Open	January	Yes	Yes	Yes	\$750
BC Games 2003 - 2006 (includes meals)	Feb 24 - 28		If selected	If selected	\$200
Edmonton International	March	Yes	Yes	Yes	\$750
Spring Inter-Provincial Camp – Canmore (some meals included)	April	Yes	Yes	Yes	\$275
BC Senior Championships + Spring Camp	April	Yes	Yes	Yes	For U18 and above
National Championships & Camp	May	Yes	Yes	Yes	Fully funded by Judo BC
International Cadet Event	June	If selected	If selected	If selected	

*meals not included except where indicated

♦ includes transportation costs from Metro Vancouver/Okanagan or Prince George

Judo BC will arrange registration, travel & accommodations to out of Province events (except Edmonton International and Continental Crown) and invoice club/families for the costs. For all in Province events, training camps and competitions including Edmonton International & Continental Crown, it will be the club/families' responsibility to arrange registration, travel, accommodations and supervision.

Judo BC Athlete Assurances Funding (Judo BC members only)

Athletes selected to the Elite team will receive \$1600 and Development 1 team will receive \$800. This money can be applied as a credit to the above trips, or can be issued as a cheque, in the fall once athletes have submitted all of the required forms & paper work.

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.

Provincial Training Center – Burnaby

Team Schedule	Time	Place	
Monday	5:45pm - 7:00pm	Fortius	Strength & Conditioning
Monday	7:30pm - 9:30pm	Burnaby Judo Club	Randori
Tuesday	6pm - 8pm	Fortius	Randori
Wednesday	5:30pm - 7:00pm	Bonsor Recreation Centre	Strength & Conditioning
Wednesday	7:30pm - 9:30pm	Burnaby Judo Club	Randori
Thursday	5:45pm - 6:30pm	Bonsor Recreation Centre	Technical
Thursday	6:30pm - 8:30pm	Bonsor Recreation Centre	Randori
Friday	7pm - 8:30pm	Burnaby Judo Club	Workout/Technical
Saturday	10am - 12pm	Abbotsford/Steveson	Team Practice
Sunday	REST		

Abbotsford Regional Training Center Schedule

Elite Team	Time	Place	
Monday	7:30pm - 9:30pm	Abbotsford	Randori
Tuesday	6:00pm - 8:00pm	Fortius	Randori/Tech
Wednesday	7:30pm - 9:30pm	Abbotsford	Randori
Thursday	6:30pm - 8:30pm	Burnaby Judo Club	Randori/Tech
Friday	6pm - 7:30pm	Abbotsford	Workout/Technical
Saturday	10am - 12pm	Abbotsford/Steveson	Randori
Sunday	REST		
Dev. Teams	Time	Place	
Monday	7:30pm - 9:30pm	Abbotsford	Randori
Tuesday	6:00pm - 8:00pm	Fortius	Randori/Tech
Wednesday	7:30pm - 9:30pm	Abbotsford	Randori
Thursday	7pm - 8:15	Abbotsford	Technical
Friday	6pm - 7:30pm	Abbotsford	Workout/Technical
Saturday	10am - 12pm	Abbotsford/Steveson	Randori
Sunday	REST		

Steveson Regional Training Center Schedule*

Elite & Dev. Teams	Time	Place	
Monday	8pm - 10pm	Steveson Judo Club	Randori
Tuesday	6pm - 8pm	Fortius	Randori
Wednesday	8pm - 10pm	Steveson Judo Club	Randori
Thursday	6:30pm - 8:30pm	Bonsor Recreation Centre	Randori
Friday	7pm - 8:30pm	Steveson Judo Club	Workout/Technical
Saturday	10am - 12pm	Abbotsford/Steveson	Randori
Sunday	REST		

*Pending approval of the Steveson Board of Directors

Victoria Regional Training Center Schedule

Dev. Teams	Time	Place	
Monday	6:30pm - 8:00pm	Kokushikai	Randori
Tuesday	6:30-9:30pm	Victoria Judo Club	Randori
Wednesday	7:30pm - 9:00pm	Victoria Judo Club	Randori
Thursday	TBD	TBD	Strength & Conditioning
Friday	5pm - 6:30pm	Victoria Judo Club	Randori
Saturday – 2 times per month	9:30am - 11:30pm	Regional Practice	Randori
Sunday	REST		

Prince George Regional Training Center Schedule

Dev. Team	Time	Place	
Monday	6:30 – 8:30pm	PG / Hart	Randori
Tuesday	7-9pm	PG Club	Randori
Wednesday	7:15pm - 9:00pm	Hart	Randori
Thursday	7-8:30pm	PG Club	Randori
Friday	6pm - 8pm	Hart	Randori
Saturday	9:30am - 11:30pm	Regional Practice/Conditioning	Randori
Sunday	REST		

Strength & Conditioning training at Engage Sport – schedule TBD

Nanaimo Regional Training Center Schedule

Dev. Team	Time	Place	
Monday	3:30pm - 4:30pm	Nanaimo Track	Strength & conditioning
Monday	7:15pm - 9pm	Nanaimo Club	Randori
Tuesday	7:15pm - 9:00pm	Nanaimo Club	Randori
Wednesday	3:30pm - 4:30pm	Nanaimo Track	Strength & conditioning
Wednesday	7:15pm - 9:00pm	Nanaimo Club	Randori
Thursday	7:15pm - 9:00pm	Nanaimo Club	Randori
Friday	6:00pm - 7:30pm	Nanaimo Club	Technical (Nagekomi)
Saturday / 2 times per month	9:30am - 11:30pm	Regional Practice	Randori
Sunday	REST		

Vernon Regional Training Center Schedule

Dev. Team	Time	Place	
Monday	7:45pm - 9:30 pm	Vernon Judo Club	Randori
Tuesday	7pm - 9pm	Vernon Judo Club / Kelowna	Strength & conditioning / Randori
Wednesday	6:30pm - 9:00pm	Vernon Judo Club	Randori + Circuit
Thursday	7:45pm - 9:30pm	Vernon Judo Club	Randori
Friday	7:00pm - 9pm	Vernon Judo Club	Strength & conditioning
Sunday	10:00am – 12am	Kelowna Judo Club	Randori

Kelowna Regional Training Center Schedule

Dev. Team	Time	Place	
Monday	7:45pm - 9:30 pm	Vernon Judo Club	Randori
Tuesday	6:15pm – 8:00pm	Kelowna Judo Club	Randori
Wednesday	7pm - 8pm	Kelowna Judo Club	Technical + Strength & conditioning
Thursday	6:15pm - 9pm	Kelowna Judo Club	Randori
Friday	7:00pm - 8pm	Kelowna Judo Club	Strength & conditioning
Sunday	10:00am – 12am	Kelowna Judo Club	Randori

Regional Training Center Coach is in charge of:

- Tracking the training of all athletes
- Organize physical testing 4 times per year, as request by Provincial Head Coach
- Tracking attendance and sending it to Provincial Head Coach every month
- Talent ID for next season

Team Comparison Chart

Benefits	Elite	Dev 1	Dev 2	Team to Nationals
Training Plan				
Individualized & Monitored	✓			
Age Specific Yearly Plan	✓	✓	✓	
Training Diary	✓	✓	✓	
Judo & Fitness Testing				
Fall	✓	✓	✓	
Winter	✓	✓	✓	
Spring	✓	✓	✓	
Summer	✓	✓	✓	✓
Performance Tests				
VO2 Max - 3/year	✓			
Anthropomorphic - 3/year	✓			
Wingate - 3/year	✓			
Functional Movement Screening - 3/year	✓			
Uniform*				
Shirt	✓	✓	✓	
Back Patch for Judo Gi	✓	✓	✓	
Jacket	✓	✓	✓	
Bag	✓			
Selection to teams makes athletes eligible for	✓	✓	✓	
2019 Canada Games (2001 – 2004 + 2005 early bloomers)	✓	✓	✓	
Canadian Sport Institute Pacific Athlete Support – approximate in kind value \$1400	✓	✓	✓	
Canadian Sport Institute Pacific Coach Support – coaches of athletes selected to the teams	✓	✓	✓	
Judo BC Coach mentorship program – coaches of athletes selected to the teams	✓	✓	✓	
Judo BC Funding				
Athlete Assistance Funding	✓	✓		
Full funding for Canadian Championships	✓	✓	✓	
Full funding for Elite Nationals	✓			
50% funding for Elite Nationals		✓		
Support for athletes moving to Development or Provincial Training Centres	✓	✓	✓	
Eligible for International funding support				
Team Only Events				
Fall Athlete Seminar – Metro Vancouver	✓	✓	✓	

*Elite athletes selected for a 2nd year to the team will receive a Team BC judogi & flip flops instead of uniform items listed. Development athletes selected for a 2nd year to the team will receive a team bag & flip flops.

2017-18 All Events

DATE	EVENT	PLACE
June 24	Fitness & Judo Testing	Various Location
July 3 – 7	Lethbridge Training Camp	Lethbridge, AB
July 19 - 26	US Open	Fort Lauderdale, FL
July 30 – Aug 5	NTC Summer School Camp	Montreal
Aug 22 - 25	Judo BC Girls Summer Camp	Oyama, BC
Aug 25 - 27	HP Summer Camp	Oyama, BC
September 9	Fitness & Judo Testing	Various Locations
September 10	Athlete Seminar, Team Training & Parent Meeting	Metro Vancouver
Sept 30 – Oct 2	Fall Inter-Provincial Camp	Invermere
October TBA	Fall Tournament	BC TBA
November 4 & 5	Quebec Open	Montreal
November 6 - 10	Judo Canada Training Camp	Montreal
November 11 & 12	Ontario Open	Toronto, ON
November 25	Steveston Tournament	Steveston
November 26	Provincial practice	Steveston
December 2	Canada West Invitational	Burnaby
December 3	Provincial practice	Burnaby
December 9/10	Fitness & Judo Testing	Various locations
December 27 - 30	Winter Provincial Training Camp	Abbotsford
January 10 - 12	Training at NTC	Montreal
January 13 & 14	Elite National Championships	Montreal
January 15 - 17	Training at NTC	Montreal
January 20 & 21	Saskatchewan Open	Regina, SK
February 10	Youth Provincials	TBD
February 11	Provincial practice	TBD
February 22 - 25	BC Winter Games	Kamloops
March 3 & 4	Pacific International	Richmond
March 5 - 9	Pacific Training Camp	Richmond
March 10 & 11	Edmonton International	Edmonton, AB
March	Fitness & Judo Testing	Various locations
April 6 - 8	Spring Inter-Provincial Camp	Canmore, AB
April 24	Senior Provincials	TBD
May 17 - 20	Canadian Championships	Calgary, AB
May 21 - 23	Canadian Championships Camp	Calgary, AB

Dates in red are not yet confirmed and are based on the 2016-17 schedule

2017-18 BC Ranking Points

Tournaments	Gold	Silver	Bronze	Top5	Participation
Senior Elite 8 EJU Jr. Cups, Bremen/Thüringen Jr., Arlon (Jr.) Commonwealth Championships Sr; Swiss Open	500	350	250	150	5
Senior Open National EJU U18 Cups, Bremen/Thüringen U18 Panam U21; Aix-En-Provence U21	350	250	150	100	5
Quebec Open Sr Ontario Open Sr	250	150	100	70	5
U21 National Open Champs Pacific International Sr Edmonton International Sr	150	100	70	50	5
Saskatchewan Open Sr, Quebec Open U21 U18 Elite 8 National US Open Sr	100	70	50	30	5
Quebec Open U18 Ontario Open U21/U18 Pacific International U21/U18 Edmonton International U21/U18 US Open U21/U18 BC Senior Championships - new	70	50	30	20	5
Youth Provincial championship U21 Pacific International U16 Quebec Open U16 Ontario Open U16 US Open U16	50	30	20	5	-
Youth Provincial championship U18 Burnaby West Canada U21 & Senior Steveston tournament U21 & Senior	30	20	5	-	-
Youth Provincial championship U16 Burnaby West Canada U18 Steveston tournament U18	20	5	-	-	-

- Half point if less than 3 people in the category
- 30% point if only 2 people in the category
- All competitive U16 to Senior athletes will be tracked
- Mandatory tournament for national selection
- Ranking list will be used for potential tournament selection

Judo BC Fitness & Judo Testing

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
7. Australian Shuttle run (new test – starting June 2017)

Judo

1.5 minutes nagekomi– showing attack systems tachi waza & ne waza (standing and ne waza transition 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 Long Term Development Model (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.