

# 2022-23 Provincial Team Program

Parent and Coaches Meeting  
September 18, 2022  
Presented by

## Katie Thomson

- Parent of two
- 35+ years in sport including:
  - Former full-time coach
  - Former Club Manager
  - Volunteer at the club provincial, university, national and international levels in gymnastics, climbing, soccer & rugby
  - Former staff member at BC Soccer and Karate BC
- NCCP Level 2 Certified
- BA (Psychology) Degree
- 10 years with Judo BC

## Jeremy Le Bris

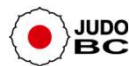
- Parent of two
- 25+ years in judo including:
  - Former international judo competitor
  - Former Canadian National Team coach
  - Club coach
- NCCP level 4 - Highest level of coach certification in Canada
- Sport and Exercise Degree
- Member of Judo Canada High Performance Committee
- 7 years with Judo BC



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## Goals of Meeting

Increase	Clarify	Provide
Increase parents and club coaches' knowledge of the program	Clarify roles and responsibilities	Provide information about the new volunteer commitment program



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## Agenda

Program philosophy, values, structure & Long Team Development

Roles and responsibilities

Volunteer commitment program

Athlete development budget & athlete funding

Safe Sport & Concussion

Resources & communication



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## Basic System Philosophy



**Athlete Centered**

All decisions and actions must reflect an optimization of performance



**Coach Driven**

Coach is ultimately responsible for the performance of the athlete and therefore must have authority when it comes to decisions regarding optimizing performance



**Administratively Supported**

Judo BC does everything in its power to provide for the needs of the athlete, as prescribed by the coach, to optimize performance

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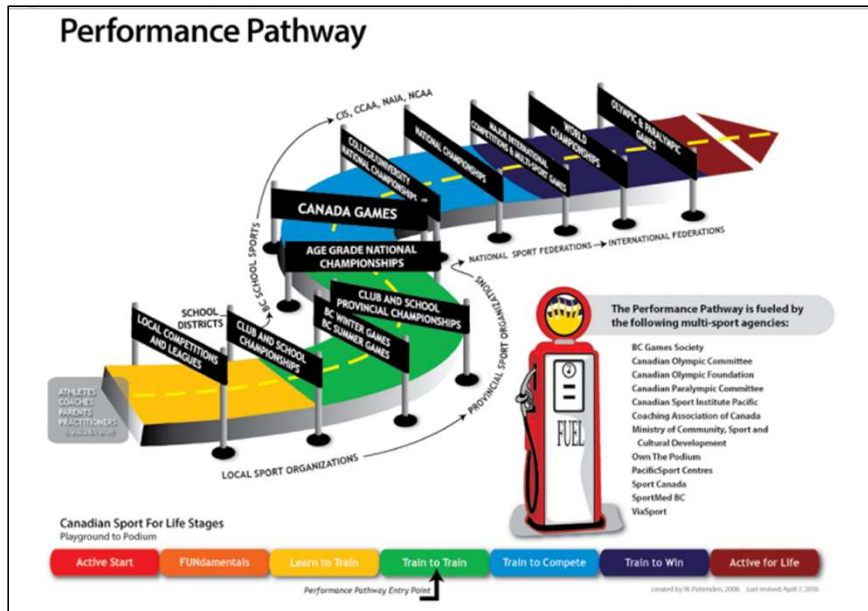
# Judo BC Philosophy & Judo Values

- **Mutual Welfare and Benefit**
  - Strive for fair play, integrity and personal excellence.
  - Demonstrate respect for self and others.
- **Maximum-Efficiency**
  - Practice excellence in service through all facets of the organization.
- **Cooperation**
  - Support equality and fairness for all members.
  - Ensure equity and access in programs and services.
  - Maintain open communication with members and partners.



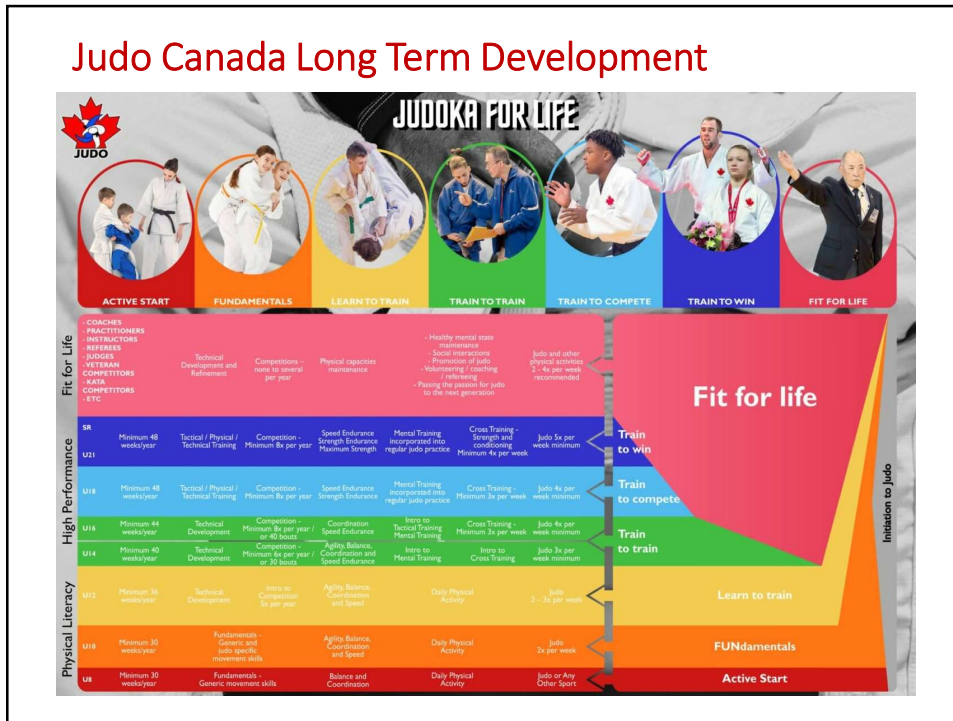
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## Canada's Long Term Performance Pathway



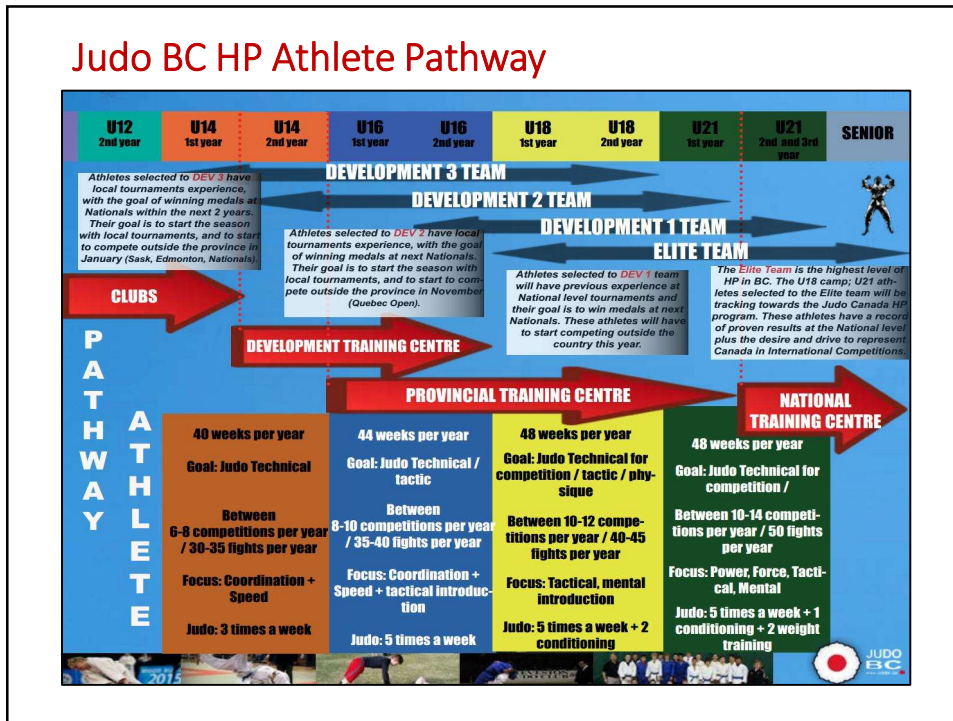
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# Judo Canada Long Term Development



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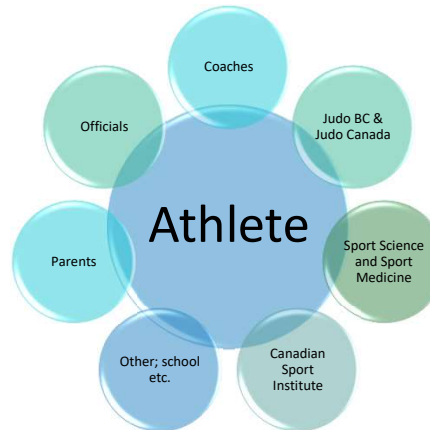
# Judo BC HP Athlete Pathway



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## Athlete Support Structure

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## Coach's Role

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- Coach is the over all manager of the athlete's career
- Makes all major decisions regarding training and competitions (in consultation with athlete, parents, club and other major stakeholders , National Sport Organization (NSO), National Olympic Committee (NOC) etc.
- Seeks out expertise as necessary to provide additional support for the athlete (Sport Science/Medicine, other experts etc.)
- Communicates regularly with parents to inform them on progress and upcoming activities

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## Referee/Official's Role

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- Safety - number 1 priority
- Fairness
- Judges/Officials must be considered as part of the athlete's "team" and not as an adversary. Their role in providing performance information is critical and a positive relationship must be nurtured with the officials

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## Judo BC's Role

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- Providing support in the form of training and competitions
- Facilitating access to resources such as Sport Science & Medicine (SSM)
- Acting as a liaison between the coach/athlete and National Sport Organizations, Canadian Sport Institute, BC Games, and other sport organizations
- Communication with clubs, athletes, parents, coaches and volunteers
- Providing support and educational upgrading opportunities for the coaches, volunteers and officials
- Works with members to develop and enforce governance, policies, procedures, bylaws, rules and regulations and codes of conduct
- Providing resources and education to clubs, parents, athletes

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## Judo BC Human Resources

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- 2 Full –time Paid Staff
- 3 Contractors – Team Manager, Accounting Support, Judo Merchandise Coordinator
- 5 Volunteer Board Members
- 2 Volunteer Coordinators - Social Media, BC Games
- 9 Committees ~ 50 volunteers
- Clubs – 90% of Judo BC clubs are volunteer run
- ~ 65% volunteer coaches

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## Judo Canada's Role

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Athletes selected for National Team events/programs

- Providing support in the form of training and competitions
- Facilitating access to resources such as Sport Science & Medicine
- Providing information and updates from WADA and other anti-doping agencies
- Acting as a liaison between the coach/athlete and the International governing bodies
- Providing educational upgrading opportunities for the coach
- National Training Centre (NTC) & National Team Program

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## Sport Science and Medicine Role

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Works through the coach and in consultation with the parent to:

- Provide proactive medical, sport psychology etc. support
- Provide rehabilitative care
- Provide any necessary sport science information and support that the coach feels may enhance the athlete's performance
- Assist athlete with adherence to WADA code

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## Parent's Role

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- Day to day managers of the athlete's athletic career in areas outside the coaches' direction
- Provide emotional support
- Provide practical support (driving etc.)
- Ensure that optimal nutrient requirements are met
- Provide educational support when necessary (Tutoring)
- Ensure a healthy life balance by not adding additional competitive pressure
  - Parents must watch their reactions at comps and training
  - The value in sport is NOT in winning
- Communicating with Coach & Judo BC via email & SLACK

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## Parent's Role cont.

- Assisting athletes with filling in and submitting registration, forms and payments by deadlines
- Work to ensure athlete receives optimal amounts of sleep
- Shows support for their child by volunteering, attending competitions etc.
- Supports the coach, PSO, NSO, SSM, officials etc.
- Provide unconditional positive regard for their child = making sure your love and support for them is completely independent of their athletic performances

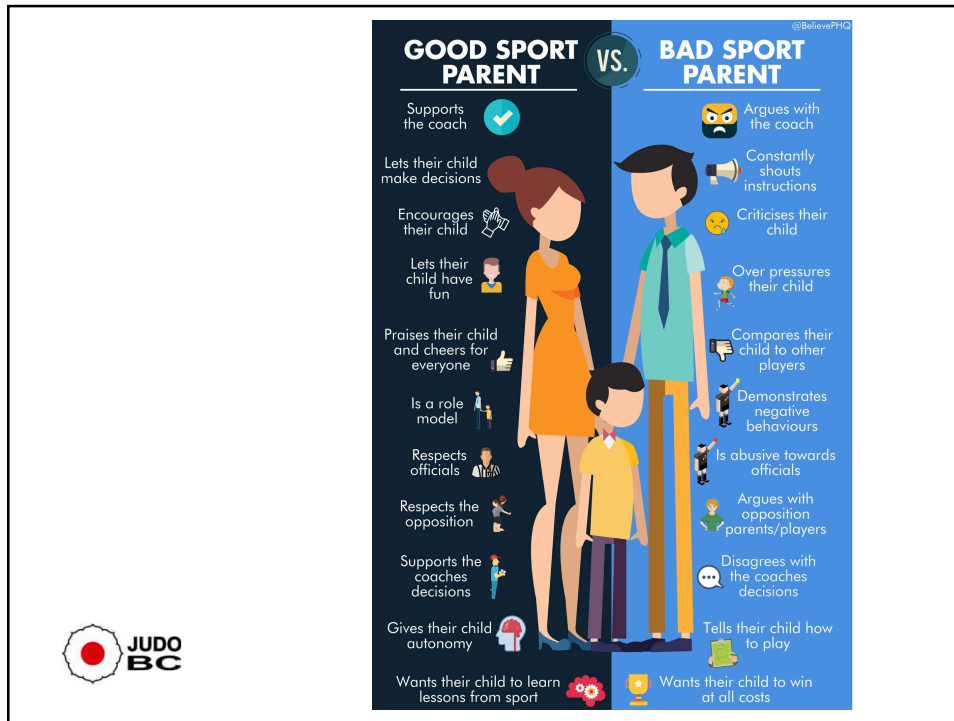
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## Parent's Role cont.

Understand	Understand	Be
Understand that children do not mature at the same biological rate	Understand that children are not miniature adults and are "under construction"	Be particularly aware of the issues associated with puberty <ul style="list-style-type: none"> <li>• Brain changes and development</li> <li>• Increased risks of injury associated with growth</li> </ul>



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## Athlete's responsibilities

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- To take responsibility for your athletic career
  - Be on time...
  - Respect coach, officials, volunteers everyone...
  - Register for events ontime
- ✓ Sleeping
- ✓ Eating
- ✓ Studying (school and Judo)
- ✓ Training = to try your hardest everyday
- ✓ Communicating
  - With your parents
  - With your coaches

**SUCCESSFUL ATHLETE**

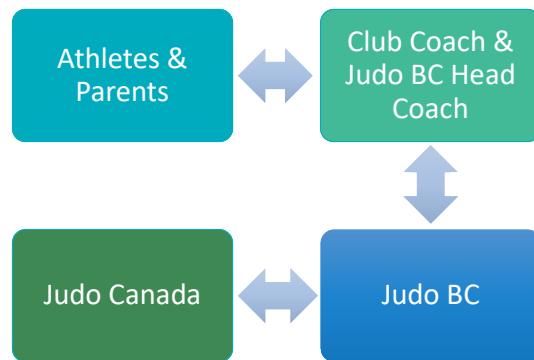
- Never gives up
- Wants to learn
- Plan their time
- Embraces challenge
- Learns from failure
- Works hard
- Learns from criticism
- Asks questions
- Helps the team
- Works harder after setbacks
- "I can improve"
- Disciplined
- Wants to win for their own motivation

**UNSUCCESSFUL ATHLETE**

- Gives up easily
- Bored of learning
- Doesn't plan
- Fears failure
- Gives up after failure
- Work when they have to
- Ignores criticism
- Think they know everything
- Self centred
- Blames other's for setbacks
- "I can't improve"
- Disorganised
- Wants to win for extrinsic rewards

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## Communication Protocols



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## Everyone's responsibility

Listen to the athletes & teammates

Monitoring athletes' health and wellness

**"To never say anything that does not contribute to enhancing performance."**

~Debbie Muir

Canadian Coach and former International athlete



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## Volunteer Commitment Program

### Why?

- Volunteers needed
- Capacity and community building
- Experience & personal growth

### How? And Who?

- 16 hours per family
  - 8 hours by parent(s)/guardian(s)
  - 8 hours by athlete)
- Required for Elite B, Provincial A & B team members
- Recommended for Provincial C team members

### When?

- October to May for this year

Or \$200/athlete in lieu of volunteering

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## Volunteer Commitment Program Cont.

### What?

#### Regional ~25% of the hours

- Mini Shiai /local competition organization, referees, time- keeper, etc..
- Petit Samurai (athletes to lead group stations during the event)
- Regional Practices (track/upload attendance)

#### Provincial ~75% of the hours

Varies roles at the following events

- Fall/Winter Camps
- Peak International, Steveston Tournament, Pacific Internationals & Provincial Championships
- BC Games

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## Judo BC Athlete Development Revenue

ITEM	DESCRIPTION	AMOUNT
<b>REVENUE ALLOCATION TO HIGH PERFORMANCE 2021-22</b>		
viaSport Funding	Portion of annual contribution	20,000
viaSport Funding	Enhanced Excellence funding	52,500
Gaming Grant	BC Government	35,000
Program Fees	Team & Travel fees / Entry fees	265,000
Judo BC Funding		23,000
Judo Canada Funding		12,000
Sponsorship	A&W	3,000
Sponsorship (in kind)	Matsuru	12,000
Fundraising/Donations		1,500
<b>Total Revenues</b>		<b>\$ 412,000</b>

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## Judo BC Athlete Development Expenses

ITEM	DESCRIPTION	AMOUNT
<b>HIGH PERFORMANCE EXPENDITURES 2021-22</b>		
Coaching / Staff	Portion of staff salaries plus contractors	60,000
Camps / Competitions	Provincial, National & International	269,000
Sport Science Sport Medicine	Strength training, nutrition, mental prep, testing ect..	10,000
Equipment/Other	Staff travel, venue rentals, uniforms etc..	18,000
Athlete Financial Support		55,000
<b>Total Expenditures</b>		<b>\$412,000</b>

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## Athlete Fundraising/Grant Opportunities

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- **Make a Champ** – Crowd source funding raising  
<https://makeachamp.com/>
- **Judo BC Athlete Sponsor Program**  
<https://www.judobc.ca/wp-content/uploads/2021-Athlete-Sponsorship-Information-Sheet-1.pdf>
- **Canadian Sport Institute Grants**  
<https://www.csipacific.ca/athletes/benefits/grants-bursaries/>
- **Scholarships/Bursaries**
  - Contact your High School Guidance Counsellor
- **Sport Canada Carded Athletes receive living and training allowance and tuition support**  
<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html#a9>

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## Athlete Support and Other Opportunities

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- Canadian Sport Institute  
<https://www.csipacific.ca/>
- External Sports Credits – School Credits for BC and Canada Games & Provincial Team  
<http://www.judobc.ca/team-bc/external-credits/>

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## Sponsorship, Donations & Fundraising

- **Donations** to Judo BC can be made through the BC Amateur Sport Fund (BCASF) if tax receipt is required
- **Team Sponsors**
  - Judo BC is looking for companies to sponsor the team and or Judo BC \$2000 - \$5000
- **Fundraising Program**
  - Tru Earth

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## Safe Sport

Safe sport environments are accessible, inclusive, respect their participants' personal goals, and are free from **all forms of maltreatment.**

For more information, please visit the [Judo BC Safe Sport webpage](#)



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# Concussions

## Lots of recourses online including:

- Judo Canada Concussion Protocols & Policies  
<https://judoCanada.org/concussion-information/>
- Concussion Awareness Training Tool  
<http://www.cattonline.com/>

## Requirements

- Medical note require for diagnosis and medical clearance letter required before returning to training – template doctor's letter is required – <https://judoCanada.org/concussion-information/>
- Reporting to Judo BC by submitting the doctor's diagnosis and clearance letters
- Reporting to Judo Canada online - [https://docs.google.com/forms/d/e/1FAIpQLSc7zifhG1zZMecLsiRJ1il-j7\\_Z1MORak\\_d\\_MTiSNL-gv61Jg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc7zifhG1zZMecLsiRJ1il-j7_Z1MORak_d_MTiSNL-gv61Jg/viewform)

## CONCUSSIONS

Concussions are caused by a direct hit to the head, face or neck or to another part of the body that causes a sudden jarring of the head or whiplash type movement.

### Did you know?

A concussion is an injury to the brain that cannot be seen on routine x-rays, CT scans or MRIs.

Athletes can sustain a concussion without losing consciousness. The appearance of symptoms can be delayed and can occur within 24-48 hours following the incident.

Athletes should consult a medical doctor following the injury. They are also required to be cleared by a medical doctor before returning to full training.

Recovering from a concussion is a gradual process. Returning to sport too quickly can cause worsening of symptoms and a prolonged recovery period.

### What to do

If an athlete is reporting or showing ANY of the signs and symptoms related to concussion:

- The athlete should be removed from the practice/competition IMMEDIATELY and not permitted to return until medically assessed
- The athlete must not be left alone; it is important to monitor for deterioration
- If an athlete is unconscious or has significant changes in their mental status, they should be transported immediately to the hospital by ambulance
- If symptoms worsen or the athlete has repeated vomiting, growing confusion, neck pain or is unable to move their neck, seizures or weakness/tingling in their arms or legs, they should be seen immediately by a medical professional as these may be signs of a more serious injury.

An athlete should never return to play while still symptomatic. The concussion return-to-play protocol can assist a healthcare professional guide an athlete progressively back to sport.

If symptoms return after an athlete has completed the return-to-play protocol, the training activity should be stopped immediately and the athlete should be assessed by a medical doctor.

### Symptoms

**PHYSICAL**

- Headache
- Dizziness
- Feeling of pressure in your head
- Nausea or Vomiting
- Slowed reaction time
- Skinny Problems
- Neck pain
- Sensitivity to light
- Sensitivity to noise
- Blurred/blurry or double vision

**THINKING & REMEMBERING**

- Difficulty remembering
- Difficulty concentrating
- Easily distracted
- Confusion
- Feeling slowed down
- Feeling like you are "in a fog"

**SLEEP**

- Feeling fatigued or drowsy
- Trouble falling asleep
- Sleeping more or less than usual

**MOOD**

- More emotional
- Irritable
- Sad
- Nervous/Anxious
- Depressed

For more info: [JUDOCANADA.ORG/concussion-documents](https://JUDOCANADA.ORG/concussion-documents)

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# Injuries/Illness/Other Commitments

Judo BC must be notified **PRIOR** to missing a training, an event or a competition

## • Injuries

Medical note & clearance note required

## • Illness

Medical note required

## • Other Commitments – School/Family

Must be communicated to coach in writing – SLACK or email

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## Common Parent Questions

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### 1. *Should I watch training?*

Yes, sometimes.

Positives:

- + Encouragement
- + Caring
- + Due diligence

Negatives:

- Dilution of authority
- Safety
- Respect for coach and organization

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## Parent Questions cont.

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### 2. *Should my child continue to train when injured?*

Yes, depending on the nature and extend of the injury.

- The reality of HP sport is such that with extended time off the chances of success are greatly reduced.
- Simple modification of the training plan can improve the athlete – flexibility, strength etc. improvements

Parents role;

- Nutrition
- Rest and recovery - medical
- Psychological support - encouragement

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## Parent Questions cont.

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### 3. *Is there athlete favoritism?*

Sometimes, BUT usually it is not because a coach “likes” one athlete more than another. It is because coaches are automatically drawn to those athletes who work the hardest!

“Worry only about those things you can control.” Listen and work hard!

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## Parent Questions cont.

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### 4. *Should we reduce training hours to ensure academic success?*

It depends

- In general, active people tend to out-perform academically
- High Performance athletes tend to out-perform academically\*  
(The Chronicle of Higher Education, 2010. Sitkowski, L, 2008. Doctoral Dissertation)
- Kids who have the internal desire and drive to succeed will manage athletics and academics
- The discipline associated with HP training teaches valuable life skills (time management, focus etc.)
- Numerous examples of 4.0 GPA Olympians
- Parents can “use” their child’s love of their sport to ensure academic discipline

\*Causal factors are difficult to determine. Individual characteristics vs. participation

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## Time Management

### 168 Total hours per week

15 hours of training  
 +56 hours of sleeping  
+35 hours of school  
 = 106 hours

168 hours  
-106 hours  
 = 62 hours remaining

**=8.85 hours per day**  
 remaining for studying,  
 eating etc....

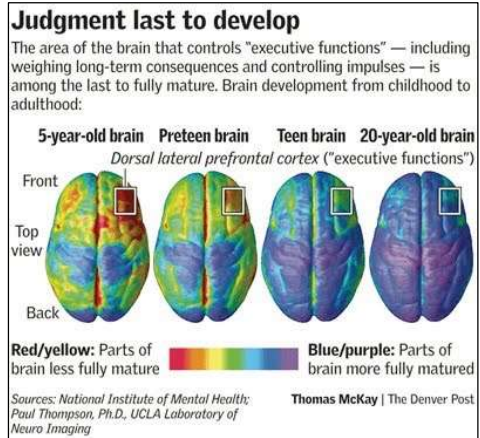
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## Additional Resources

- Athlete & Parent Section of the Judo BC Website  
<https://www.judobc.ca/team-bc/>
- Team BC Handbook  
<https://www.judobc.ca/team-bc/#team-bc-handbook>
- Judo Canada's National Team Handbook  
<https://judocanada.org/handbook/>

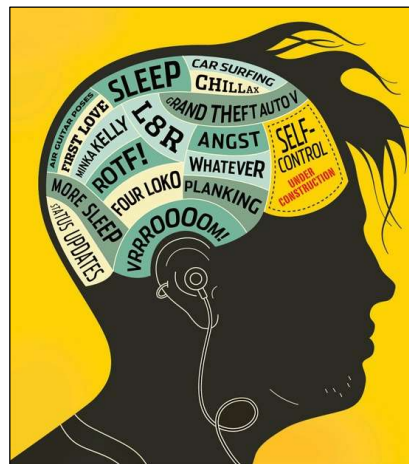
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## Brain Change



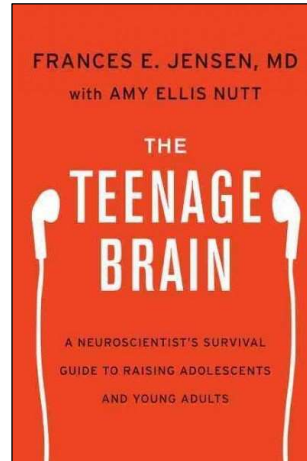
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## What's going on in there?



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## Nurturing Teenagers



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Thanks for  
your  
attention!

Any other questions?

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