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Judo BC High Performance Elite & Development Teams 2018-19 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 16-19, 2019 Edmonton

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 Open National Championships providing they follow the [2018-19 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.

4. Development 3 Team

The Development 3 Team will be made up of 1st year U16 and U14 earlier bloomers tracking towards to the Development 2 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 2006)
- U16 (born in 2005 & 2004)
- U18 (born in 2003 & 2002)
- U21 (born in 1999 to 2001, 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 2018-19

1. Athletes born in 1999 – 2006 (priority will be given to athletes born in 2001 – 2005)
2. Green belt minimum rank for 2001-2004, orange belt minimum rank for 2006
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 2005 & 2006
 - a. Participation in a minimum of 4 competitions in the prior season
2. Athletes born in 1999-2004
 - a. Participation in a minimum of 5 competitions in the prior season
 - b. Competed at the 2017 and/or 2018 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 2017-18
 - b. Club coach assessment
 - c. 2017-18 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 2018-19), 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 – July 24th. Click on the link below to apply.

[Online Application](#)

Notification of Selection

Athletes and their coaches will be notified of selection to the Teams by August 31st.

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	As schedule
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 Schedule for 2018-19 – please see <http://www.judobc.ca/wp-content/uploads/Schedule-2018-2019-with-estimated-costs.pdf>

Judo BC Athlete Assurances Funding (Judo BC members only)

Athletes selected to the Elite, Development 1 & 2 teams will receive between \$500 and \$1500 in direct funding. 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.

Team Comparison Chart

Benefits	Elite	Dev 1	Dev 2	Dev 3
Training Plan				
Individualized & Monitored	✓			
Age Specific Yearly Plan	✓	✓	✓	✓
Training Diary – online or hard copy	✓	✓	✓	✓
Judo & Fitness Testing				
Summer/Fall	✓	✓	✓	✓
Winter	✓	✓	✓	✓
Spring	✓	✓	✓	✓
Performance Tests				
VO2 Max - 3/year	✓	If selected	If selected	
Anthropomorphic - 3/year	✓	If selected	If selected	
Wingate - 3/year	✓	If selected	If selected	
Functional Movement Screening - 3/year	✓	If selected	If selected	
Uniform	✓	✓	✓	✓
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				

2018-19 BC Ranking Points

Tournaments	Gold	Silver	Bronze	Top5	Participation
Senior Elite Nationals 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 Steveston tournament U21 & Senior	30	20	5	-	-
Youth Provincial championship U16 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.