



RTC PROGRAM – SUMMARY

RTC High Performance (HP) Program Overview – 2025/26

The RTC–HP Program is an elite training and development pathway for competitive U16 to U21 judo athletes in Ontario. Delivered by Judo Ontario and aligned with Judo Canada's athlete pathway, the program provides year-round high-performance coaching, enhanced training environments, and access to domestic and international competition opportunities. Athletes are selected based on eligibility, performance, commitment, and coach recommendations.

Key Benefits:

- Full-time, year-round training and coaching support at the Regional Training Centre (RTC)
- Coaching support at camps and competitions
- Ontario-based Judo Ontario training camps at no additional cost
- CSIO Sport Science & Medicine support (testing, education, performance monitoring)
- Team gear package (judogi & track suit provided and refreshed every other year)
- Eligible for partial funding support for camps and competitions (depending on performance level)

Program Fee Options:

- \$1500/year for GTA-based athletes
- \$750/year for athletes living over 200km from TPASC (remote program)

Who Should Apply:

The program is designed for motivated, competitive judo athletes who are committed to pursuing high-performance goals.

- Born between 2006–2012 (U16 to U21)
- Ranked at national level or showing strong competitive potential
- Actively competing at Judo Ontario and Judo Canada events
- Demonstrated commitment to training, performance improvement, and long-term athlete development
- Supported by a club coach recommendation

Apply Now: [RTC-HP Program Application](#)

RTC PROGRAM – DETAILED INFORMATION

RTC-HP 2025/26 Updates

- New application and selection process
- Increased international competition and camp opportunities
- Revised expectations for non-GTA based athletes
- Updated camp and competition funding aligned with new athlete tiering process.

RTC – HP Program Selection Process Overview

- Read through the full details of the program, expectations, benefits & fees and training & comp plans
- Confirm you meet the eligibility requirements (age, belt and results)

- If you are eligible, submit an application through Trackie – <https://registration.judocanada.org/event/2025-HPprogram-Application>
- The Judo Ontario HPC will review your application and reach out to your club coach to discuss any relevant details
- All athletes will be notified prior to the end of August, regardless of their selection to the program

RTC – HP Program Outline

- The Judo Ontario High Performance Program (HPP) is designed for aspiring full-time U16 to U21 competitive athletes, as part of Judo Canada's athlete pathway. The HPP provides enhanced training and competition support, to supplement what is provided at each athlete's home club.
- Acceptance into the HPP is at the discretion of the Judo Ontario HPC in consultation with the RTC Head Coach and Provincial Development Coach.
- The RTC (HPP & JOYA) are heavily subsidized by grant funding that Judo Ontario secures from Ontario's Ministry of Sport (SPORT), Judo Canada and the Canadian Sport Institute Ontario (CSIO). The program fees paid by athletes are not intended to cover the full cost of coaching, facility rental and other costs involved in the operation of the program.

RTC – HP Program Benefits & Fees

- Access to all RTC training sessions (500+ hrs/year)
- Coaching by Judo Ontario HP coaching staff at RTC sessions and designated competitions and training camps
- Access to all Judo Ontario training camps located in Ontario at no additional cost
- CSIO Days - testing, sport science/sport medicine education
- Eligible for selection to the OHPSI targeted athlete list, providing the following potential benefits:
 - Funding support to specific camps & competitions (covering a portion of expenses for each trip – up to max 50%)
 - CSIO sport science/sport medicine (based on needs/availability)
- Team clothing package
 - Judogi (blue & white)
 - Team track suit
 - Additional items as available
 - **Gi and track suit provided when first joining the program and replaced every other year.**
- Program Fees:
 - Full Program (GTA athletes): \$1500 per year
 - Remote Program (Over 200km from TPASC): \$750 per year

RTC – HP Program Expectations

- Full commitment to training and progressing as a high-performance Judo athlete
- Regular attendance at training sessions (based on agreement with RTC Head Coach)
- Regular attendance at home club training sessions – minimum 2x per week (pending HPP schedule)
- Regular attendance at Provincial Training and Open Mat Training
- Attendance at planned competitions (based on agreement with RTC Head Coach)
- Attendance at planned testing sessions at CSIO
- Attendance at Judo Ontario training camps (Fall Camp, Winter Camp, March Break Camp & Summer Camp)
- Wear team supplied clothing at all competitions and travel, as directed by RTC coaches
- Non-GTA athletes are expected to have regular communication with the RTC Coaches and club coach (minimum 1x per month)
- Non-GTA Athletes living less than 200km from Toronto:
 - Attend at least 1 RTC training session per week
 - Attend Fall/Winter training camps
 - Attend planned testing sessions at CSIO

- Athletes living over 200km from Toronto
 - Attend RTC training sessions when possible
 - Attend training camps when possible
 - Monthly meeting with RTC coaches and club coaches
 - Attend competitions with the RTC group (based on agreed upon schedule)
 - Optional: attend planned testing sessions at CSIO

Acceptance to the RTC – HPP

- Selection to the RTC – HP Program will be based on tournament results, physical and technical abilities, training commitment at the discretion of the High Performance Committee and RTC Coaches.
- Acceptance in the RTC – HP Program must have the authorization from the personal coach. If the athlete is a minor, approval from their parents/guardians is also required.
- All athletes selected for the Judo Ontario High Performance Program will be asked to sign an athlete agreement to be co-signed by their coach and parent if they are a minor.
- Selection Process:
 - All athletes must submit an application to the program in order to be considered.
 - Only athletes who meet eligibility criteria (age, belt and results) will be considered for the program.
 - All athletes currently in RTC will be considered eligible for selection for the following year, and performance and suitability for the program will be reviewed by the High Performance Committee.
 - Athletes who have applied to the RTC will be evaluated based on the criteria and factors listed below and informed of the decision by the High Performance Committee.
 - Space in the program is limited and dependent on training venue and overall program capacity.
- Eligible Athletes:
 - Overall Eligibility:
 - Existing athletes: All U16/U18/U21 athletes currently in the program
 - New athletes: must meet age guidelines and minimum results threshold
 - Age Groups & Belt:
 - Primary focus – U16 & U18 athletes (including early bloomer athletes)
 - 2009-2012 (U16/U18)
 - 2013 for exceptional early bloomers
 - Belt level: U16/U18 - blue belt and up (exceptional circumstances, including U14 athletes, green belt and up)
 - Secondary focus – U21 athletes performing at an international level
 - 2007-2008 (1st/2nd yr U21)
 - 2006 under exceptional circumstances
 - Belt level: black/brown belt (exceptional circumstances blue belt)
 - Additional athletes may be eligible pending program capacity and training group needs
- Results Criteria:
 - Results for the most recent season will be considered (exception for U18/U21 athletes with documented injuries in the most recent season).
 - The results listed below are a minimum threshold to be eligible for selection but not guaranteed a spot in the program.
 - U16/U18
 - Judo Canada Domestic Ranking Grid (Policy 4) is used as follow:
 - Medal in Level 3 Domestic Event
 - Senior SK/MB/East
 - U21 ON/QC/AB/BC
 - U18 Nationals
 - U18 Canada Cup
 - Medal in Canada Cup U18
 - Medal in Open Nationals U16

- Medal in U18/U16 at Circuit A event
- Selected to World Cadet or Pan Am Championships by Judo Canada
- U21
 - Judo Canada Domestic Ranking Grid (Policy 4) is used as follows:
 - Gold Medal in Level 3 or Gold at Canada Cup u18
 - Senior SK/MB/East
 - U21 ON/QC/AB/BC
 - U18 Nationals
 - Gold or Silver medal in Level 2 or at Canada Cup u21
 - Senior ON/QC/AB/BC
 - U21 Nationals
 - Medal in Level 1 or at Canada Cup Senior
 - Senior Nationals
- Selection Factors:
 - Results: including current season and previous sessions, domestic and international competitions (considering progression of results and ability to compete in higher level age category and level of competition)
 - Training: Commitment to training and continuous improvement in all areas surrounding performance (# of weekly judo session, # of physical training sessions, # of yearly competitions, attendance at training camps, open mat/provincial training sessions and national camps)
 - Attitude: positive, dedicated, resilient, growth mindset
 - Technical ability: objective assessment by RTC Coaches including skills in training and competition, ability to learn and adapt.

RTC-HP Training Schedule

Day	Time	Location	Session
Monday	5:00-6:30 PM	CSIO (TPASC)	Physical Training
Tuesday	7:00-9:00 PM	TPASC	Technical/Randori
Wednesday	5:00-6:30 PM	CSIO (TPASC)	Physical Training
Thursday	7:00-9:00 PM	TPASC	Technical/Randori
Friday	5:00-6:30 PM or 7:00-9:00 PM	CSIO (TPASC) TPASC (Studio)	Physical Training
Saturday	12:00-2:00 PM	TPASC	Technical/Randori

Final training schedule and locations to be confirmed prior to September.

RTC-HP Camp & Competition Schedule

Event	Dates	Location	RTC-HP Attendance
CSIO Testing Weekend	Sept 13-14	Toronto	Required
Fall Training Camp	Sept 20-21	Toronto	Required
Asahi Open	Sept 27	Waterloo	Optional
Ontario Open	Oct 18-19	Toronto	Required
Manitoba Open	Oct 31-Nov 2	Winnipeg	Recommended
Quebec Open	Nov 8-9	Montreal	Required
Quebec Open - Camp	Nov 10-12	Montreal	Required
Canada Cup	Nov 13-16	Montreal	Recommended
Winter Training Camp	Dec 27-30	Ajax	Required

NextGen Winter Camp	TBD	Montreal	Recommended
Sask Open	Jan 24-25	Regina	Recommended
Edmonton International	Mar 6-8	Edmonton	Required (Pac and/or Edm)
Edmonton Camp	Mar 9-11	Edmonton	Recommended
March Break Camp	Mar 10-12	Toronto	Optional
Pacific International	Mar 13-15	Richmond	Required (Pac and/or Edm)
Eastern Canadians	Apr 17-19	Edmundston	Recommended
Tora Annual	Apr 25-26	Brampton	Optional
Open Nationals	May 14-17	Calgary	Required
Open Nationals Camp	May 18-20	Calgary	Required
Summer Training Camp	TBD	Toronto	Required
Valencia Cadet Camp	Aug 5-14	Spain	Selected Athletes
NextGen Summer Camp	TBD	Montreal	Recommended
Cadet World Champs	TBD	TBD	Selected Athletes
Junior World Champs	TBD	TBD	Selected Athletes

Individual competition schedule will be determined with each athlete based on age, performance level and season goals.

Travel Logistics & Rules

- Travel to camps and competitions with the RTC will be available on a priority basis to the RTC-HP & OHPSI athletes, with JOYA athletes included if space is available.
- Logistics will be managed by the Judo Ontario staff, including booking hotel and transportation.
- Athletes will be expected to confirm attendance in advance of trips, including paying a trip fee.
- Registration and payment of entry fees for the competitions is the responsibility of the athlete/parents and/or club.
- Trip fees:
 - Trip fees are expected to cover the full cost of the trip. If there are unexpected costs or price increases, these may need to be paid by the athletes. This will be communicated prior to the trip.
 - Any funding support from Judo Ontario/Judo Canada will be communicated prior to the trip.
 - Coach/chaperone travel costs are covered by Judo Ontario.
- **Estimated trip fees for 2025-26 (based on 2024-25 costs):**
 - Manitoba: \$550
 - Quebec Open/Canada Cup: \$550 (1 event) / \$750 (both events)
 - NextGen Winter Camp: \$300
 - Sask Open: \$600
 - Pacific/Edmonton: \$850 (1 event) / \$1100 (both events)
 - Eastern Canadians: \$400
 - Nationals: \$1100
 - Valencia Cadet Camp: \$2500-2700
 - NextGen Summer Camp: \$300
- Flights:
 - Judo Ontario always looks for the best prices. Comparing flight bookings for one person cannot be compared to team travel bookings due to the size of the group and need to travel at specific dates/times.
 - Athletes are responsible for being aware of the airline baggage allowances and rules. Costs incurred by athletes for excess baggage are the responsibility of the athlete.
 - Athletes are responsible for ensuring travel documentation is up to date and meets the requirements of the airlines and destination countries as well as return to Canada.

- Travel is typically booked from Toronto (YYZ) and arrangements will be made for athletes based in regions outside the GTA (North, Northwest, East) to travel to Toronto or directly from their home city/airport to the destination.
- Refunds:
 - There will be no refunds for cancelled trips unless Judo Ontario can obtain a refund from the travel vendor (flight, hotel, etc). Flights are typically booked as non-refundable to allow for the most economical options.
 - Cancellations due to injury or illness will be handled on a case-by-case basis.