

ATHLETE HANDBOOK & TEAM GUIDELINES 2017



Athlete: _____

For More Information on the KARATE NS Team Visit:
www.karatens.org

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INTRODUCTION

The ***Nova Scotia Karate Team*** represents the province of ***Nova Scotia*** at the annual **Canadian National Black Belt Karate Championship**. The Team is made up of male and female karateka from across the province that are actively training in a dojo that is a current member in good standing of **Karate Nova Scotia (KNS)**. All team members must be resident in the province of Nova Scotia and must have reached the **minimum age of 12 years old, by August 2017 (exact date to be confirmed once it is known)**.

Each year, the *Nova Scotia Karate Team* invites anyone interested in becoming a member of the team to tryout for a spot to represent *Nova Scotia* at the *Canadian National Black Belt Karate Championships*. The *Championships* take place annually in a pre-designated host province. This year the Championships will be held in Quebec City **February 23-26, 2017**. Athletes are assisted in numerous ways to prepare for the competition in order to achieve optimum success in their event(s). There are individual, as well as, team events in kumite and kata. These events are further divided by the age and weight (for kumite) of the competitor. As a part of the *Nova Scotia Karate Team*, each athlete will be entitled to participate in team workouts, clinics and other seminars offered specifically to team members to ensure their continued development.

By competing in the *National Championships*, you will have the opportunity to make the ***National Team***. Each year, both the *Junior* and *Senior National* teams compete in various **International** competitions. Making the *Nova Scotia Karate Team* is the first step to achieving goals such as **Pan-American or World Champion**.

For those individuals who are serious about becoming a member of the ***Nova Scotia Team***, the following information is important to note:

- There is a fee of **\$80.00** (*cash or cheque to “Nova Scotia Karate Team”*) to confirm your intent (to be paid at the **first team tryout**). It will entitle you to attend designated training sessions. Once paid, this fee is non-refundable.
- If an athlete wishes to attend the Open Sessions only (in order to gain experience) there will be a fee of **\$15.00** per Open Sessions. If the athlete then decides to try out for the team, the money paid for the Open Session will be applied to the registration fee of \$80.00.
- Kata athletes are not required to pay for the sessions they attend.
- All athletes must fill out and sign both the **Athlete Information Form** and the **Athlete Agreement Form** (see appendix). Completed forms must be passed onto the coaching staff on or before the **2nd team practice**. Karate Canada (KC) will also require signatures on their documents as it gets closer to Nationals.
- Kumite Athletes must be familiar with the *WKF* rules, available for download on the *WKF* website <http://www.wkf.net> and available at <http://www.karatens.org>
 - Know the basic kumite terminology (Yuko, Waza-ari, Ippon, Yame, Hajime)
 - Know what awards a Yuko, Waza-ari, and Ippon
 - Understand the basic warnings and penalties

- Know the proper equipment & ring etiquette
- Understand all referee actions and signals
- Kata Athletes must be familiar with the WKF rules as they are applied by Karate Canada
 - Make sure the kata(s) you perform are on the list of accepted katas (see WKF rules version 9.0)
 - Be familiar with the criteria and what constitutes a foul and disqualification
 - Be familiar with the Repechage system
 - Consider purchasing a high quality heavier style “kata” gi
- Athletes are responsible for the **following equipment**
 - White gi, proper length with no crest (except provincial crest on left breast)
 - **WKF approved** blue and red kumite gloves, shin & foot pads
 - Blue and Red belt (no kanji or other embroidery)
 - Mouthpiece
 - Groin protector (women and men)
 - **WKF approved body protector (male and female) and Chest protection for females**
(*Note: Coaching staff will advise those acceptable brand names of equipment*)
- The following is a list of **mandatory team events**:
 - KNS Grand Prix tournaments and the Atlantic Championships
 - Team Practices and Team Functions
 - Regional Training Camp (kumite)
- Team fundraising projects are optional unless specifically stated.
- The **EXPECTATION** for team members is that they will make an effort to attend all team workouts, mandatory tournaments, and training camps. Realistically, we are aware that there will be some occasions when a team member will not be able to attend. It would be highly unusual if a team member could not attend at least 80% of the time. If an athlete were hurt/injured, we would expect that the athlete would still attend but not participate. An athlete can still learn by attending. If an athlete has a job, it would be expected that the athlete arrange to have time off to attend the team practices. If an athlete were sick (contagious) we would not expect the athlete to attend.
- In the circumstance that an athlete will miss or be late for a practice or team function, **all members of the coaching staff must be emailed** (see contact info) prior to the event. If you are unable to email the coaching staff you must confirm your inability to attend, to one of the coaches by phone. Although all team practices and/or team functions are mandatory, the Coaching Staff recognizes that there will be occasions that an athlete may not be able to attend for a valid reason. If an athlete has a valid reason for not attending they will be excused from the event. The athlete must notify the coaching staff in a reasonable time period so that a decision can be made by the coaching staff to excuse the athlete from attendance.
- All members are to attend (on time) **all team practices**. If you are trying out for kumite only you must attend all the team practices. If you are trying out for kata only you must attend all the kata practices and the first and last team practice. If you are trying out for kata and kumite, you must attend all the team practices and all the kata practices.

- In addition to team training, KNS also offers **development training**. There is a Development Class on Sunday morning from 9:00- 10:30 am at Halifax Ryuseikan Dojo, 1237 Cole Harbour Road, Cole Harbour. This class will enhance kumite training. Many members of the team attend the Sunday sessions. Team members should plan to attend as many Sunday sessions as possible. Consistency in training is a key to competitive success. (There is an additional cost to attend these sessions.)
- All team information will be **communicated via email** and/or will be displayed on the KNS team web page. All Athletes are required to ensure they have provided the Coaches with their email contact and any other email they wish to have added to the KNS Team and KNS distribution list. Athletes and Parents are encouraged to regularly check the KNS website, where team documents, notices, calendar and tournament registration is found
- All Athletes should follow all the guidelines of training and preparation as determined by the *Coaches* as well as any guidelines from selected spokesman for elite level performance. We will be attempting to do Individual Training Plans for athletes this year. The degree of detail in the plan will be determined by the skill level and commitment of the athlete.
- **You are to inform the coaching staff in writing of any changes in your status. This includes current address, email or contact number and any new medical condition or injury that may occur.**
- Parent participation is encouraged and very much welcomed. Any parent(s) interested in helping with fundraising etc. are asked to contact a member of the coaching staff.
- Athletes/Parents will be given as much notice as possible concerning the important deadlines (including financial deadlines).

ATHLETE NOTES:

SELECTION PROCEDURES

Becoming a member of the team is not a 'right' but rather a 'privilege' that is the sole result of commitment (complying with all rules and accepting all team responsibilities), hard work and the demonstration of superior skills and achievement. It is important that team practices, clinics, and tournaments be attended in order to help ensure the development of the *Nova Scotia Karate Team*. **The selection process does not provide a guarantee to any athlete of getting a spot on the team. You need to earn a spot on the team.** *Karate Nova Scotia (KNS)* reserves the right to remove or suspend any team member(s) who violate(s) the athlete agreement, or conduct themselves in such a manner as to otherwise merit such sanctions.

A "point" system will be used to identify candidates for selection to the *Provincial Team*. The points are weighted to recognize athletic skill at selected tournaments and team training, but to also encourage continued development, maintenance of skills, and a demonstrated desire to improve.

At the conclusion of the November/December 2016 **Grand Prix Tournament**, the *Coaching Staff* will select the Provincial team based on the point system and the performance of the athlete.

The *Coaching Staff* shall have the discretion to make exceptions to the selection procedure in unusual circumstances where there is an open spot on the team. For example: the coaching staff might select an athlete who has not met all of the above criteria if they feel the athlete deserves to go Nationals and a position on the team is available. They may also institute unique or novel rules and procedures to meet unusual circumstances. In the case that discretionary selection is factored into the **Team Selection Procedure**, the *High Performance Committee* will examine the credentials of the athlete candidate(s) submitted by the *Coaching staff*. This *High Performance Committee* is composed of the *President of the KNS (or delegate)*, the *Provincial Team Head Coach*, the *Provincial Tournament Coordinator*, the *Provincial Chief Referee* and the *Athlete Representative*.

EXCEPTIONS & STIPULATIONS

- In general, all athletes are expected to attend all mandatory events. In exceptional circumstances, however, an athlete, who has been ranked as a A, B, or C athlete in the recent past, may be considered for a position on the team even though they are not able to attend all mandatory events if: a) a spot is open and b) the athlete has agreed to follow a Coaching approved training plan. The athlete's circumstances must be such that it would be impossible for the athlete to be present for the majority of the training sessions and tournaments (i.e. away at University, seconded for months away for work). The exception can only be considered where there is an opening in the division.
- The coaching staff will have the final say in all of the team kumite event positions and in all wildcard positions. The coaching staff will select athletes for team events based on individual performances at team practices, tournaments, seminars and workshops.
- An athlete may not be considered for team selected if they have disobeyed or acted inappropriately in accordance with the policies set by KNS, and the guidelines set by this document.

- In the event an athlete has not attained enough points to make their division, the coaching staff may offer to put the athlete in a higher or lower weight class if the athlete agrees and the coaching staff feels this athlete will be able to perform in this division. The athlete will have to ensure they make the appropriate weight class.
- Athletes must be no more than 3% (multiply your weight by .03) over their weight class the week leading up to Nationals. If the athlete weighs in excess of 3% over their weight class, the coaching staff reserves the right in its sole discretion to withdraw the athlete from that weight division. If the athlete is receiving funding from KNS based on their ranking, the athlete will be responsible for reimbursing KNS the amount received.
- The coaching staff reserves the right in its sole discretion to determine whether or not to field individual competitors and whether or not to fill all available positions or divisions.

POINT SYSTEM

Team selection will be evaluated and weighted as per the guidelines below. **Team events do not apply.** Points are individual events only, per division. *To get full points you must win at least one fight in the division. If not, you will get ½ the point value.*

1. **Provincial Tournament**, applies per division only.

- 1st – 4 points; 2nd – 3 points; 3rd – 2 points; 4th – 1 points

2. **KC sponsored Canadian National Championship**, applies per division only.

- 1st – 8 points; 2nd – 7 points; 3rd – 6 points; 4th – 5 points

3. **WKF sponsored International Competitions**, applies per division only.

- 1st – 12 points; 2nd – 10 points; 3rd – 8 points; 4th – 7 points;
- 5th, 6th, 7th and 8th finish – 6 points

4. **EXPANDED TRAINING POINTS**

- **KNS sanctioned kumite/kata camps: 1 point/ per full day of attendance (max. 3 points)**

Please Note: In order to tabulate correctly, all divisions must directly correspond to that position on the *Team*. For example, a gold medal in the kata division will not be factored into the point total for any of the kumite divisions. A medal in open weight kumite will apply to open weight category only. Accumulated points from training camps or clinics will apply to one division only, i.e., kata clinic will apply to kata only and kumite clinic will apply to kumite division only. You cannot use kumite clinic points for open weight divisions.

In order to collect points you must compete in the division you will be in at Nationals. That will sometimes require that you fight up a division at the beginning of the season. (i.e. if you are 13 years old and at the time of Nationals you will be 14 years old then at the provincial tournaments you must fight in the 14 years old division in order to get points that would apply to your National division.)

Approved Events 2016-2017

The following is a list of events where points will be awarded for this season:

1. Tournaments:

- April 23, 2016: Grand Pre - Horton
- October 8, 2016: Atlantics - NB
- November 26 or December 3, 2016: Grand Pre Tournament - Bridgewater
- May 15, 2016: Montreal Open - Montreal (this is an optional tournament but points will be awarded for placements)
- July 3, 2016: Youth World Cup - Croatia (this is an optional tournament but points will be awarded for placements)

2. Kumite Camps:

- Feb 19-21, 2016: Senior Training Camp - Toronto
- April 29-30, 2016: Regional Training Camp - Dartmouth
- May 13-14, 2016: Montreal Open Training Camp - Montreal
- June 11th weekend: Yarmouth Cup - Yarmouth
- June 27-29, 2016: Croatia Training Camp - Croatia
- July 15-17, 2016: Junior Training Camp - Toronto

ATHLETE NOTES:

ASSOCIATION FUNDING FOR ATHLETES

Every effort will be made to get funding for all provincially ranked team members to attend the Canadian National Championships. The **purpose** of this funding system is to recognize athletes who have achieved podium **performance**; serving as an incentive to other athletes. The **purpose** is also to help those athletes financially who continue to show a commitment to training. Many additional hours of training are needed in order to continue to be successful at a National/International level.

Provincial **A, B and C** athletes will have their **registration(s)** paid for by *KNS*, provided they are following their Individual Training Plans. *KNS* budget money will first address registrations and the remainder will then compensate ranked athletes in regards to flight and hotel costs.

Note: Registrations for all team events will be paid for by KNS

Funding Maximum: *The funding maximum will be decided each year by the coaching staff. This maximum (the actual amount received) will change due to the location of the nationals every year. The amount will be the total of travel cost (flight) and accommodations (hotel).*

Provided *KNS* has the funds to satisfy the team's budget, then the ranked athletes will be compensated by the current approved funding ratio (provided they are following the Individual Training Plan).

Pending availability, funding will be allotted as follows:

- Provincial A: **75 %** of funding maximum
- Provincial B: **50 %** of funding maximum
- Provincial C: **25 %** of funding maximum
- Provincial D: 0%

Ranking Procedure

The following will be the guidelines for the ranking procedure.

- **Provincial A:** Gold medalist at nationals the year prior to date. (**Note:** An athlete needs to have won at least one match in their division at Nationals to be designated a Provincial A athlete.)
- **Provincial B:** Silver medalist at nationals the year prior to date. (**Note:** An athlete needs to have won at least one match in their division at Nationals to be designated a Provincial B athlete.)
- **Provincial C:** Bronze medalist at nationals the year prior to date. (**Note:** An athlete needs to have won at least one match in their division at Nationals to be designated a Provincial C athlete.)
- **Provincial D:** All remaining team members.

Please note that if an athlete gets two individual medals (i.e. gold in U21 and silver in Senior Open), the highest medal will determine the ranking (i.e. gold).

Current Ranked Athletes (A/B/C)

The following athletes are ranked based on the 2016 Nationals:

- Provincial A: Trysten Deveau and Riley Deveau
- Provincial B: Brooklynn Rutherford, Sean O'Neil, Ryan O'Neil, and Tyler Deveau
- Provincial C: Alex Comeau

Funding Criteria - Ranked Athletes

There are two elements that must be present in order for an athlete to receive funding based on rank/status:

1. The athlete needs to have placed at last year's Nationals (winning at least one match in the division) and
2. The athlete must show a commitment to training in the current year.

Rank + Commitment to Training= Funding

A ranked athlete must follow an Individual Training Plan for the current year. The plan will be developed (by a member of the Coaching Staff and the athlete) before the second team workout and the athlete needs to follow the training program throughout the year and submit a weekly training schedule to the designated coach. If a ranked athlete fails to develop and/or follow the Individual Training Plan, they will not be eligible to receive funding based on their rank, however, they will still be eligible to attend Nationals but they will be considered to be unranked for the purposes of funding. Funding does not affect the Selection Procedure. Ranked athletes are expected to do between 8-15 hours additional training a week depending on their age and their skill level.

Banquet Funding For All Athletes

For the past number of years, KNS has generously paid for the banquet tickets (they normally cost \$75 per person) for each athlete. In exchange, the provincial team has helped at Provincial tournaments with setting up/tearing down the mats, collecting registration, and running the Skill Challenge. This year, funding for the banquet ticket will be provided if an athlete volunteers at two of the tournaments. (The three tournaments where assistance will be needed is April 23 - Horton, Nov 26 or Dec 3 - Bridgewater, and January 21, 2017 - The Provincial Championships). If an athlete is only able to volunteer at one tournament then ½ of their banquet ticket will be paid for by KNS. All athletes are expected to go to the banquet.

ATHLETE ASSISTANCE POLICY

In the past, KNS has provided Athlete Assistance to athletes on the Canadian team who have been required to participate in certain events. Last year, Sport NS provided increased funding to our athletes on the Canadian team. As a result, KNS will no longer be providing Athlete Assistance.

In April 2016, athletes who will be representing Canada on the Canadian Karate team at Pan Ams or Worlds will be able to apply for funding through Sport NS.

TEAM FUNDRAISING

Fundraising is an **important** part of the *Nova Scotia Karate Team* and should not be taken lightly or for granted. It is a time that combines work and play. This gives you an excellent opportunity to get to know your fellow teammates better; to expose karate as a sport; to generate dollars to offset money needed that you are ultimately responsible for.

Team fundraising is encouraged to help offset the enormous expense of travel, accommodation and miscellaneous expenses related to attending the **National** event. Team fundraising will be monitored to make sure fairness to all.

Athletes will be offered the following choices with regard to fundraising:

- 1) Participate in all fundraising events,
- 2) Participate in some fundraising events, or
- 3) Opt out of fundraising.

Funding raised from team fundraising events will be distributed separately amongst all team members (depending on their level of involvement in fundraising) and will **not exceed the maximum funding amount allowable in a given year for** athletes.

Successful events held in the past:

- Spaghetti dinner
- Tournament (w silent auction)
- Lucky Duck Tickets
- 50/50
- Lotto 6-49 Pool
- Live Auction – bar/restaurant
- Hot dog sale
- Recyclables – bottles / cans
- Bag groceries – Superstore
- Corporate / Personal donations

This year the fundraising will be organized and run by a Parent Committee. The Parent Committee will decide on the fundraising events and will decide how the proceeds will be distributed in consultation with the Coaching Staff. The Athletes will be told, in advance of the event, how the funds will be distributed. Any parent can be part of the Parent Committee. If a parent has an idea for an event please let the Coaching Staff know and please let us know if you wish to organize the event. Typically shares or fundraising is distributed as follows:

Canteen, Dessert auction, Spaghetti dinner:

- 1.) The organizer of the event will receive one share (for their child). If the organizer has more than one child, the share will be credited to one child.
- 2.) An athlete will get one share for participating.
- 3.) If an athlete brought more (i.e. food) than the average, they would get ½- 1 extra share depending on their level of participation.
- 4.) In the case of the Canteen, if a parent works the event (for ½ day), the athlete would get an additional ½ share.

Tickets:

In the case of the Lucky Duck Tickets or the Lotto 649 tickets, the athlete would receive their full share based on the number of tickets they personally sold.

Calculating Shares:

The actual value of the shares is calculated at the end of the season. The reason for this is because if an athlete participates in a fundraising event but is not selected or is not able to participate at Nationals as a member of the team their contribution goes back into the pool of fundraising dollars for that event and is distributed amongst the remaining participants of that fundraising event. Also, if an athlete exceeds the funding maximum the extra will go back and be distributed amongst the remaining participants of that fundraising event.

Once the fundraising event is finished the money will be turned in and placed in the Team Account. The Organizer of the Event will complete the Fundraising Form (see Appendix) with all the information about the fundraiser. The Form will be submitted to Karen Armour within a week of the Event. The results of the Event will then be posted so athletes can see where they stand. If, in the unlikely event, a dispute arises concerning the fundraising event, the Coaching staff will review the situation and make a decision on the matter.

INDIVIDUAL FUNDRAISING

Personal fundraising is encouraged to further help offset the enormous expense of Nationals and your training program. Please advise the coaching staff of any Individual Fundraising that you are doing. Individual efforts combined with team fundraising **cannot exceed the maximum funding** allowed. This will ensure that funding is as fair as possible and no individual exceeds maximum approved funding allowances.

Letters of reference or recommendations that may be required for sponsorship or proof of team eligibility are available upon request to support your fundraising efforts.

ATHLETE NOTES:

POTENTIAL EXPENSES

Successful team members can expect to pay the following expenses (which may be offset by funding and/or fundraising):

- \$80 / year, cost for trying out for team and training sessions.
- Travel to and from each practice (practices are held in the Dartmouth area, 8 times per year if doing kumite, and in Windsor /Dartmouth approximately 5 times per year if doing kata)
- Travel to and from each provincial tournament
- Registration fees for each tournament (approximately \$20-\$40/tournament)
- All expenses for the Canadian National Karate Championships (Approx. cost is usually around \$1200.00 - \$1500.00 total depending on the province, includes travel, registration fees, lodging, banquet tickets and meals)
- Team Tracksuit (approximately \$120.00)
- Team gear bag (approximately \$80.00) -optional
- Kumite equipment (\$60 – \$400 depending on individual requirements)

Maximum Approved Fundable Expenses: The maximum combined (KNS Funded and Team Fundraised) funding to be made available to any athlete will be as follows:

- Travel expenses (flight/bus/gas)
- Accommodations (share of room)
- Banquet ticket
- Division Fees

In the event that you do not stay with the team, the lesser expense will be used in the calculation for maximum.

If you do not attend the banquet this value will be removed from your calculations, as you should not be able to profit from an event you are not attending.

In the event that fundraising money plus KNS Funding money is greater than the Maximal Individual Expense, then the fundraising money will be put back into the fundraising event and will be distributed amongst the other participants in the event. In the event that all team members have reached the Maximal Individual Expense, then all moneys will remain in the accounts for future use or as determined by the coaching staff.

Deadlines: Athletes/Parents will be given as much notice as possible concerning the important deadlines (including financial deadlines).

APPEAL

If there is a dispute concerning the application of the rules in the Handbook, an appeal of the disputed issue may be made to the High Performance Committee. The appeal application must be made in writing, with a copy submitted to the President of KNS and the Provincial Team Coaches. The application must set out in precise detail the rule the party believes has been contravened and the remedy that is being requested. Only a party who has been directly affected by the rule/procedure may appeal. The President of KNS will set a date and time for a hearing before a tribunal within a reasonable period of time. The tribunal will be made up of three of the remaining members of the High Performance Committee and will be selected in a way, which will avoid any conflict of interest. If necessary, a hearing may be conducted by way of “skype” or some other media. Both parties will present their case one at a time with the appellant going first. The 3 members of tribunal will then vote on the validity of the appellant's case and a simple majority will make the decision. In order for an appellant to be successful, they must show that the actions or decision by the respondent somehow contravened the rules and procedures laid out in this document or other guidelines set out by Karate Nova Scotia. The decision of the tribunal will be communicated to both parties in a timely fashion.

ATHLETE FINANCIAL SUPPORT

The *Coaching Committee* is concerned with the possibility that an athlete may not be able to compete at *Nationals* due only to a lack of funds.

Therefore, anyone facing such a difficulty is encouraged to bring it to the attention of the *Athlete Representative (Brooklynn Rutherford)* or a member of the coaching staff so it can be assessed and taken to the *High Performance Committee*. The privacy and dignity of the athlete will be respected. Every effort will be made to provide assistance, if at all possible.

TRAVELLING WITH THE TEAM

- **Travel arrangements for athletes under the age of 18 and travelling without parents will be made by the coaching staff unless permission is obtained from the Head Coach to make individual travel plans. The Coaching staff can also make travel arrangements for parents if requested. All athletes must arrive in the time frame designed by the Coaches.**
- **All athletes will be in their team tracksuit when traveling with the team.**
- In order to support a trouble free process the athlete\parent must provide their names to match **exactly** how they are written on your Passport or appropriate traveling ID. Your ID must be a photo ID (Passport/License) with the date of your birth or two pieces of ID, one with a picture and the other one with your birth date.
- **If you do have not have an ID** then you must go to the Access NS sites around the province where you can get a similar card to a driver license that you can use as an ID (for those underage).

- Team members will room together in accordance with the rooming assignment prepared by the coaching staff unless advanced permission is obtained by the Head Coach to stay in a room other than that which has been assigned.
- A curfew will be strictly enforced. Any violation of the curfew will be a violation of the Athlete Agreement for Provincial Team Members. Only those assigned to a room are to be in that room during curfew hours. All phones are to be turned off during curfew hours.

COACHING STAFF

If you have any questions pertaining to the Nova Scotia Karate Team, please feel free to contact a member of the coaching staff.

Team Email

team@karatens.org

Head Coaches

Mitchell German, H: (902) 446-6212, C: (902) 448-8098 or mgerman@eastlink.ca

Karen Armour, C: (902) 306-2051 or karen.armour@ns.sympatico.ca or karen.armour4@gmail.com

Assistant Coaches

Greg Da Ros, H: (902) 420-9850, C: (902) 209-0411 or darosgo@hotmail.com

San Fung German, H: (902) 446-6212 or sfunggerman@hotmail.com

Mark Burgess, H: (902) 690-7652 or exitwithmark@gmail.com

Kata Coaches

Dave Griffin, H: (902) 798-1337 or d19560809@eastlinl.ca

Victor Swinimer, H: (902) 543-9551 or victorsuechi@gmail.com

ATHLETE NOTES:

APPENDIX

NATIONAL CHAMPIONSHIPS DIVISIONS

CADET	JUNIOR	UNDER 21	SENIOR
Individual Kata (age 14/15)	Individual Kata (age 16/17)		Individual Kata (age +16)
Male Female	Male Female		Male Female
Male Individual Kumite (age 14/15)	Male Individual Kumite (age 16/17)	Male Individual Kumite (age 18,19,20)	Male individual Kumite (age +18)
-52 Kg.	-55 Kg.	-60 Kg.	-60 Kg.
-57 Kg.	-61 Kg.	-67 Kg.	-67 Kg.
-63 Kg.	-68 Kg.	-75 Kg.	-75 Kg.
-70 Kg.	-76 Kg.	-84 Kg.	-84 Kg.
+70 Kg.	+76 Kg.	+78 Kg.	+84 Kg.
Female Individual Kumite (age 14/15)	Female Individual Kumite (age 16/17)	Female Individual Kumite (age 18,19,20)	Female individual Kumite (age +18)
-47 Kg.	-48 Kg.	-50 Kg.	-50 Kg.
-54 Kg.	-53 Kg.	-55 Kg.	-55 Kg.
+54 Kg.	-59 Kg.	-61 Kg.	-61 Kg.
	+59 Kg.	-68 Kg.	-68 Kg.
		+ 68 Kg.	+68 Kg.
	Team Kata (age 14/17)		Team Kata (age +16)
	Male Female		Male Female
			Team Kumite (age +18)
			Male Female

Injury Treatment and Recovery

As soon as possible after an injury, such as a knee or ankle sprain or a pulled muscle, you can relieve pain and swelling and promote healing and flexibility with RICE: Rest, Ice, Compression, and Elevation.

- **Rest.** Resting is important immediately after injury for two reasons. First, rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Second, your body needs to rest so it has the energy it needs to heal itself most effectively.
- **Ice.** Cold can provide short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Do not apply ice directly to the skin. Place a towel over the cold pack before applying it to the skin. Also, you should never leave ice on an injury for more than 15-20 minutes at a time. Longer exposure can damage your skin. The best rule is to apply cold compresses for 15-20 minutes and then leave them off for 15-20 minutes.
- **Compression.** Compression limits swelling and improves healing. Some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap an ACE bandage over it. Don't wrap it too tightly, since this can cause more swelling below the affected area. If you feel throbbing, numbness, tingling, increased pain, coolness, or said swelling below the wrap, remove the bandage and re-wrap the area so the bandage is a little looser. ALWAYS check for circulation after wrapping an injury.
- **Elevation.** Elevating the injured area reduces swelling. It's most effective when the injured area is raised above the level of the heart. For instance, elevate any lower limb injury or sore area on pillows anytime you are sitting or lying down. Do this whenever possible while you ice for increased effectiveness.

There are two other methods for helping to promote healing when combined with RICE.

- **Hydration.** Hydration is important for sports performance recovery and for recovery in general. Adequate hydration allows body functions, including repair, to work at optimal levels. The extra fluids also allow rapid removal of waste proteins during the repair process.
- **Ibuprofen.** Before taking any medications, CONSULT YOUR DOCTOR FIRST. Ibuprofen is a NSAID (non-steroid anti-inflammatory drug) that can both reduce pain and significantly reduce swelling. Taken responsibly, Ibuprofen can decrease injury recovery time.

After 48 to 72 hours, if the swelling has subsided you can start to reintroduce the injured area to activity.

- **Stretching.** Start with very light stretching. This helps to regain the original range of motion to the injured site and will reduce the likelihood of overexerting the injury upon reintroduction to physical activity. Do NOT overstretch an injury as it can aggravate it and lengthen recovery time.
- **Heat.** After swelling has subsided, the application of heat can increase circulation to an injured area thereby increasing the nutrient flow to the area. Apply the same 15-20 minute rule used for ice and be sure to protect your skin from burning. If you can, apply heat to an injured area before engaging in exercise. This will help to reduce aggravating the injury.
- **Light Massaging.** Massaging helps increase blood flow to the applied area. Make sure to massage lightly so as to not aggravate the injury. If it hurts, don't do it.

Most importantly:

- **Listen To Your Body.** You feel pain for a reason. Ignoring it can lead to chronic injuries. If you still feel pain after 48 to 72 hours, go see your doctor. They are there for a reason, use them.

If you don't take care of your body, where are you going to live?

ATHLETE ASSESSMENT

What are the things that worked best for you?

What are the things that went wrong?

What have you done to get better since Nationals?

What do you think you need to perform better?

GOALS

What are yours for Nationals? ...

To participate – minimum **4+hrs/week** additional training required.

Top 5 – minimum **6+hrs/week** additional training required.

Podium – minimum **8+hrs/week** additional training required.

Win – minimum **10+hrs/week** additional training required.

Pan Ams – **15+hrs/week**.

World Champs – **24+hrs/week**.

Olympics– Full Time.

PODIUM PERFORMANCE ESSENTIALS

Physical Expectations

strength - upper/lower body
agility - change direction
 quickly/sharply
speed - cover distance flexibility
 endurance
sustenance - nutrition sleep

Tactical

feigning/faking
pressure
corner
protect the lead
comeback
setting up attacks

Technical

techniques
no telegraphing
timing
distance

Mental

concentration
intimidation
handle the pressure
confidence
rebound from mistakes
motivation
preparation

PRE-COMPETITION PLAN



2 Nights before:

- Think about tactics (mentally and physically)
- Consider how you will respond if certain events get disrupted
- How are you going to deal with possible problems

Night before:

- Prepare equipment, sew crest/competition number on gi
- Positive attitude, relax (meditate, listen to music, read)

Morning of:

- Start to visualize competition
- Run through tactics
- Positive attitude

Arrival @ the site:

- Go through competition plan
- Convince yourself you belong there
- Soak up the atmosphere and conditions so you know what to expect immediately prior to performance

“Think it, see it, feel it, do it.”

1 Hour before:

- Go to the warm up area and warm up
- Imagine sections of the “fight” and see and feel yourself performing well

“Stay in the present”

30 mins before:

- Check your arousal level
- How are you feeling
- Do you need a “pump up” or “cool down”?
- Are you in the zone or working towards a “flow state of concentration”

“Attitude is a decision”

20 mins before:

- Final check of equipment
- Spend 2-3 min imagining the start of the fight

“Relax and flow”

15 mins before:

- Begin final stage of your warm up routine
- Positive self-talk
- Deal with negative talk

“Read and React”

10 mins before:

- Repeat positive self-statements you worked on during practice (ie) I can do this, I’ve trained hard, I’m fast, I’m powerful, I’m confident!

5 mins before:

- Remind yourself of previous “good performances”

At the line:

- Remind yourself you are ready to go!
- This is what you trained for so **GO FOR IT!**

PERSONAL PRE-COMPETITION PLAN

Competition:

Venue:

Date/Time:

10. The night before
9. About 7:00 am
8.
7.
6.
5.
4.
3.
2.
1.
BLAST OFF!

PRE-FIGHT ROUTINE



Remind Yourself ...

“You are ready to go!”

“This is what I trained for!”

“Just Do It!”

30 minutes before:

20 minutes before:

15 minutes before:

10 minutes before:

5 minutes before:

3 minutes before:

1 minutes before:

30 seconds before:

Pre-start

At the line:



2017 NOVA SCOTIA KARATE TEAM

Athlete Information Form

Personal Information

Name: _____
(Please print your name the way it appears on your travel document (i.e. passport, birth certificate))

Name you go by if different from above: _____

Date of Birth: _____ / _____ / _____
Month Day Year

Age as of April 2, 2016: _____

Permanent Address

Street: _____

City: _____ Province: _____ Postal Code: _____

Contact Information

Telephone: home: _____ cell: _____ other: _____

Email addresses (*print clearly*):

1) _____

2) _____

Email Address of parents/guardians (if you would like for them to receive all team emails):

Name: _____ Email: _____

Name: _____ Email: _____

Health Information

Health Card # _____ Expiry Date: _____

Extended Health Insurance Company Name: _____

Policy # _____ ID # _____

List medical conditions you have and medications you are on:

Have you ever had a concussion? _____ (If yes, explain: how many, dates and severity)

(Please note: If there is a change in your medical condition you must inform the coaching staff.)

Karate/Sport Information

Dojo/Club: _____ Dojo Location: _____

Sensei: _____

2017 Nationals Divisions:

Divisions I am trying out for:

Kata: yes / no

Kumite: yes / no

Age Division(s): _____

Weight Division(s): _____
(If you don't know the weight division please list your current weight)



2016-2017 Team Nova Scotia Athlete Agreement

I, _____, an athlete registered with Karate Nova Scotia, understand and agree to abide by the terms of the Athlete Agreement.

- a) The athlete agrees to attend all provincial team workouts and mandatory tournaments. The team workouts will be posted on the KNS website. If an athlete is doing kata only, they are required to attend the first and last provincial team workout and all kata sessions.

The mandatory tournaments for the 2016-2017 season are:

1. Grand Prix –April 23, 2016- Horton
2. Atlantics- Oct 8, 2016- NB
3. Grand Prix- TBA (either Nov 26 or Dec 3) Bridgewater
(please note that the dates of the tournaments are subject to change depending on availability of the facility; there are three mandatory tournaments)

The optional tournaments (where points will be awarded) for the 2016-2017 season are:

1. Montreal Open- May 15, 2016
2. 2016 WKF Karate 1 WKF Youth Cup- Croatia- June 27- July 3, 2016

- b) The athlete agrees to notify the Coaching Staff of any injury or other legitimate reason that will prevent the Athlete from participating in a mandatory activity/event. In the case of an injury a certificate/note from a medical doctor setting out the specific nature of the injury may be required. The athlete agrees that even if injured, they will attend all mandatory events as a spectator.

The athlete will be excused from a mandatory event if they are ill. The athlete agrees to notify the Coaching Staff of any illness at the earliest opportunity. In the case of illness, a note from a medical doctor setting out the specific nature of the illness may be required.

- c) The athlete agrees to notify the Coaching Staff of any change in medication after signing Karate Canada's (KC) Medical Examination Report. The athlete also agrees not to take any over the counter medicines two weeks prior to Nationals, unless approved by, Star Deveau, Team NS's medical representative.
- d) The athlete agrees not to consume illegal substances, such as non-medically prescribed drugs. The athlete also agrees not to consume banned substances. Karate Canada (KC) has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to members of KC and participants in KC sanctioned activities. By signing the Athlete agreement the athlete is acknowledging that they are aware that the CADP applied to them. For further information, please visit the Athlete Zone on the CCES website <http://cces.ca/athletezone>.
- e) The athlete agrees, if they are under the age of 19 years, to avoid alcoholic consumption at any KNS or KC event. If 19 years of age or over, the athlete agrees to avoid alcohol consumption 24 hours before a competition until the close of the competition. The athlete agrees that even after the close of the competition they will avoid intoxication during a KNS or KC event. Any breach of this clause could result in sanctions from KNS and/or KC.
- f) The athlete agrees to ensure that their behavior is in compliance with a harassment-free and abuse-free environment and the athlete agrees to refrain from any conduct or action that disparages KNS.

- g) When travelling with the Team, the athlete agrees:
- 1) To wear the team tracksuit when travelling with the team, attending team functions, and during the competition.
 - 2) To obey the curfew imposed on all junior athletes. On competition days athletes must be in their room at 10:00 pm and lights out by 10:30 pm; on non-competition days athletes must be in their room at 10:30 pm and lights out by 11:00 pm unless advised otherwise by the Coaching staff.
 - 3) To turn off their cell phone during curfew hours.
 - 4) To attend, on time, all scheduled team meetings, training sessions, team social events and any other activity.
 - 5) To stay at the competition site as a team member until the end of all events unless permission is granted by a member of the Coaching staff.
 - 6) To attend all team meals unless permission to do otherwise is granted by a member of the Coaching staff.
 - 7) To stay at the hotel unless permission to leave is granted by a member of the Coaching staff.
 - 8) Only team members/parents of the athlete are allowed in the athlete's room. If team members are in each other's room the door must remain open. Under no circumstances are strangers or members of other teams allowed in an athlete's room.
 - 9) To keep their room presentable at all times.
 - 10) Abide by the laws of the host Province.
- h) The athlete acknowledges they have read and they understand the team selection process.
- i) The athlete agrees that, if they are competing in kumite, they will be no more than 3% over their weight class in kumite the week leading up to Nationals. The athlete understand that if they are over by 3% the week leading up to Nationals and/or they do not make their weight class, they will be responsible to reimburse KNS if they received any funding from KNS to attend Nationals.
- j) The athlete agrees to have a clean, proper fitting gi, which conforms to the rules. The athlete agrees to have the required equipment when attending any competition.
- k) The athlete agrees to be familiar with the WKF rules governing competitions.
- l) The athlete acknowledges that any breach of the Athlete Agreement may result in a disciplinary ruling handed down by the Coaching Staff. The Head Coach(s) have final authority in all matters pertaining to the team.

Signed this _____ day of _____, 2016.

Signature of Athlete

Signed this _____ day of _____, 2016

Signature of Parent or Guardian (if under 19 yrs)

TRAINING CAMP SCHEDULE

Training Sessions: Halifax Ryuseikan Dojo, 1237 Cole Harbour Road, Cole Harbour.

April 2, 2016 - Open Camp 9am-1pm

June 4/16 - Open Camp 9am- noon (Experienced athletes); Noon-3:00 pm (Less Experienced athletes)

Sept 10/16 - Open Camp 9am- noon (Experienced athletes); Noon-3:00 pm (Less Experienced athletes)

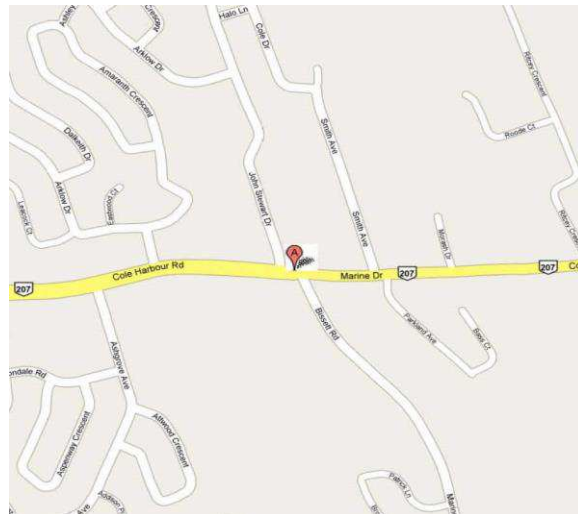
Nov 5/16 - Open Camp 9am- noon (Experienced athletes); Noon-3:00 pm (Less Experienced athletes)

Dec 17/16 - Closed Camp Times TBA

Jan 14/17 - Closed Camp Times TBA

Jan 28/17 - Closed Camp Times TBA

Feb 11/17 - Closed Camp Times TBA



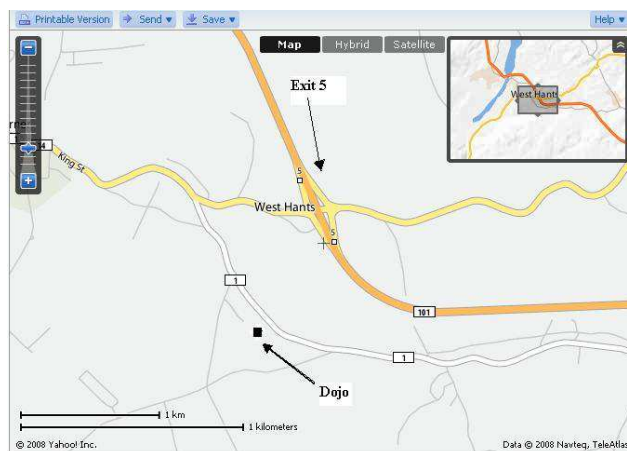
Karate Nova Scotia/Karate Canada Joint Kata Training: To be held at the Windsor Karate Club, 4407 Highway # 1, Three Mile Plains, coached by Sensei Griffin.

May 7, 2016 Noon- 5 pm

June 25, 2016: Noon- 5 pm

Aug 20, 2016 Noon- 5 pm

Other dates TBA



**THE FOLLOWING ITEMS WILL BE PROVIDED TO YOU AT AN
UPCOMING PRACTICE**

- CLOTHING/GEAR ORDER
- KC WAIVER FORM
- KC MEDICAL EXAM FORM

Concussion Awareness



Concussion Awareness and Resources

Karate Canada Coaches, Parents and Athletes,

Education around head injury and concussions has become an important focus in all levels of sport. Athlete and participant safety is always the main focus in physical activity, specifically in contact sports such as ours.

It is imperative that our Karate community has access to resources that will provide important education and knowledge that will help facilitate good decision-making regarding the safety of Karate athletes and participants.

Safety and well being of all participants is key to the long term enjoyment of Karate, and it is the individuals closest to the participant - parents and coaches - that will play the biggest role in managing an athletes safety, actively monitoring well being, adequate preparation and training, as well as correctly assessing an athletes readiness for competition that includes full head contact.

The following will provide some good starting points for recognizing [what a concussion is](#), [signs and symptoms of concussion](#), [managing a concussion](#), as well as guidelines around when to [return to play](#) after a concussion.

Further concussion Resources for [Parents \(French\)](#) and [Coaches \(French\)](#) as well as Athletes and Teachers can be found at [Think First Canada concussion resources](#).

Please also take the time to read through these links: [Return to Play Guidelines - English](#) [Consignes Relatives Au Retour Au Jeu - French](#) [Pocket Concussion Recognition Tool - English](#)

[Sport Concussion Assessment Tool for Ages 5 - 12 - English](#) [Resources - French](#)

Fundraising Form

Event:	
Date of Event:	
Parent in Charge:	

Athletes Participating	Participation Information (i.e. Canteen- what athlete brought in)	Explanation of Increased Shares (i.e. if parent worked event)	Shares for Event

Distribution of Shares:

- 1.) The organizer of the event will receive one share (for their child). If the organizer has more than one child, the share will be credited to one child.
- 2.) Once the fundraising event is finished the money will be turned in and placed in the Team Account.
- 3.) The organizer will submit the Fundraising document within one week of the event to Karen Armour. The document will then be posted so athletes can see where they stand. In the unlikely event that a dispute arises over the distribution of shares, the Coaching Staff will review the situation and make a decision.
- 4.) An athlete will get one share for participating.
- 5.) If an athlete participated more (i.e. Canteen- brought more food than the average), they would get ½ - 1 extra share based on their participation. The parent in charge will decide the amount.
- 6.) In the case of the Canteen, if a parent works the event (for ½ day), the athlete would get an additional ½ share.