



## **KARATE CANADA**

### **Competition Review -PHASE 2 of the CONSULTATION**

### **PROGRESS REPORT AND DRAFT RECOMMENDATIONS**

#### **Part 1 – Progress Report**

Karate Canada is pleased to provide you with its Competition Review Committee (the “Committee”) progress report. Before presenting the results of this review, we wish to remind you how the information was gathered. The Committee met 10 times to oversee the work of the Consultant (Benoit Girardin) and to ensure the review was making good progress. Between November 2009 and January 2010, members of PSOs were invited to provide their analysis of the strengths, weakness, opportunities and threats associated with the current competition structure or system. Questionnaires were responded and 2 conference calls were held to gather comments and inputs.

The information gathered was then analysed by the Committee and served as a basis to facilitate discussions with a group of leaders. These leaders met in Toronto on March 17 during a one day workshop to discuss the main issues of KC competition system and to provide solutions to improve it. Members of the Committee were present as well as the LTAD Sport Canada consultant. The Committee met after that meeting to assess and analyse the outcomes of that session. On May 25, 2010, the Committee met in Montreal to discuss in more depth and details the issues identified through the consultation process and originating from the Toronto workshop. Kraig Devlin, a member of the Committee met at numerous occasions with the Consultant to work on solutions and recommendations to improve the competition system. Kraig also met on June 22 with ISTVAN BALYI, the LTAD Sport Canada Consultant, to discuss periodization and how to better align competition calendars.

We wish to present you, in a summary form, the outcomes achieved at this juncture in the review process and also propose initial ideas and recommendations to improve KC competition system. We need your inputs and comments on those ideas and recommendations. Once we receive your

feedback, the Committee will meet to assess your comments and contribution before finalizing its report. The final report is scheduled to be released in September 2010. It will include a diagnosis of the competition system, key principles and recommendations to improving it and a realistic and feasible implementation strategy.

We also plan to provide an information session during the Junior PKF Pan American championships held in Montreal in August 2010 (details to follow).

Firstly, you will find in Appendix A the findings originating from the analysis of relevant documentation, the PSOS/Clubs consultation, the Toronto workshop, and Competition Review Committee's discussions.

## **Part 2: The Initial Recommendations**

The initial recommendations and principles are presented in three blocks.

1. Block A refers to the format of Event of Competition
2. Block B refers to the alignment of competitions calendars
3. Block C refers to the mechanisms used in Competitions to identify talent

### **1. General recommendation**

In the final report we intend to present the specific recommendations for each LTAD stages. For instance, we would provide recommendations for each stage in terms of Event format (including an organisational template for the benefit of the organising committee or club), purpose of Event, ideal calendar of competitions (if applicable) and means to maximise talent identification. We have decided to use the LTAD approach to ensure that clubs, PSOs, coaches will be able to use this review as a useful tool to implement LTAD objectives.

### **2. Block A: Event Format**

#### *Recommendation 1:*

For each LTAD stages, the purpose of the Event shall be first identified. Is it a competitive Event (ranking, selection), a developmental Event (training or preparatory purpose event), an introduction to Karate Event, a family based event, a festival, etc...?

#### *Recommendation 2:*

Secondly, in order to maximize active time and learning, the Event shall be formatted in a fun and jazzy format and rules shall be adapted accordingly. In sanctioned competitive Events, a new proposed format should include increasing the number of competitive matches.

*Recommendation 3:*

Whenever applicable, mechanisms shall be developed to garner technical and physical tests results to monitor progress, identify talent or select athletes.

*Recommendation 4:*

Thirdly, the Event format and rules per age categories and LTAD stage shall be harmonized across Canada and each province shall follow the harmonized model.

*Recommendation 5:*

Hosting guidelines, tools and modified rules shall be developed by PSOs and/or KC and used in order to be recognized as a sanctioned by an affiliated PSO and/or KC.

*Recommendation 6:*

Finally, it is recommended that Events shall be managed and organized by organizers who received specific training from the PSOs and/or KC.

**3. Block B: Competitions Calendar**

*Recommendation 7:*

Calendars of competitions shall be developed for each stage and then aligned in an optimal way thus maximizing compliance with specific periodization principles and objectives.

*Recommendation 8:*

For those participants who compete actively, all regional, provincial Events shall be approximately held at the same time of the year before the Nationals.

*Recommendation 9:*

We would also recommend separating the junior from the senior nationals.

*Recommendation 10:*

Nationals should be held at the appropriate time of the year to allow optimal preparation for international events (including preparation, injury recovery and peaking)

*Recommendation 11:*

For those participants who are not competing actively, the competition calendar is meant to offer active time and introduction opportunities so the alignment of calendars less important.

#### **4. Block C: Talent Identification**

Firstly, we should distinguish talent screening, talent identification and selection.

*Talent screening* means a program or system aimed at recruiting young athletes (active start, fundamentals) who demonstrate predominant physical and psychological attributes to become, one day, an international level athlete. Recruiting does not necessarily mean competition. It is a process meant to identify grass root raw talented individuals and get them involved in the developmental pathway.

*Talent identification* means a process aimed at identifying athletes who are already involved in the system (ideally those coming from the screening stage) and that demonstrate potential to become podium level athletes.

*Selection* means a process aimed at choosing athletes based on agreed upon developed selection criteria (which could be a mix of performance based criteria, physical test results or others).

##### *Recommendation 12:*

It was acknowledged that KC needs to develop, on a national basis, an integrated approach to screen, identify and select the best athletes throughout its development pathway. It is therefore recommended that Events and Competitions shall serve as experimental, developmental, recruiting, talent identification and selection opportunities.

To complement these recommendations, we have attached to this document two excel sheets. Appendix B presents a proposed Karate System overview that incorporates LTAD principles and guidelines.

We have also attached Appendix C which presents Karate Event Organizing Matrix (as of June 5 2010).

#### **NOW, YOUR TURN, WHAT DO YOU THINK?**

##### **How to contribute:**

Please review carefully the 12 proposed recommendations before providing your comments. You can simply add your comments on directly on this document after each recommendation or observation or by using a separate document. . Whether you agree or disagree please always justify. You are also welcome to add new recommendations and solutions.

As for the Appendices, we also invite you to comment on the three Appendices attached to this document. If you have any other ideas, suggestions or recommendations that would assist us in improving the competition system,

please do not hesitate to do so.

Your input is essential to the review and development of KC competition structure and we value your opinion. The responses you provide will remain anonymous and confidential.

We ask that you provide your feedback by the end of day Friday July 23, 2010 and send it back to Benoit Girardin at [benoit@lbbconsultants.com](mailto:benoit@lbbconsultants.com).

## APPENDIX A

### INFORMATION GATHERED AND ANALYSED DURING THE REVIEW PROCESS

#### 1. LTAD

Based on the information available at the time the LTAD was developed, it said the following about the Competition Structure:

- 1.1. Issues exist in terms of repêchage at national championships (only one match)
- 1.2. Challenge in aligning Canadian competition calendar with international event (peaking issues)
- 1.3. Adult structure is imposed to young athletes
- 1.4. Talent identification is based on competition results obtained at nationals
- 1.5. Too early specialization in Kumite
- 1.6. National team members must re-qualify in their provinces
- 1.7. Junior athletes participate in very few high calibre matches

#### 2. The Consultation with PSOs and the Toronto workshop (March 2010)

In identifying key issues existing within KC Competition system, the people consulted said:

- 2.1. The active time at KC event is too short
- 2.2. The waiting time is too long between events
- 2.3. Event organizers are lacking HR capacity
- 2.4. Rules are not adapted to young athletes
- 2.5. Too many volunteers to manage
- 2.6. Calendar of competition is scattered and not aligned

#### 3. The Ideal system: In the view of meeting participants, the ideal system should be characterized as follows:

##### *General:*

- 3.1. Events are financially profitable
- 3.2. Events are designed to retain teenagers in the sport (late comers, more stage relevant, fun aspect, more team environment, clubs, schools, recreational circuit, colleges and universities) organized CIS and CCAA.
- 3.3. There is an increase of participation in KC events-KC Events meet the WOW factor, It's a party-KC events offer something unique (compared to other sports and like activities)
- 3.4. Events are webcasted and broadcasted-PSOs NSOs-KC u2 channel- videotaping fights-Provincial and national+international events

### *Long Term Athlete Development:*

- 3.5. Events are athlete centered and optimized athlete development
- 3.6. Targeted activities at each LTAD stages-Stage alignment
- 3.7. Events promote LTAD and educate parents-

### *Competition Calendar:*

- 3.8. Full integration of provincial/national/International events
  - Officials
  - Competition structure
- 3.9. Training program : Develop a participation circuit designed on the basis of LTAD stages (rules adapted to meet the LTAD dev. objectives) (use community centres)
- 3.10. Creation of a selection circuit that is based on WKF rules, find optimal competition at provincial and national level, separate JR and SR nationals, align schedules of events in Canada with international event
- 3.11. Increase ACTIVE times between nationals-Round robin
- 3.12. Offer more competition opportunities per year
- 3.13. Develop a national calendar integrating all events (at all level)
- 3.14. Canadian events have a better international visibility
- 3.15. All provincial tournaments are held in the same period of the year
- 3.16. Perfect calendar alignment
- 3.17. WKF rules (changes for under 12 yo)
- 3.18. Under 9 yo 1-2 festival per year
- 3.19. Develop a school program
- 3.20. Encourage Inter provincial training and competition YES

### *Competition and Event format:*

- 3.21. Ages 6-11 yo
  - Different rules at events
  - Skills based activities
  - No needs of referees
  - Parent/coach driven
  - Gradual integration of combat
  - Modification of time /area/points/etc...
- 3.22. Ensures minimum levels of quality matches for each athlete
- 3.23. Better use of technology
- 3.24. Alternate skills competitions (no need for referees)
- 3.25. Events include parents in event management, as chaperone, scorekeeping, sponsorship search, fundraising
- 3.26. Separate Jr and Sr events TBD
- 3.27. Change format for more round robin increasing competition experience
- 3.28. Schedule events by time

- 3.29. More active time activities per day- Reduce waiting time at events
- 3.30. Create new L9 structure
- 3.31. Regional event: Round robin/Provincial event: double elimination/Nationals: WKF minimum 2 matches-cross over-round robin
- 3.32. Single elimination 12-13 yo and up/ 15-15 yo round robin

#### *Officials:*

- 3.33. No training of officials at nationals, team selection tourney
- 3.34. Match officials with level of athletes
- 3.35. Start official training earlier
  - To create Jr. National official training program Pay them
- 3.36. Good referees for better athletes
- 3.37. Better support of referee
  - Referee levels for different tournaments
  - Expand clinics for scorekeepers and timekeepers
  - Introduce referee at younger age
  - Educate dojos about importance of referee

#### *Talent Identification:*

- 3.38. Talent identification is based on physical/skills tests and performance and a tracking system is developed