

Karate BC High-Performance Committee (HPC)
BC Team 2017-2018 competitive season plan
Released: April 5, 2017

Team Selection process for 2018 Karate Canada National Championships, Halifax, NS, March 9-11, 2018

1. **Canada Open 2017** optional participation - June 3 & 4, 2017 - participation points only, regardless of results or divisions entered, athletes encouraged to enter any division for which they qualify, points added to athlete profile after November 1 team registration deadline
2. **Deadline** for BC Team registration online: November 1, 2017
3. **Start-of-season fitness test** and regional training: mandatory participation, November
4. **Provincial Championships 2017**: 75% of total grand prix points, December 4, 2017
 - a. To qualify for Provincials, all recreation and elite athletes are required to simply participate in a mandatory Zone tournament or training event
5. **Team Selections January 2018**: mandatory participation and 100% of grand prix points
6. **BC Team Day** - January 2018 - the Sunday after Team Selections
7. **Mid-season fitness test** and regional training: mandatory participation, February 2018
8. **Karate Canada National Championships** March 2018

Athletes with national team status who participate in official international events in Karate Canada calendar that occur at the same time as a BC grand prix tournament (Canada Open, Provincial Championships, and Team Selection) will receive maximum first place points.

Wildcard criteria at Team selection: to be confirmed with goal to align with Karate Canada wild card criteria

1. Previous WKF, PKF, KC medalists
2. Possible equal number of wildcards for males and females
3. Possible 25% quota for kata
4. Clear reasons why they are expected to perform will be confirmed

Goals of 2017-2018 competition plan

Build on transitional high-performance (HP) plan implemented last season that resulted in BC achieving outstanding, record success at 2017 National Championships:

1. Best BC results ever, including medal results, largest team, most athletes who tried out for the team, club instructors coaching at Nationals for the first time, all team-related expenses came in under budget for the first time in recent years.
2. First place in aggregate medal count.
3. Greatest medal outcome to date: 24 gold, 12 silver, 22 bronze

4. Complete sweep of kata gold medals
5. Largest team to date; 107 athletes (up from 75 – 98 annually)
6. Largest pool (150) to date of KBC clubs sending athletes to try out for the team
7. The only province to allow club instructors to coach their athletes at National Championships. This enhanced instructor-athlete coaching relationships and provided instructors with first-hand experience to bring back to their clubs.
8. New karate-specific fitness tests developed by the HPC and supported by University of Victoria correctly identified athlete fitness levels through start- and end-of-season tests. Karate Canada plans to implement same tests at National level.

High-performance guiding principles

To be further enhanced in 2017-18 season.

1. Support athletes and club instructors who are fully engaged in HP competition
2. Encourage more athletes to try out for the Team by ‘keeping the funnel full’ via open and inclusive selection process.
3. Understand that “selection” is the also “deselection”, therefore value participation and development.
4. Enhance a fair and accurate grand prix athlete selection system, including potential athlete seeding for major provincial selection events (such as by ensuring that top athletes do not meet in first round of Provincial Championships)
5. Award points for participation at designated events and for results in key selection events
6. Decrease barriers to participation: consider minimizing athlete costs, time away from home and travel
7. Recognize club instructors as the main coaches for routine training, and athlete “club to competition” progress
8. When possible, align with NSO and national multi-sport agencies towards thinking beyond National Championships
9. Create a Team Director (head coach/manager) position to oversee the team program, including actively communicating with club instructors and with new and current athletes involved in HP competition

Details

1. **April 2017:** Announce competition plan for new season, select Team Director through an open competition process and update BC Team webpage on Karate BC website
2. **June 2017:** Canada Open: Athletes score participation points for any result in any division
3. **Zone Qualifying Event for Provincials (between September and November)**
 - a. As with the previous year, all recreation and elite athletes are required to participate in a zone tournament or training event to qualify for Provincials. Only participation is required as all participants automatically qualify for Provincials regardless of results.
 - b. For recreational athletes, the zone can decide to hold a rec tournament or training.
 - c. For elite athletes, only a zone training is required.

- d. Multiple zones may combine their events together.
 - e. Athletes who can not attend the zone event must make arrangements with the zone rep to make-up missing the event by attending an extra club training, another local tournament or whichever the zone rep feels is reasonable based on the athlete's location and development level.
4. **November 1: Deadline for Team registration online**
 - a. November deadline recognizes September and October as busy times for clubs vis-s-vis membership, and some clubs start up again after summer.
 - b. Trackie registration: athlete info, picture, YTP Excel or Google sheets format and team fee
 - c. Team director supervises processes
 5. **November:** start-of-season regional fitness tests and training day - mandatory for all athletes
 - a. Lower Mainland, Vancouver Island, Kelowna, Prince George
 - b. Any athlete living over 2 hours away may request deferral until January full-team day
 - c. Morning: start season regional fitness tests; Afternoon: 2 hours of technical/tactical training
 - d. Team director to hire 1-day regional HP coach/coaches, plus volunteer fitness test staff
 6. **December 4:** Provincial Championships - Sunday elite divisions; 75% of grand prix points
 - a. Receiving 75% of grand prix point encourages each division to be more competitive until selection, similar to the Wrestling BC system
 - b. To qualify for Provincials, all recreation and elite athletes are required to attend a mandatory Zone tournament or training event.
 7. **January 2018 (Saturday; TBA)** Team selection. mandatory participation: 100% of grand prix points
 8. **January 2018 Sunday** immediately after Team selection: Team Day
 - a. Approximately 9 am to 12 pm - athletes who qualify for team
 9. **February 2018** - mid-season regional fitness tests and training: one day - mandatory for only Team athletes
 - a. Lower Mainland, Vancouver Island, Kelowna, Prince George
 - b. Any athlete living more than 2 hours away may request exemption
 - c. Morning: start season regional fitness tests; Afternoon: 2 hours of technical/tactical training
 - d. Team director to hire 1-day regional HP coach/coaches, plus volunteer fitness test staff
 10. **March 7 - 11, 2018** - Karate Canada National Championships, Halifax, NS

BC Team tryout fees due November 1, 2017: \$70

1. \$20 regional fitness tests training
2. \$50 Team selection
3. Clubs or individuals directly pay registration fees for Canada Open and Provincial Championships

BC Team member fees due February 1, 2018

1. Team Day - Sunday in January after Team selection: \$20
2. February regional fitness test: \$20

3. Karate Canada National Championships division registration fees: (to be confirmed by KC)
4. Karate Canada National Championships hotel costs: to be confirmed by KC
5. BC Team tracksuit: change of tracksuit not yet confirmed

Provincial Championships, Team selection Tournaments and Team Day

1. Team Director communicates with Officials' and Tournament Committees regarding officials and competition selection requirements (key NSO, PKF and WKF officials, seeding athletes fairly, etc.)
2. Team selection
 - a. Announce final team results on Saturday immediately tournament ends
 - b. Wild card criteria determined in advance so that WC can be announced end of Saturday
 - c. Team Director meeting with athletes who did not make the team at the end of the event to answer questions and encourage them to try out again next year
3. Team Day: Sunday immediately after Team selection: half-day event
 - a. Selected athletes attend Sunday 9 a.m. - 12 noon
 - b. Event coaches attend to set age-group goals and implement team-building exercises (for example, why do we cheer for each other at national championships?), possible king of the ring practices, basic values, mission, age-group cheer (loudest cheering team), admin for team jackets and Nationals, etc.

BC Team staff reporting to HPC

A. Team Director (head coach/manager) - to be selected through open competition, April 2017

1. 3-year contract: develops long-term continuity (May 2016 to April 2019)
2. Annual post-Nationals performance evaluation, completed each April
3. Attends: Canada Open, Provincial Championships, Team Selection, National Championships
4. Honorarium; \$5000 annual plus travel expenses
5. Qualifications:
 - a. NCCP Comp-Dev certified or can be certified by Nationals 2018
 - b. HP coaching experience
 - c. Staff management experience, detail oriented, excellent communication skills, effective pre-event planning, event supervision capability
6. Duties:
 - a. Perform annual BC Team gap analysis and produces annual YTP plan
 - b. Supervise and direct program from communication to staff management
 - c. Registration for BC team and National Championships
 - d. Supervise Team budget, team reports, coordinates with HPC and KBC
 - e. BC Team event coaching staff supervision and guidance

- B. BC Team staff event coaches:** 3 to 4 coaches - to be selected through open competition, Fall 2017
1. 1 competition season contract: (November 2017 - March 2018)
 2. Attends: Team Day after Selections, National Championships & possibly some regional trainings
 3. Honorarium; \$150/day plus travel expenses (Karate Canada honorarium rate)
 4. Qualifications;
 - a. NCCP Comp-Intro trained
 - b. HP experience at club, PSO and NSO levels
 - c. Ability to work in a team, plus effective communicator with athletes and all stakeholders
 - d. Skill set emphasises assisting athletes to have a Competition Excellence experience at National Championships rather than only providing technical/tactical teaching of kata and kumite
 5. Duties;
 - a. Reports to Team Director
 - b. Attends: Team Day after Team selections and Nationals; possibly a regional training day
 - c. Works as staff coach to assist club instructors or athletes without club instructor at Nationals
 - d. Helps with team management before 2018 National Championships
 - e. Submits post-National Championships debrief to Team Director