

BC TEAM HANDBOOK

Revision: September 2017

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1. Introduction

Come join the BC Team so you too can compete with the best of the best at the Karate Canada National Championships, which can then lead to being selected for Team Canada at elite international championships including the Pan-Americans, the Worlds and even the Tokyo 2020 Summer Olympic Games!

The Karate BC Team is the official team that represents the Province of British Columbia. The primary event the team attends is the Karate Canada National Championships, held annually in a different city by Karate Canada (KC) in conjunction with the governing karate provincial sport association of the host province.

The Nationals are the initial selection point for Team Canada’s Junior & Senior teams that compete in several Pan-American Karate Federation (PKF) and World Karate Federation (WKF) international events, including the World Championships held every 2 years (even years for Seniors, and odd years for Cadet, Juniors & U18).

In August 2016, the International Olympic Committee (IOC) announced karate will become an official sport in the Tokyo 2020 Summer Olympics. The WKF will organize this competition for both kata (forms) and kumite (fighting). In June 2017, the IOC will decide on including karate as a permanent Olympic sport from the 2024 Summer Games.

The BC Team has a long and proud history of sending provincial athletes to the Nationals for over 35 years and it has produced many national champions. The Team is divided into Youth (12-13), Cadets (14-15), Juniors (16-17), Under 21 (18-20), and Seniors (18+ kumite, 16+ for kata).

2. Karate BC Team Information

a) Team Overview

The Karate BC Team is the official team that represents the Province of British Columbia. The primary event the team attends is the Karate Canada National Championships, held annually in a different Canadian city by Karate Canada (KC) in conjunction with the karate association of the host province. The BC Team has a long and proud history of sending provincial athletes to the Nationals for over 35 years and it has produced many National Champions. The Team is divided into Youth (12-13), Cadets (14-15), Juniors (16-17), Under 21 (18-20), and Seniors (18-40, 16-40 for kata).

The goals for the Karate BC Team are:

1. To provide a program that fosters mental and physical excellence and allows our elite provincial athletes to excel in national and international competition.
2. To produce a team that will take top honors in national and international events.

There are two main competition categories: Kata and Kumite. Each category has age divisions for both male and female athletes ages 12 and up, with Kumite divisions also separated by weight.

b) Registration Info

In order to be eligible for the BC Team, each applicant must have the following completed by the registration deadline date:

1. Read and understood (and reviewed with your parent/guardian if necessary) the Athlete Commitment
2. All athletes are to know and understand the WKF Competition Rules clearly
3. Complete BC Team athlete application form via **Trackie** (www.trackiereg.com/BCTeamApplication). This application will include athlete Yearly Training Plan, athlete photo, etc.

NOTES:

- All athletes wishing to be considered for the BC Team must be Canadian Citizens or be documented Permanent Residents. It is also possible to be considered for the team if you can prove you are in the process of acquiring your Permanent Residence document (but must be to the point that indicates that your application will be successful).
- Medical Forms: these no longer need to be submitted during BC Team application, as this information will be gathered when BC Team members register for tournaments.
- Team Fees: once an athlete has been selected for the BC Team, they will then be notified with information about how to pay these fees.
- All athletes must be minimum 12 years of age as of the first day of Nationals.

After all applications are received (applications must be complete), the Karate BC High Performance Committee will review them and inform the applicants by email they may participate in the BC Team Grand Prix events that lead to the final team being selected.

All necessary communication will be with both the athlete’s club instructor & the athlete themselves, plus an athlete’s parent if athlete is 18 years old or under.

3. BC Team Schedule

EVENT: Canada Open 2017

(Grand Prix #1) Richmond Olympic Oval June 3 & 4, 2017

“2’ Participation Points – regardless of placing

DEADLINE: BC Team Registration

Due Online: November 1, 2017

Fees collected:

- \$20 regional fitness tests & training
- \$50 Team Selection tournament

“Start of season” Mandatory Fitness Test & Regional Training

- Nov 4th, 2017 - Lower Mainland (Richmond Oval) 8am-1pm
- Nov 5th, 2017 - Vancouver Island (Shima) 9am-1pm
- Nov 5th, 2017 - Kelowna (RHKA) 9am-1pm
- TBD - Prince George
- Any athlete living over 2 hours away may request deferral until January Team Day
- Morning: Fitness test. Afternoon: 2 hours of technical/tactical training

EVENT: Karate BC Provincial Championships

(Grand Prix #2) Richmond Olympic Oval December 4, 2017

75% of Grand Prix Points: Gold 37.5pts, Silver 18.5 pts, Bronze 9.5pts

Club coach, zone coach or BC Team event coach may sit in the tatami coach’s chair.

National Team members participating at international tournament on the official Karate Canada calendar at the same time as a Karate BC grand prix tournament will earn “Gold” grand prix points.

EVENT: BC Team Selection Tournament

(Grand Prix #3) Richmond Olympic Oval Date: January 6, 2017

100% of Grand Prix Points: Gold 50pts, Silver 25pts, Bronze 15pts.

Wildcarded athletes will be informed within 2 hours of completion of the event.

EVENT: BC Team Day

Day after BC Team Selection Tournament – Jan 7, 2017

Richmond Olympic Oval - 9am to 2pm – only athletes who qualify for team.

Selection of Team Captains & athlete rep.

“Mid-Season” Mandatory Fitness Test & Regional Training

February 2018

- Feb 3rd, 2017 - Lower Mainland (Richmond Oval) 8am-1pm
- Feb 4th, 2017 - Vancouver Island (Shima) 9am-1pm
- Feb 4th, 2017 - Kelowna (RHKA) 9am-1pm
- TBD - Prince George
- Any athlete living over 2 hours away may request deferral until January Team Day
- Morning: Fitness test. Afternoon: 2 hours of technical/tactical training

EVENT: Karate Canada Nationals

Halifax, NS March 7-11, 2017

Team travel will be the responsibility of each athlete.

Athletes pay for their travel, accommodation and food during nationals.

Karate BC pays each athlete’s banquet fee.

Athletes in 12/13yrs divisions must travel and stay in the same hotel room with their parent/guardian.

Club instructors who have athletes on the BC Team may sit in the tatami coach’s chair at Nationals if they have achieved the NCCP Comp-Intro “trained” status prior to February 23 and they sign an agreement of understanding with the HPC.

NOTE: Any local tournament which is Karate BC sanctioned is recommended for further athletic development. Check www.karatebc.org for complete tournament schedules.

4. High Performance Committee and BC Team Coaching Staff

All inquiries regarding the BC Squad/BC Team and/or events and tournaments involving the BC Squad/Team should be directed to the Team Director.

The HPC consists of:

- Chairperson – Richard Mosdell
- BC Team Director – Rodney Hobson
- High-performance specialist – Kraig Devlin (Karate Canada high-performance committee member)
- Competitive club coach – Sandeep Gill (Burnaby Karate Academy)
- Retired Athlete Representative – Arash Beytoei

Responsibilities

The responsibilities of the HPC are: BC Team selection, structure, team trainings, athlete development, principles of coaching and teaching psychology, bio-mechanics, and their application to and implications for karate through NCCP involvement.

Scope of Responsibility

Within the parameters of the Strategic Plan, the HPC is responsible for developing, implementing and monitoring the high performance program, including the following stages of training and performance:

- Train to Train
- Train to Compete
- Train to Perform
- Train to Win (working with Karate Canada)

The committee is responsible for reviewing, updating and maintaining the Team BC Handbook and Policies, including, but not limited to:

- Selection
- Conduct and Discipline
- Athlete Assistance Program
- Pacific Sport Carding Program
- Team Structure

The committee will work with the Tournament Committee to ensure that programming calendars are complimentary, to ensure Provincial Tournaments align with LTD and provide a logical progression for athletes. The committee will ensure that information is made available to athletes regarding funding or educational opportunities such as the External Credit Program, or athlete grants from external organizations.

The committee will work with the Finance Committee in the development of the High Performance budget for both the program and the committee.

The committee will work with the Coaching Development Committee to develop and/or access coaching development opportunities appropriate for the needs of high performance coaches.

The committee will work with the Technical Committee to ensure strong transitions between Learn to Train and Train to Train stages for identified athletes.

The committee will make recommendations to the Board from time to time regarding High Performance Program opportunities, program policies and other issues.

Accountability

The High Performance Committee reports to the Board of Directors through the Committee Chair or the Director Liaison if the Chair is not a member of the board. The Committee Chair will provide a written report to the Board when requested. The Committee provides a year-end report for the Annual General Meeting with the activities of the program and committee, including all performance program results and future significant competitions.

5. BC Team Qualifications

a) Qualifying for Nationals

- In order to qualify to go to the Nationals, athletes must attend all of the training sessions and have an up-to-date KBC Membership.
- An athlete who won their division at the previous Nationals is automatically invited back to the Nationals the next year as the Returning Champion, as well as Karate Canada athletes with status on the National Team, allowing the BC Team to have one or two more athletes in that division.
- The BC team will have 2 athletes for each Kumite division and 3 athletes for each Kata division except for those divisions where we have a returning champion or Karate Canada National Team status athlete.
- Only in the divisions where last year’s National Champion or a Karate Canada National Team status athlete, comes from BC will our Team be allotted extra spots to take a 3rd or 4th person, depending on the case.
- Athletes must compete in the categories they will plan to compete in at the Nationals, which they qualify for regards to age and/or weight. Athletes do not qualify for categories solely based on the furthest international competition they hope to attend.

- Further, they must compete in the appropriate category at the grand prix tournaments. If the athlete is a minor, wishing to compete in a division above his/her age group, a consent form must be signed by parents (guardians) and instructors.
- More information will be available once specific details are sent from Karate Canada become to the Provinces.
- All athletes must be a minimum of 12 years of age as of the first day of Nationals.

i) BC Team Selection Criteria

The BC Team Qualifications is based on the grand prix point system. While the results of the “grand prix points” will be the major deciding factor in team selection, the coaching staff and HPC will make the final decisions. The following is a list of expectations for all athletes wishing to become team members.

ii) Grand Prix Scoring System & Championships

- Competitors from 12/13yrs elite divisions and higher will be awarded grand prix points at 3 Karate BC tournament events; Canada Open, Provincials & Team Try-Outs.
- The athlete with the most points in their division wins the grand prix championship.
- Every elite athlete who registers for the BC Team is allowed to attend each of the 3 events.
- The Team Tryouts event is mandatory for all registered athletes.
- Points are only awarded for actual results. For example, a silver result gets the 2nd place points, as it does not matter how many athletes in the same division may or may not be trying out for the BC Team.
- Points do not transfer to new weight divisions.
- If there is a tie between two athletes in the same division by the last grand prix event, then each athlete’s result in the last tournament will be used to break the tie.

Canada Open: 2pts for participation

BC Provincials: Gold 37.5pts, Silver 18.5 pts, Bronze 9.5pts

Team Selection Tournament: Gold 50pts, Silver 25pts, Bronze 15pts.

iii) Kumite Weight Divisions

Kumite athletes in weight categories will be weighed at each team practice.

To align with Karate Canada national team policies, athletes must not be more than 10% over or under their registered weight division at anytime during the BC Team competitive season, otherwise the Coaching staff and or Karate BC High Performance Committee can impose disciplinary action such as removal of points from their grand prix status or even suspension from the team.

iv) Team Fees & Financial Responsibility

At this time we do not fully know what each athlete will be financially responsible for. What we do know right now is that the BC Team training fees will be reduced this season to \$20/each. The registration fee for the selection tournament will remain the same at \$50.

We will notify all BC Team athletes who qualify for Nationals of the updated financial requirements once Karate Canada, Karate BC and our High Performance Committee have finalized things.

Before Nationals, all team fees will be collected by the Karate BC office online.

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: The BC Team will have a new tracksuit that all team members must purchase.

For Nationals, athletes will pay fees for the following:

- Division entry
- Airfare
- Hotel
- Food
- Local transportation

For the hotel accommodations for the whole team, Karate BC reserves rooms for all the athletes from ages 14yrs old and up (we will try to book the 12/13yrs olds with parents again this year), then these athletes pay Karate BC their hotel room fee. Several athletes are booked into one room.

Athletes 12/13yrs old are required to travel and stay in a hotel with their parent/guardian.

Karate BC pays for the following Nationals fees for each athlete:

- Banquet fee
- Team Kata and Team Kumite entry fees

v) Mandatory Fitness Testing

A “performance test” will evaluate in depth each Karate BC Team athlete’s fitness capabilities twice a year at the start and end of the 2017-2018 competitive season.

A “fitness test” evaluates an athlete’s physiological parameters. The goal of the field fitness test is threefold:

To establish a valid and reliable fitness test that can be implemented for karate athletes,

To determine talent identification systems based on the fitness testing outcomes (i.e. create “athlete profiles”), and to establish normative data on karate athletes. This is different from a “skill assessment” which tests psychological & physiological athlete reactions. A karate athlete skill test will be developed later.

A simple “field fitness test” has already been published on the Karate BC website and it is a good way for competitive karate athletes of any age to monitor their fitness progress during the year.

vi) Year Training Plan (YTP)

Each athlete will create a YTP as a collaborative effort between the athlete, club instructor, BC Team coach, BC Team fitness test coach, and sometimes even the athlete’s zone coach. “A well designed YTP will successfully develop an athlete through the off season straight through to the competitive season, peaking the athlete for one or two major competitions per year.”

Trackie registration will provide a YTP template, make a copy of the template so you may fill it out, or download the template so you may complete it.

vii) Squad Training Attendance and Financial Obligations

Athletes must attend the entire mandatory training sessions on time and to completion. They must also maintain a high level of team commitment, values and attitude as well as meet all financial & paperwork requirements on time.

viii) Regular Dojo Training

Athletes must maintain adequate training standards at their club as endorsed by their instructors.

There are no excuses.

- 12-13 years: a minimum of 2 times per week of technical and tactical training in the dojo, with karate specific supplemental training an additional 1 time per week.
- 14-15 years: a minimum of 3 times per week, technical and tactical training in the dojo with karate specific supplemental training an additional 2 times per week.
- 16 years and up: a minimum of 3-4 times per week with additional training in karate-specific strength and conditioning 3 times per week.

ix) Coaches Recommendations

Coaching staff reserves the right to recommend athletes in relationship to the needs of the team, athletic development, training and competitive output, with the approval of the HPC.

b) Travel Funding and Assistance

BC Team coaches will decide on the criteria to award team athletes a portion of this \$3000 available by the final team training camp in January 2017.

****Travel funding subject to availability****

6. Equipment Required For Training

All Athletes must ensure they have the following equipment for the first training session:

- Karate uniform
- Red & blue belts with no personal embroidery.
- Kumite athletes must bring
 - Red & blue gloves and belts
 - Shin guards, mouth guard
 - WKF approved body protector
 - Groin protector (males)
 - Chest protector (females)
 - All gear should be WKF/PKF 2012 – 2016 approved or newer.
- Training journal
- Printed copy of current KBC Team Handbook
- Printed copy of the WKF rules for Kata & Kumite
- Workout clothing (shirt, shorts, track pants, running shoes, etc.).
- Personal first-aid kit, including: tape, band aids, chemical ice packs, etc.
- Packed lunch
 - Training camps – no athlete will have time to leave the site to purchase lunch during training camps.
 - Nationals – lunch breaks will be planned for each day

7. Karate BC Team Member Agreement

The High Performance Committee has the responsibility to establish rules for the Karate BC Team. The rules are supervised by the BC Team Coaches and are intended to create the best conditions for the favorable performance of the team and to safeguard the reputation of Karate BC.

The BC Team Member Agreement applies to all events attended by BC Team Members and each athlete hereby agrees to the following:

- To abide by and follow the directions, rules or requirements of the BC Team Coaches. If disputes between a coach and an athlete cannot be resolved between the parties, the athlete may be suspended immediately from BC Team activity and the matter will be referred to the HPC. Decisions made by the HPC can be appealed to the KBC Executive.
- To follow the policies, procedures, regulations and guidelines of Karate BC, including the Code of Conduct for Athletes (included in Appendix B);
- Not to act contrary to the ethics and standards of Karate-do;
- Not to possess any illegal substances or performance enhancing drugs and to be available to participate in any form of doping control testing. The list of illegal substances can be found at the Canadian Centre for Ethics in Sport www.cces.ca.

- To follow the training program or requirements set by the BC Team Coaches and to maintain the required physical conditioning;
- To avoid intoxication during any BC Team event and to refrain from alcohol intake during the course of the event. This will also apply to any adult caught providing any alcohol or illegal substances to a minor.
- To adhere to and follow all schedules set by the BC Team Coaches concerning team meetings, training sessions, team social events, fund raisers and travel plans; and to abide by the set curfews set out by the BC Team Coaching Staff.
- To wear the designated BC Team uniform, tracksuit and/or crests as required at team functions.

8. Disciplinary Action

The High Performance Committee on an individual basis will review behaviors contrary to the spirit of this agreement. A “3 strikes you’re out” rule will be applied to Squad and Team members.

Examples of a one-strike behavior include, but are not limited to:

- Late to training session
- Unexcused training session
- Late submission of forms
- Late payment
- In-session behavioral issues
- Unexcused absences from team functions (i.e. Team meals)

Minor infringements of the athlete agreement should first be worked out between the coaches and the athlete/s or their parents. If the infringement leads to a strike, the athlete will be notified by written letter of the strike. More severe infringements of the athlete agreement will be addressed on an individual basis by the HPC and may result in the dismissal of the athlete for the remainder of the team event. All disciplinary action Imposed by the coaches, HPC or KBC Executive may be appealed to the KBC Executive. Their decision will be final.

Any team member who violates the terms of this agreement may be subject to disciplinary sanction by the KBC High Performance Committee and/or Karate BC Executive. In addition, if the High Performance Committee and/or Karate BC Executive finds the offence to be warranted, a recommendation of a reimbursement to Karate BC of all costs incurred by this athlete will be recommended to the Directors of Karate BC for final approval.

Disciplinary issues occurring after the final competitive event on the final day of competition at the National Black Belt Championships will carry over to the next season.

If an athlete has been suspended from the BC Team, upon their reinstatement they will be on a 6-month probation period. During this period there will be a strict one strike you’re out rule.

9. Athlete Commitment

Athletes selected to the team are required to make a commitment to their sport for the year. This agreement is to ensure that the athletes of the BC Team are able to perform to the best of their

ability at the Canadian National Black Belt Championships. Commitment will be based on the following terms:

- I will train every week based on a year training plan (YTP) designed in consultation with my personal karate instructor and reviewed by the BC Team coaches.
- I will be available to attend the 2018 Canadian Nationals from March 7-11, 2018.
- I am prepared to work hard with my personal karate instructor, receive feedback from BC Team coaches and aim towards giving a personal best performance at the National Championships.
- I am prepared to work towards a positive, enjoyable team spirit.
- I understand that if any problems arise (behaviour, attitude, attendance, my commitment) during this time and these problems cannot be resolved, I will be released from the BC Team.
- I will help fundraise in required, plus volunteer at KBC organized tournaments and participate in demonstrations to help the BC Team.

During the National Games:

- I will attend ALL activities relating to competition and non-competition aspects of the games. (e.g. social events, ceremonies, meal times, etc.)
- I will attend all mandatory team dinners and functions.
- I will be responsible to the coaches and my teammates at all times.
- I will continually strive to uphold the spirit of fair competition and sportsmanship towards all competitors and my own.

10. Appendices

A. Karate BC Code of Conduct – Instructors, Officials, and Coaches

This Code of Conduct is to govern the relationship between Instructors and Students; Officials and Competitors; and Coaches and Athletes. Coaches, Officials and Instructors play a critical role in the personal as well as Athletic development of Students, Competitors and Athletes. They must understand and respect the inherent power imbalance that exists in these relationships and Instructors, Officials and Coaches must be careful not to abuse it. Instructors, Officials and Coaches must also recognize that they are important conduits through which the values and goals of Karate BC are expressed and communicated. How a Student, Competitor or Athlete regards his/her sport is often dependent upon the behavior of the Instructor, Official or Coach. The following Code of Conduct has been developed to govern the behavior of Instructors, Officials and Coaches to allow them to assist Students, Competitors and Athletes in becoming well-rounded, self-confident and productive human beings.

Instructors, Officials, and Coaches have a Responsibility to:

- Treat everyone fairly within the context of his or her activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status;
- Direct constructive comments/criticism at the performance rather than the individual;
- Consistently display standards and project a favorable image of Karate-do and;
- Refrain from unnecessary public criticism of other members or individuals;

- Abstain from the use of tobacco products while in the presence of Students, Competitors and Athletes and discourage their use by other individuals;
- Abstain from consumption of alcoholic beverages when working with Students, Competitors and Athletes;
- Discourage the use of alcohol in conjunction with activities;
- Refrain from the use of profane, insulting, harassing or otherwise offensive language;
- Ensure that any activity being undertaken is suitable for the age, experience, ability and fitness level of the Students, Competitors and Athletes and educate individuals about their responsibility in contributing to a safe practice or performance environment;
- Communicate and cooperate with competent medical practitioners in the diagnosis, treatment and management of medical and psychological problems of Students, Competitors and Athletes;
- Consider their future health and well-being as foremost when making decisions regarding an injured Student, Competitor or Athlete’s ability to continue training or competing;
- Recognize and accept when to refer Students, Competitors or Athletes to other Instructors, Officials or Coaches;
- Regularly seek ways of increasing personal development, self-awareness and a greater understanding of Karate-do;
- Treat all other members with due respect and encourage Students, Competitors and Athletes to act accordingly. Actively encourage them to uphold the principles, ethics and rules of Karate-do;
- In the case of minors, communicate and cooperate with the parents or legal guardians of Students, Competitors and Athletes, and where necessary involve them in decisions pertaining to their child’s development;
- Be aware of academic pressures being placed upon Students, Competitors and Athletes and ensure that their activities permit them to pursue academic success.

Instructors, Officials, Coaches and other members of the High Performance team must:

- Ensure the safety of Students, Competitors and Athletes;
- At no time become inappropriate or intimately or sexually involved with Students, Competitors, or Athletes. In particular, this includes any request, directly or indirectly, for sexual favors or the threat of reprisal due to the rejection of such requests;
- Respect the individual dignity of Students, Competitors, and Athletes; verbal or physical behavior which constitutes harassment or abuse of any kind is unacceptable;
- Never advocate or condone the use of drugs or any other banned performance enhancing substance;
- Never provide underage Students, Competitors, or Athletes with alcohol.

Definition of Harassment:

Harassment can take many forms but is generally defined as inappropriate behavior including comments and/or conduct which is insulting, intimidating, humiliating, hurtful, malicious, degrading, or otherwise offensive to an individual, or group of individuals, or which creates an uncomfortable environment.

Harassment may include but is not limited to:

- Written or verbal abuse or threats;
- Sexually oriented comments;
- Racial or ethnic slurs;
- Unwelcome remarks, jokes, innuendoes, or taunting about a person's body, attire, age, marital status, ethnic or racial origin, religion, etc.
- Displaying of sexually explicit, racist, or other offensive or derogatory material; sexual, racial, ethnic, or religious graffiti;
- Practical jokes which cause awkwardness or embarrassment, endanger a person's safety, or negatively affect performance;
- Unwelcome sexual remarks, invitations or requests whether indirect or explicit, or intimidation; leering (suggestive staring), or other obscene or offensive gestures;
- Condescension, paternalism or patronizing behavior which undermines self-respect or adversely affects performance or working conditions; physical contact such as inappropriate touching, kissing, patting, pinching, etc.
- Vandalism;
- Physical assault.

Karate BC modified this Code of Conduct for use, on the basis of the code developed by Promotion Plus Women in Coaching Committee in conjunction with the Ministry of Government Services and the Ministry Responsible for Sport and the Commonwealth Games Coaching Advisory Committee and the Coaches Association of BC.

Code of Conduct – Athletes

As a Karate-ka and member of Karate BC, athletes are expected to adhere to the following code:

- To respect and abide by the Constitution, rules and regulations of Karate BC, and the ethics and standards of Karate-Do;
- To demonstrate respect for, and show courtesy to fellow athletes, senior instructors, officials, volunteers and others involved with Karate BC and its activities;
- To be responsible for the safety of fellow karate-ka as well as your own;
- To accept and respect the role of officials in providing judgment to ensure that competitions are fairly conducted according to the established rules. The athlete should accept and follow both the letter and spirit of the rules that govern the sport;
- To act with honesty and integrity, and never seek to take unfair advantage by manipulation of the rules;
- To strive to be prepared to perform to the best of their abilities;
- To avoid theft or vandalism of any property, hotel rooms, dormitories, training facilities, and equipment; the athletes shall be held responsible for any such damage;
- To insure that they are medically fit to travel and participate in designated events. In the event of a change in medical status, prior to departure, inform the Team Coach;
- To demonstrate respect for all participants regardless of gender, color, race or creed.

B. Athlete Assistance Program

The BC Athlete Assistance Program (BC AAP) is an athlete-centered program of financial assistance funded by the Province of British Columbia and administered by the Sport Branch of the Ministry of Community, Sport and Cultural Development. The program seeks to recognize high performance athletes who are participating in programs offered through a provincial sport organization or post-secondary institution and competing in recognized national or international competitions to relieve some of the pressures associated with training and competition needs. The intent of the BC Athlete Assistance Program (BC AAP) is to provide support to BC high performance athletes striving to represent the Province and Canada in athletic competition. The program seeks to relieve some of the pressures associated with training and competition needs association with participation in national and international sport. The focus of BC AAP funding is for those athletes who are in the position to compete for Team BC at the Canada Games or equivalent competition and are just below those receiving Sport Canada Athlete Assistance Program funding (S1/S2 carding levels), however, athletes in receipt of Sport Canada funding may also be eligible for BC AAP funding.

Program Objectives

- To focus support to athletes in the “training to compete” and “training to win” stages of Canadian Sport for Life – Long Term Athlete Development Model;
- To contribute to improved performances of Team BC athletes at the Nationals;
- To increase the number of BC athletes reaching federal carding status thus expanding BC representation on national teams and at eligible major international tournaments; and
- To assist BC athletes reach their athletic potential.
- The program reaches its objectives through adherence to the guiding principles of being athlete centered, equitable, accessible, fair, and merit based in its decisions.

General Criteria for athletes and coaches

To be eligible for BC AAP funding, **Athletes** must meet the following general criteria:

- Must be a Canadian citizen or have landed immigrant status.
- Must be a resident of British Columbia for at least one year prior to his/her date of application. BC athletes training and competing outside of BC while attending college or university or training with the national sport centre will be considered for funding. BC athletes training in a program outside of BC may be eligible if the program in question is deemed not available in BC.
- Must be a member in good standing with Karate BC and Karate Canada.
- Must work regularly with a Level 3 NCCP Coach. (Note: Karate BC’s Provincial Coach is Level 3)
- To be eligible for BC AAP funding, Coaches are nominated by having his or her name included in the Targeted Athlete List for an athlete who achieves designated criteria. The PSO may nominate up to two coaches per athlete in cases where a personal coach may have significant impact on the athlete’s training program. While not required, it is highly recommended that PSO nominated coaches.

Selection Criteria – no athlete application required

After the Nationals, the HPC and coaching committee will review all the BC Team results and those athletes and their coaches that qualify for AAP funding will be selected with their names sent forward to the CSI for confirmation. While in the past athletes and coaches have applied for the funding, now they will automatically qualify if they have met the criteria.

In addition, 6 (six) worthy athletes will each receive a \$500 award.

The criteria description is [HERE](#).

