



# JUDO ONTARIO

## ATHLETE HANDBOOK

### 2024-2025

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## SECTION 1 – PROGRAM OVERVIEW

### PURPOSE

The Athlete Handbook serves as the technical package and the handbook for athletes engaged in Judo Ontario High Performance and Development programs.

Any Judo Ontario member selected to a Judo Ontario Program (Regional Training Centre (RTC), High Performance Program (HPP), Ontario High Performance Sport Initiative (OHPSI), Quest For Gold, Judo Ontario Youth Academy (JOYA) or attending a Judo Ontario led event (including Open Nationals) is a member of Team Ontario.

### OVERVIEW OF JUDO ONTARIO OBJECTIVES

#### **Judo Ontario Mission Statement**

*Judo Ontario is a community-driven association where dedicated volunteers and professional staff work together to lead, develop athletes, and promote judo as a lifelong sport. We are committed to creating positive judo experiences for all Ontarians.*

#### **Judo Ontario Vision**

*To cultivate a vibrant Judo community through inclusive membership, strong support systems, and a commitment to high-performance excellence.*

### OVERVIEW OF HP OBJECTIVES (MISSION, GOALS, HP COMMITTEE MEMBERS)

#### **Mission**

- To provide superior coaching and training sessions that give the opportunity for athletes to reach their maximum level of excellence by fostering their growth and commitment in competitive Judo.
- To promote the growth of Ontario athletes to Provincial, National and International levels of competitions.

#### **Goals And Objectives Of The High Performance Committee (HPC)**

- Develop an athlete handbook outlining all criteria and information to make Team Ontario.
- Coordinate provincial trainings, training camps and clinics.
- Support the development of athletes who can successfully compete at Provincial, National & International levels, winning medals at all levels.
- Raise the performance level of judo and judokas in Ontario.
- Provide a systematic athlete development approach in accordance with Judo Canada's Long-Term Athlete Development (LTAD) program guidelines.

#### **HPC Members**

- Steven Sheffield - HPC Chair
- James Cunningham – Executive Director

- An Jeong-Hwan – Head Provincial Coach
- Yoshiki Ono – Provincial Development Coach
- Kevin Doherty – VP Technical
- Jessica Klimkait - Athlete Representative

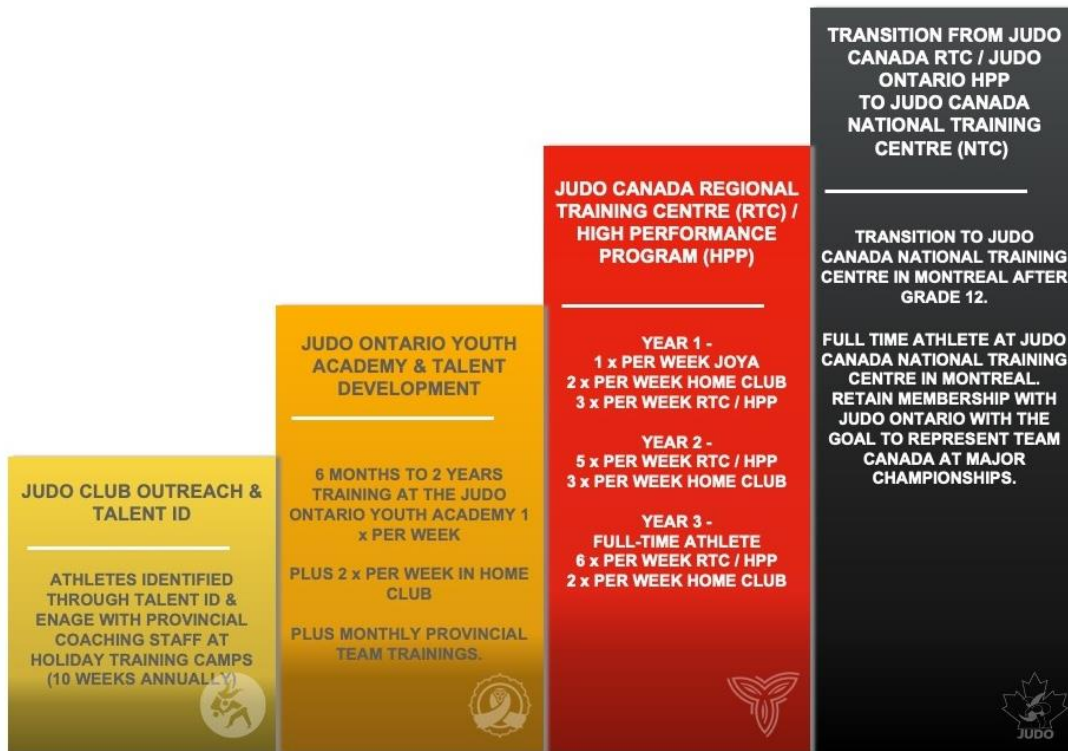
### HPC Roles and Responsibilities

- Provide support to the Judo Ontario High Performance Program (HPP).
- Be a liaison between the HPP/RTC and the National Training Centre (NTC).
- Participate in the development of strategic plans for Judo Ontario.
- Review and assist in monitoring point calculations for team selection.
- Develop selection criteria and make adjustments to criteria as necessary.
- Rule on appeals and exemptions.

### JUDO ONTARIO PATHWAY TO EXCELLENCE

The Judo Ontario Pathway to Excellence details the framework for athlete development and progression toward international success for Ontario athletes. This model is informed by Judo Canada's Long-Term Development Model (LTDM) and High-Performance Plan, drawing on a proven track record of success in the province. Funding and support will align with this pathway, mirroring the alignment of Judo Canada's funding with their own developmental strategy.





## OVERVIEW OF JUDO ONTARIO HP & ATHLETE DEVELOPMENT PROGRAMS

### Regional Training Centre (RTC)

Based in Scarborough, and in partnership with Judo Canada, Judo Ontario operates one of Canada's Regional Training Centres. The RTC program provides a centralized world class training environment in Ontario for aspiring high performance U16 to U21 athletes who wish to transition onto the international competitive circuit and to the National Training Centre in Montreal. The following programs form the basis of the RTC, additional details including criteria, costs and expectations are included in subsequent sections:

- High Performance Program
  - The Judo Ontario High Performance Program (HPP) is designed for aspiring full-time U16 to U21 competitive athletes, as part of Judo Canada's athlete pathway.
  - The HPP provides enhanced training and competition support, to supplement what is provided at each athlete's home club.
  - The ultimate goal of the RTC is to support athletes that have the motivation and commitment to excel on the international circuit, starting at the Cadet/Junior World Championships and on to the Senior World Championships and Olympic/Paralympic Games.
- OHPSI (Ontario High Performance Sport Initiative)
  - Judo Ontario is once again part of the OHPSI program, which provides additional funding and support for a targeted group of aspiring high-performance athletes.
  - Working in collaboration with the Canadian Sport Institute Ontario and under the guidance of the High-Performance Coaching staff, athletes will have access to world class coaches and experts across various fields including; Strength & Conditioning, Nutrition, Physiotherapy and Mental Performance.

### Judo Ontario Youth Academy (JOYA)

- Judo Ontario Youth Academy is for talented U14 & U16 athletes, orange belt and up. The Youth Academy directly targets the next group of athletes entering the Judo Ontario HPP.
- Training will be at the Toronto Pan Am Sports Centre.
- Training times:
  - Fall/Winter: Saturdays from 10:30am-12:00pm (check JO events calendar for updates)
  - Summer: Monday & Wednesday 9:00am-12:00pm, Saturday 10:30am-12:00pm
- Program Fee:
  - Fall/Winter and Summer fees are now separate
  - Judo Ontario Training Camps are discounted 50%
  - JOYA team clothing available at a discounted rate
- Athletes in the Youth Academy are actively competing at regional and provincial competitions and will be ready to enter the HPP within 1 to 4 years.

### Provincial Training & Open Mat Training

- Regular monthly opportunities for athletes and coaches to join the Judo Ontario HP coaches for open training sessions with athletes from different clubs and regions.
- Trainings will be held monthly from September to June. You can find the tentative lists below, please review the calendar at [www.judoontario.ca](http://www.judoontario.ca) for any updates.
- Only Athletes, Ontario Provincial Coaches, High Performance Members, Personal Club Coaches and Invited Guests will be permitted on the mat. All must be members in good standing of Judo Ontario.
- Trainings will be split in 2 sessions, one for U14 and U16 (born 2008 to 2011, orange belt and up), and one session for U18, U21, SR and Veterans (born 2008 and before, green belt and up).

Provincial Training		
Dates	Time	Place
<b>Sunday, September 15<sup>th</sup>, 2024</b>	9-10.30 U14/U16   10.30-12.30 U18+	Tora, Brampton
<b>Sunday, October 27<sup>th</sup>, 2024</b>	9-10.30 U14/U16   10.30-12.30 U18+	Tora, Brampton
<b>Sunday, December 1<sup>st</sup>, 2024</b>	9-10.30 U14/U16   10.30-12.30 U18+	Tora, Brampton
<b>Sunday, January 26<sup>th</sup>, 2025</b>	9-10.30 U14/U16   10.30-12.30 U18+	Tora, Brampton
<b>Sunday, February 23<sup>rd</sup>, 2025</b>	9-10.30 U14/U16   10.30-12.30 U18+	Tora, Brampton
<b>Sunday, March 30<sup>th</sup>, 2025</b>	9-10.30 U14/U16   10.30-12.30 U18+	Tora, Brampton
<b>Sunday, May 4<sup>th</sup>, 2025</b>	9-10.30 U14/U16   10.30-12.30 U18+	Tora, Brampton

Open Mat Training		
Dates	Time	Place
<b>Saturday, September 14<sup>th</sup>, 2024</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan
<b>Saturday, October 5<sup>th</sup>, 2024</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan
<b>Saturday, November 16<sup>th</sup>, 2024</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan
<b>Saturday, December 14<sup>th</sup>, 2024</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan
<b>Saturday, January 11<sup>th</sup>, 2025</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan
<b>Saturday, February 8<sup>th</sup>, 2025</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan

<b>Saturday, March 15<sup>th</sup>, 2025</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan
<b>Saturday, April 12<sup>th</sup>, 2025</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan
<b>Saturday, May 10<sup>th</sup>, 2025</b>	10.30-12 U14/U16   12-2.00 U18+	Ajax Budokan

*Calendar subject to change without notice – please verify on web site prior to scheduled training*

### Girls Only Training

- Biweekly sessions for female judoka, run by female coaches. Focus on developing your judo skills in an open and inclusive environment.
- There will be Girl's Only training held at Toronto PanAm Sport Centre (TPASC). The trainings will be open to women from U12 up to and including Veterans.
- New for 2024-25, competition trips will be planned for participants in the program. Tentatively planning for Matsuru Cup event in Montreal and US Open in Florida (July '25).
- *Calendar subject to change – please verify on web site prior to scheduled training*

### Veterans Training

- Training sessions focused on veteran athletes (age 25+), providing an opportunity to train with your peers.
- Held every week from October to May at Ajax Budokan.
- *Check the Judo Ontario events calendar for specific dates*

### Judo Ontario Training Camps

- Judo Ontario will plan multiple training camps for U14 and up. More details on each camp will be shared on the website/social media and newsletters.
- For camps held in the GTA, fees will be reduced by 50% for any athletes travelling more than 250km

Camp	Focus	Location	Date
Fall HP Camp	U14+ athletes	Ajax Budokan/Tora	September 20 <sup>th</sup> to 22 <sup>nd</sup>
Winter Camp	U14+ athletes	Ajax Budokan	December 27 <sup>th</sup> to 30 <sup>th</sup>
March Break Camp	U14-U21 athletes	Toronto Pan Am Sports Centre	March 10 <sup>th</sup> to 13 <sup>th</sup>
Summer Camp	U14-U21 athletes	Ajax Budokan	July 29 <sup>th</sup> to 31 <sup>st</sup>

*Calendar subject to change without notice – please verify on web site prior to scheduled camps*

### Team Ontario – Open Nationals

- Open Nationals provides an opportunity to compete against the top athletes in the country. Judo Ontario provides overall support in terms of logistics and communications to assist athletes and coaches attending Open Nationals.
- It is expected that most athletes will attend with their personal Coach/Sensei, however, Judo Ontario can provide coaching support and guidance on an as needed basis.
- Athletes are expected to have current Judo Ontario team clothing, or purchase for the current year (details will be shared prior to end of 2024, with clothing available for pickup prior to Nationals)
- There is a mandatory registration process and team fee for all athletes attending Open Nationals.
- Coaches with 5 or more athletes attending will be provided with Judo Ontario clothing.

## Program Fees

Program	Cost
High Performance Program / Regional Training Centre	\$1500 per year
	\$1000 per year (non-GTA 150+ km from TPASC)
Judo Ontario Youth Academy	\$250 Fall/Winter (Sept-June) \$150 Summer (Jul/Aug)
Judo Ontario Women's Only Training	\$50 per month (details to follow)
Judo Ontario Veterans Training	\$150 per year
Judo Ontario Training Camps <i>* fee reduced by 50% for those residing over 250km from the camp location</i>	\$60 (weekend camp)
	\$80 (3-4 day camp)
	\$100+ (guest instructors)
Judo Ontario Provincial Training	Free
Judo Ontario Open Mat Training	Free
Open Nationals	\$20 Team Fee
	\$95 – Top / \$85 - Pants

## REGIONAL TRAINING CENTRE (RTC) PROGRAM

### RTC – HP Program Outline

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

### RTC-HP 2024/25 Updates

- Renewed focus on training and competition opportunities leading to international success at Cadet and Junior World Championships
- Increased domestic and international competition and camp opportunities
- Revised expectations for non-GTA based athletes
- Updated program fees include full clothing package, training camps (Ontario based) and subsidized travel to camps and competitions (amount based on athlete tiering)

### RTC – HP Program Benefits

- Access to all RTC training sessions (500+ hrs/year)
- Coaching by Judo Ontario HP coaching staff at RTC sessions and designated competitions and training camps



- Access to all Judo Ontario training camps located in Ontario at no additional cost
- Eligible for selection to the OHPSI targeted athlete list, providing the following potential benefits:
  - Funding support to specific camps & competitions (only cover a portion of expenses for each trip – up to max 50%)
  - CSIO sport science/sport medicine (based on needs/availability)
  - OHPSI Days (testing, sport science/sport medicine education)
- Eligible for Quest for Gold funding support (selection based on separate criteria)
- Team clothing package
  - Judogi (blue & white)
  - Team track suit
  - Additional items as available
  - Gi and track suit provided when first joining the program and replaced every other year.

### **RTC – HP Program Expectations**

- Full commitment to training and progressing as a high-performance Judo athlete
- Regular attendance at training sessions (based on agreement with RTC Head Coach)
- Regular attendance at home club training sessions – minimum 2x per week (pending HPP schedule)
- Regular attendance at Provincial Training and/or Open Mat Training
- Attendance at planned competitions (based on agreement with RTC Head Coach)
- Attendance at planned testing sessions at CSIO (Nov 22/23 & Mar 21/22)
- Attendance at Judo Ontario training camps (Fall Camp, Winter Camp, March Break Camp & Summer Camp)
- Non-GTA athletes are expected to have regular communication with the RTC Coaches
- Athletes living less than 200km from Toronto:
  - Attend 1 RTC training session per week
  - Attend at least 2 training camps
  - Attend planned testing sessions at CSIO (Nov 22/23 & Mar 21/22)
- Athletes living over 250km from Toronto
  - Attend 1 RTC training session per month
  - Attend training camps where possible
  - Attend planned testing sessions at CSIO (Nov 22/23 & Mar 21/22)

### **Acceptance to the RTC – HPP**

- Selection to the RTC – HP Program will be based on Judo Canada rankings, tournament results, training commitment and the discretion of the RTC Coaches and High Performance Committee.
- Acceptance in the RTC – HP Program must have the authorization from the personal coach. If the athlete is a minor, approval from their parents/guardians is also required.
- All athletes selected for the Judo Ontario High Performance Program will be asked to sign an athlete agreement to be co-signed by their coach and parent if they are a minor.
- Selection Process:
  - Existing athletes' performance and suitability for the program will be reviewed through the summer and athletes will be informed of their status in the program by the RTC Coaches in August.



- New athletes will either be invited by the RTC Coaches, recommended for selection by their club sensei or attend a tryout day (if available). Athletes will be evaluated based on the criteria listed below and informed of the decision by the RTC Coaches.
- Eligible Athletes:
  - Primary focus – U16 & U18 athletes (including early bloomer athletes)
  - Secondary focus – U21 athletes performing at an international level
  - Additional athletes may be eligible pending program capacity and training group needs
- Selection Criteria:
  - Attitude: positive, dedicated, resilient, growth mindset
  - Commitment to training and continuous improvement in all areas surrounding performance
  - Motivation to reach their potential as judoka
  - Technical ability: objective assessment by RTC Coaches including skills in training and competition, ability to learn and adapt
  - Results: secondary to factors listed above, but generally expected to be able to medal in U16/U18 events at ON/QC/AB Open

#### RTC-HP Training Schedule

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

#### RTC-HP Camp & Competition Schedule

Event	Dates	Location	RTC-HP Attendance
<b>Fall Training Camp</b>	<b>Sept 20-22</b>	<b>Toronto</b>	<b>Required</b>
Asahi Open	Sept 28	Winnipeg	Optional
Ontario Open	Oct 19-20	Toronto	Required
Manitoba Open	Oct 26-27	Montreal	Recommended
Quebec Open	Nov 9-10	Montreal	Required
Quebec Open - Camp	Nov 11-13	Montreal	Required
Canada Cup	Nov 14-17	Montreal	Recommended
<b>RTC Testing (CSIO)</b>	<b>Nov 22-23</b>	<b>Toronto</b>	<b>Required</b>
<b>Winter Training Camp</b>	<b>Dec 27-30</b>	<b>Ajax</b>	<b>Required</b>
Sask Open	Jan 25-26	Regina	Recommended
Pacific International	Mar 1-2	Abbotsford	Required (Pac and/or Edm)
Pacific Camp	Mar 3-5	Abbotsford	Recommended
Edmonton International	Mar 8-9	Edmonton	Required (Pac and/or Edm)
<b>March Break Camp</b>	<b>Mar 10-13</b>	<b>Toronto</b>	<b>Required</b>

Bremin/Thuringia	Mar 21-23	Germany	Selected Athletes
<b>RTC Testing (CSIO)</b>	<b>Mar 22-23</b>	<b>Toronto</b>	<b>Required</b>
Eastern Canadians	Apr 19-20	TBD	Recommended
Tora Annual	Apr 26-27	Brampton	Optional
Open Nationals	May 15-18	Calgary	Required
Open Nationals Camp	May 19-21	Calgary	Required
US Open	July 25-27	Florida	Optional
<b>Summer Training Camp</b>	<b>July 29-31</b>	<b>Toronto</b>	<b>Required</b>
Valencia Cadet Camp	Aug 7-15	Spain	Selected Athletes
Cadet World Champs	TBD	TBD	Selected Athletes
Junior World Champs	TBD	TBD	Selected Athletes

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

### Travel Logistics & Rules

- Travel to camps and competitions with the RTC will be available on a priority basis to the RTC-HP & OHPSI athletes, with JOYA athletes included if space is available.
- Logistics will be managed by the Judo Ontario staff, including booking hotel and transportation.
- Athletes will be expected to confirm attendance in advance of trips, including paying a trip fee.
- Registration and payment of entry fees for the competitions is the responsibility of the athlete/parents and/or club.
- Trip fees:
  - Trip fees are expected to cover the full cost of the trip. If there are unexpected costs or price increases, these may need to be paid by the athletes. This will be communicated prior to the trip.
  - Any funding support from Judo Ontario/Judo Canada will be communicated prior to the trip.
  - Coach/chaperone travel costs are covered by Judo Ontario.
- Estimated trip fees for 2024-25 (based on 23/24 costs):
  - Manitoba: \$500
  - Quebec Open/Canada Cup: \$500 (1 event) / \$800 (both events)
  - Sask Open: \$750
  - Pacific/Edmonton: \$700 (1 event) / \$1000 (both events)
  - Eastern Canadians: \$500
  - Nationals: \$1500
  - US Open: \$800
  - Valencia: \$2000
  - Bremin/Thuringia: TBD (~\$2-3000)
- Flights:
  - Judo Ontario always looks for the best prices. Comparing flight bookings for one person cannot be compared to team travel bookings due to the size of the group and need to travel at specific dates/times.
  - Athletes are responsible for being aware of the airline baggage allowances and rules. Costs incurred by athletes for excess baggage are the responsibility of the athlete.

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

## ONTARIO HIGH PERFORMANCE SPORT INITIATIVE (OHPSI)

### OHPSI Program Overview

- OHPSI is a funding partnership with the Canadian Sport Institute Ontario (CSIO) that provides additional support to aspiring high performance athletes training in Ontario.
- Working in collaboration with the CSIO and under the guidance of the RTC Coaching Staff, athletes will have access to world class coaches and experts across various fields including Strength & Conditioning, Nutrition, Physiotherapy and Mental Performance.
- The OHPSI program is centered around a group of targeted athletes, who have access to increased services as well as funding for training and competition expenses.
- Objectives:
  - Support the best athletes in the province, regardless of their primary training environment
  - Expand support to athletes in an HP Certified Club(s)
  - Any athletes/clubs/coaches receiving support from Judo Ontario are required to engage with Judo Ontario HP programs

### OHPSI Athlete Eligibility

- U16/U18 focus, potential for U21 athletes to be included
- Athletes must be training in an approved program, including either of the following:
  - RTC/HP Program (full-time or part-time)
    - Full time – RTC is primary Daily Training Environment - DTE (5 days per week)
    - Part time – RTC & Club are split primary DTE (~2-3 days/week in each DTE)
    - Part-time Remote (150+km from TPASC) – Club is primary DTE, but travel to RTC on regular basis (monthly/weekly depending on distance from GTA)
  - HP Certified Club (Approved by joint JC/JO committee)
- Athletes who are currently Sport Canada Carded (SR or D) will not be eligible for OHPSI support
- There is no maximum or minimum number of athletes included in the OHPSI program

### OHPSI Selection Process

- The selection panel is made up of the HPC in consultation with the Judo Canada HPD & CEO
- Selections will be reviewed in August and February
- Results considered will include the current & previous year but will only count the most recent year of each event (ie. can't count '23 event if '24 event has already occurred)

- Athletes will be selected from the group of eligible athletes (listed above) and identified in two tiers that will align the level of support with the needs of the athletes based on their current performance level.
- Tier 1 Selection (International level athletes) – meet one of the following criteria
  - Junior World Champs (selected by JC)
  - Cadet World Champs (selected by JC)
  - JC Ranking Standard: H (minimum)
  - Head Coach/HPC recommendation – up to 4 athletes selected based on review of previous results and training commitment
- Tier 2 Selection (National level athletes)
  - Members of 2024-25 RTC-HP Program not included in Tier 1

### **OHPSI Program Benefits**

- Access to all RTC training sessions
- Access to all Judo Ontario training camps at no cost (located in Ontario)
- OHPSI Days (testing, sport science/sport medicine education)
- Funding support to specific camps & competitions (based on tiering, additional details included the section below)
  - Tier 1 – priority access to funding support for domestic and international events
  - Tier 2 – limited funding support for domestic events and international events (pending available funding)
- Access to CSIO sport science/sport medicine (based on needs/availability)
- Eligible for Quest for Gold funding support (based on separate criteria)

### **OHPSI Athlete Funding**

- The OHPSI program provides a wide range of funding to support the RTC programs. Judo Ontario has full control over how this funding is utilized, in collaboration with CSIO and Judo Canada.
- A portion of the funds are set aside to support training and competition expenses for eligible athletes. The exact amount of funding is based on the yearly schedule, level of athletes attending and is allocated on the recommendation of the RTC Coaches and HPC.
- Funding support will be communicated to athletes and/or parents prior to attending certain trips. It is expected that funding will not exceed 50% of the total cost of the trip.

### **OHPSI Program Expectations**

- Training minimum 5x per week in structured HP program
- Competing in appropriate events for the age/ability level of the athlete (with competition schedule shared with JO/RTC Coaches)
- 2-3x per year ‘OHPSI’ days – including training session, physical testing at CSIO, sport science/medicine seminars
- 2-3x training camps (Fall Camp, March Break Camp, Winter Camp, Summer Camp)
- For athletes who are part of an HP Certified Club:
  - Club Coach expected to review season plan with RTC Coaches and JO HP staff (to coordinate OHPSI days, testing schedule, camp schedule, competition schedule) including:
    - Overview of training plan (general yearly calendar, weekly training schedule)
    - Overview of key training objectives for the year

- Attend regular weekly training sessions (Sept-May) at the RTC for those in the GTA, or monthly for those outside the GTA.

#### **RTC-HP/OHPSI Days**

- The goal for each OHPSI Day is to bring together the full group of athletes for team training session(s), physical testing, education sessions (nutrition, mental performance, etc) and team meetings.
- It is expected that every athlete on the OHPSI targeted list attends each OHPSI Day.

<b>Date</b>	<b>Time</b>	<b>Location</b>
November 22/23, 2024	9:00 AM – 5:00 PM	TPASC
March 21/22, 2025	9:00 AM – 5:00 PM	TPASC
June TBD, 2025	9:00 AM – 5:00 PM	TPASC

## SECTION 2 – SELECTION CRITERIA

### AGE CATEGORIES FOR 2024-2025

Division	Year of Birth	Notes
U12	2014-2015	
U14	2012-2013	
U16	2010-2011	Early Bloomer clause
U18	2008-2009	Early Bloomer clause
U21	2004-2007	Early Bloomer clause @ Open National Championships
Senior	2003 & before	Early Bloomer clause @ Open National Championships

**Note: For U21/Senior early bloomer clause - respecting the restriction of a max of 2 age divisions per event.**

### NATIONAL CHAMPIONSHIPS

#### Open Nationals

- Overview
  - Open Nationals provides an opportunity to compete against the top athletes in the country and where reasonable, Judo Ontario and Judo Canada are encouraging as many athletes to participate as possible.
  - For 2024-25, qualifications for Team Ontario at Open Nationals will only apply to U21 and younger athletes. For Senior/Veteran age athletes, anyone who meets the Judo Canada entry requirements is eligible to compete at Open Nationals.
  - Athletes that don't meet the minimum expectations listed below should contact the HPC Chair for a possible exemption.
  - All athletes are required to register with Judo Ontario for Open Nationals, including any mandatory team and clothing fees.
- Eligibility for U21 and younger athletes
  - Competitions:
    - Athletes are expected to participate in a minimum of 4 competitions prior to Open Nationals. This must include either the Ontario Open or a Club A tournament and at least 3 other sanctioned tournaments (Ontario, Canada, International).
  - Training Camps:
    - Athletes are expected to attend at least 1 Judo Ontario training camp (Fall, Winter or March Break Camp)
    - For athletes outside the GTA (+250km) who are unable to attend a Judo Ontario training camp, an equivalent regional camp/regional session would be a suitable alternative.
  - Training Sessions:
    - Athletes are expected to participate in a minimum of 6 Provincial Trainings or Open Mat Trainings prior to Open Nationals.
    - For athletes outside the GTA (+250km), this can be a combination of Regional Trainings and Provincial/Open Mat Trainings.

### Kata Nationals & Ne-Waza Nationals

- Any athlete that is eligible based on the entry requirements from Judo Canada will be able to compete at the Kata National Championships and/or Ne-Waza National Championships.
- It is expected that athletes planning to compete at National Championships will participate in regional and provincial competitions and clinics/camps as part their preparations.

## QUEST FOR GOLD

### Overview

- The intent of the Quest for Gold program is to provide funding to individual athletes in the Train to Train through Train to Win categories based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition.
- Only those athletes that meet the required minimum performance standard detailed in this Selection Criteria will be considered for this program.
- *Updated for 2024-25, all U18 and U21 athletes will be ranked regardless of their primary training location. Senior athletes are still expected to be training full time at either the NTC in Montreal or RTC in Toronto.*

**Selection Criteria -** <https://www.judoontario.ca/quest-for-gold>

## SELECTION FOR INTERNATIONAL EVENTS

### Overview

- As per Judo Canada’s National Team Handbook – Policy 9: Participation and funding in international events policy ([Judo Canada - National Team Handbook](#))
- “Only members in good standing with Judo Canada and their respective provincial associations are eligible to represent Canada at international judo events. An athlete’s eligibility is determined by their National Team Standard, which is in turn determined by the performance of the past two seasons (Policies 6 & 8) for events without specific selection policy or by a specific selection policy (see Policy 15).”
- “For certain events, the High-Performance Committee may invite provinces to apply to represent Canada. For such events, once permission is granted, selection of athletes, coaches, and officials is the responsibility of the province. A minimum of one coach must be funded by the Province. Judo Canada’s permission is not required for international club tournaments and club exchanges.”
- “All participants to represent Canadian judo fall under the jurisdiction and discipline code of Judo Canada regardless of the source of support (see Policy 24).”
- Selection of athletes for international competition and training camps will be based on the past (previous year) and present results, ability and training commitment. An athlete who competes at an international tournament or attends a Judo Ontario or Judo Canada training camp, funded by Judo Ontario or Judo Canada, is obligated to attend associated training camps when deemed mandatory by the Head Coach and/or HPC.
- Clubs are not permitted to register to attend IJF events, only national and provincial organizations can register for such events. Clubs and/or Athletes may apply to Judo Ontario for IJF event



attendance in accordance with selection policies below and must contact Judo Ontario’s High Performance Committee before any international IJF registration is approved.

**U18 & U21 Provincially led international events.**

- Athletes training full-time at the Regional Training Centre will be automatically considered for events.
- To attend provincially led international events, athletes must meet minimum criteria stipulated below:

Ontario Open	Register & compete at event	Mandatory
Winter Training Camp	Participate in full camp	Mandatory
Provincial Training	Minimum 75% attendance and participation at available trainings prior to international event	Mandatory

**U18 Non-provincially led international events.**

- To attend non-provincially led international events, athletes must meet minimum criteria stipulated below.
- Athletes who are minors must also be accompanied by their registered club coach who holds the minimum NCCP qualification listed below:

Judo Canada Athlete Minimum Standard	Judo Canada Standard - H
NCCP Coach Minimum Standard	Comp-Dev (Certified) or higher

**U21 Non-provincially led international events.**

- To attend non-provincially led international events, athletes must meet minimum criteria stipulated below.
- Coaches who wish to attend in a coaching capacity to these events must hold the minimum NCCP qualification listed below:

Judo Canada Athlete Minimum Standard	Judo Canada Standard - G
NCCP Coach Minimum Standard	Comp-Dev (Certified) or higher

**EXEMPTIONS AND EXCEPTIONS**

**Selection to Nationals**

- Athletes who may not qualify for the National Championships due to illness, injury or pregnancy in 2023/24 and who believe they should be selected for Team Ontario may appeal to the HPC directly. Athletes must submit a rationale for selection including a description of the injury or illness, documents from the attending certified physician and/or therapist detailing the nature of the illness or injury, the rehabilitation program, and the prognosis for recovery. For cases of pregnancy, athletes must submit a timeline of missed competitions and confirmation they are cleared to return to competition.
- Athletes may be considered for selection under the following circumstance:

- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy.
- HPC approval, based on its technical judgement and with the prognosis a physician, therapist or equivalent, who indicates in writing the expectation that the athlete will achieve at least the minimum standards required for participation in the remainder of the season.
- The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition.
- Notification - athletes must send written notification and proof to the Judo Ontario office as soon as they became injured. This notification must include the projected date by which the athlete is able to return to competition and must include proper documentation from a certified physician and/or therapist

### **Selection for Funding**

- Athletes who may not qualify for funding due to illness, injury or pregnancy in 2023/24 and who believe they should be funded may appeal to the HPC directly. These athletes must submit a rationale for selection including a description of the injury or illness, documents from the attending certified physician and/or therapist detailing the nature of the illness or injury, the rehabilitation program, and the prognosis for recovery.
- Athletes may be considered for nomination under the following circumstance:
  - The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy.
  - HPC approval, based on its technical judgement and with the prognosis of a Judo Ontario team physician or equivalent, who indicates in writing the expectation that the athlete will achieve at least the minimum standards required for Quest for Gold carding or team placement during the upcoming carding period.
  - The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period for which he or she wishes to be renewed despite not having met the carding criteria.
- If an Ontario Team athlete became injured and was unable to compete in part of the previous competitive season due to injury, the athlete could be considered for nomination, based on prior seasons' ranking up to the time of the injury, so long as they meet the following:
  - Notification – athletes must have sent written notification and proof to the Judo Ontario office as soon as they became injured. This notification must include the projected date by which the athlete is able to return to competition and must include proper documentation from a certified physician and/or therapist.
  - Eligibility – To be considered under the Injury, Illness or Pregnancy exemption, an athlete MUST have been either Nationally Carded or on the Quest for Gold program 2023-24. Athletes cannot be supported under the Injury, Illness or Pregnancy clause two years in a row.
  - Data Ranking Process – Once it has been determined an athlete is eligible to use this injury clause, the athlete in question would receive the same number of points that he or she received in the previous year's (2023-24) point table tournaments.

### Conflict/International Events

- Athletes selected by Judo Ontario or Judo Canada to participate with the National Team at a tournament that conflicts with a qualifier will be credited with attendance for that qualifying event.
- The athlete is exempt from participation if, during travel with the national team, they arrive in Ontario within 72 hours of the qualifying event start time.

## CANADIAN CITIZENSHIP

### Requirements

- Athletes must be Canadian Citizens or Permanent Residents of Canada to participate at the National Championships. Proof of Canadian Citizenship or Permanent Resident Status must be provided to Judo Ontario prior to registering for National Championships
- NOTE: in the U18 and U16 events, as well as in the Ne Waza event, athletes who are not Canadian citizens or permanent residents residing in Canada, with a minimum of two years of membership with Judo Canada, are eligible to compete.

## SECTION 3 – GENERAL POLICIES RELATED TO JUDO ONTARIO PROGRAMS

### CODE OF CONDUCT

Judo Ontario Code of Conduct - [Judo Ontario Code of Conduct 2023\\_06\\_25.docx](#)

#### PURPOSE

1. The purpose of this Code of Conduct is to ensure a safe and positive environment by instituting a Zero Tolerance Policy. Judo Ontario (JO) is committed to providing a sport environment in which all individuals are treated with respect and dignity. All Individuals will be aware that there is an expectation, at all times, of appropriate behaviour consistent with the values of JO. Conduct that violates this Code may be subject to disciplinary action enforced by JO's Dispute and Resolution committee and Board of Directors.

#### APPLICATION OF THIS CODE

2. This Code of Conduct applies to conduct that may arise during the course of JO business, activities and events. This includes but is not limited to its office environment, competitions, practices, training camps, tryouts, travel and any meetings of Judo Ontario.

#### RESPONSIBILITIES

3. All Individuals have a responsibility to:
  - a) Maintain and enhance the dignity and self-esteem of JO members and other Individuals by:
    - i. Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, colour, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, political belief, disability or economic status.

- ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members.
- iii. Consistently demonstrating the spirit of sportsmanship, sport leadership and ethical conduct.
- iv. Consistently treating individuals fairly and respectfully.
- b) Refrain from any behaviour that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious.
- c) Refrain from any behaviour that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favours, or conduct of a sexual nature.
- d) Comply at all times with the bylaws, policies, procedures, rules and regulations of Judo Ontario.

#### **CONDUCT POLICY FOR MEMBER CLUBS**

- 4. Definition
  - a) A member club is a registered organization with Judo Ontario running judo programming for youth or adults. It is a requirement of all member clubs with Judo Ontario to assume responsibility for the conduct of all athletes, coaches and spectators under their jurisdiction.
- 5. Goal Statement
  - a) Any member club participating within Judo Ontario will be expected to adhere to JO principles of Fair Play and this Code of Conduct Policy.
- 6. Actions
  - a) In addition to the responsibilities of the JO Code of Conduct, member clubs of Judo Ontario will:
    - i. Conduct organization as an ambassador of Judo Ontario.
    - ii. Follow all Judo Ontario policies and procedures.
    - iii. Refrain from negative communications with or against any other member club.
    - iv. Support the game of judo.
    - v. Ensure that all athletes and coaches participating in sanctioned competitions are registered members in good standing with JO
    - vi. Avoid spectator-imposed pressures to win.
    - vii. Be supportive of the athlete, team, coach, opponents and officials.
    - viii. Maintain a supportive, constructive environment for all participants.
    - ix. Be a Leader, a positive influence and role model.

#### **CONDUCT POLICY FOR COACHES**

- 7. Definition
  - a) Anyone who participates as a teacher, leader or instructor to train, educate or motivate athletes to compete in an athletic activity.
- 8. Goal Statement

- a) Any coach participating in Judo Ontario sanctioned events will be expected to adhere to Judo Ontario's principles of Fair Play and the Conduct Policy for Coaches.

#### 9. Actions

- a) In addition to the responsibilities of the JO Code of Conduct, Coaches have added accountability. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete and must not abuse this relationship. Coaches of Judo Ontario will:
  - i. Be a leader, a positive influence and a role model.
  - ii. Meet all requirements set out by Judo Ontario, Judo Canada and the National Coaching Certification Program (NCCP) in order to be a certified coach.
  - iii. Reward effort, Fair Play and commitment.
  - iv. Recognize and respect the differences in your athletes.
  - v. Demonstrate respect for all individuals involved in the sport.
  - vi. Always consider the physical and emotional wellbeing of the athletes.
  - vii. Communicate in a positive and rational manner and use inoffensive language.
  - viii. Respect and coach within the spirit of the game.
  - ix. Always attempt to contribute to the betterment of the sport of judo.

### **CONDUCT POLICY FOR ATHLETES**

#### 10. Definition

- a) Anyone who participates in an athletic activity, including but not limited to practices, training camps and tournaments, is considered an athlete.

#### 11. Goal Statement

- a) Any athlete participating in Judo Ontario sanctioned events will be expected to adhere to Judo Ontario principles of Fair Play and the Conduct Policy for Athlete

#### 12. Actions

- a) Athletes will always model mature behaviour consistent with that of Judo Ontario guidelines. In addition to the responsibilities of the Code of Conduct, athletes of JO will:
  - i. Adhere to all Fair Play principles.
  - ii. Participate to one's best abilities in all competitions, practices, training sessions, events, or activities.
  - iii. Properly represent oneself and not attempt to enter a competition for which one is not eligible, due to age, classification, or other reason.
  - iv. Participate for the love and enjoyment of the game.
  - v. Respect the efforts and accomplishments of your teammates and your opponents.
  - vi. Respect officials, coaches, spectators and event organizers.
  - vii. Respect the facility you visit or in which you play.
  - viii. Respect the rules of the game.

### **CONDUCT POLICY FOR PARENTS & SPECTATORS**

#### 13. Definition

- a) A parent/legal guardian of anyone who participates in a judo program, including but not limited to practices, training camps and tournaments.
- b) Anyone watching an athletic or judo activity or event whether sitting or standing is considered a spectator. A spectator may be a parent, a relative, friend, teammate, opposing player, administrator or coach not directly involved in the game. Spectators are an important part of any athletic activity; however, they are not essential. Spectators should never influence the outcome of an event and must never pose a distraction to players, other spectators, timers, score keepers and referees.

#### 14. Goal Statement

- a) Any parent/spectator watching a JO sanctioned event will be expected to respect and adhere to the Parent & Spectator Code of Conduct Policy.

#### 15. Actions

- a) In addition to the responsibilities of this JO Code of Conduct, parents/spectators at events will:
  - i. Support the sport of judo.
  - ii. Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence
  - iii. Stress the importance of participation.
  - iv. Avoid parent/spectator-imposed pressures to win.
  - v. Be supportive of the athlete, coach, opponents and officials.
  - vi. Respect the decisions and judgments of officials and encourage athletes to do the same.
  - vii. Maintain a supportive, constructive atmosphere conducive to the athletes' personal development.
  - viii. Refrain from negative communications with judokas, coaches, the scorers' table or game officials.
  - ix. At no time, should parents/spectators go on to the judo mats.

### DISCIPLINARY SANCTIONS FOR TEAM ONTARIO MEMBERS

- Members of Team Ontario who fail to adhere to the Code of Conduct may give rise to disciplinary procedures in accordance with Judo Ontario's Discipline, Appeals and Disputes Policy.
- As stipulated in the Discipline Policy, the Head Coach has the authority to impose immediate disciplinary sanctions for minor infractions occurring within the context of Team Ontario activities, where such sanctions may include:
  - verbal or written reprimand.
  - verbal or written apology.
  - service or other voluntary contribution to Team Ontario or Judo Ontario.
  - suspension from the current activity or competition.
  - cash fine or penalty
  - any other similar sanction considered by the Head Coach to be appropriate for the offense.
- Major infractions occurring during competition may be or will be dealt with by the Head Coach. Other major infractions will be investigated and decided by a Discipline Panel in accordance with the provisions of the Discipline Policy.

- Fines will be levied by Judo Ontario for any athletes failing to make weight or failing to appear at any National Championships. The fine levied by Judo Ontario will be in the amount of any expenses incurred by Judo Ontario to accommodate the athlete's failure to make weight or to appear.

## APPEALS

- Members of Team Ontario wishing to challenge a disciplinary decision of the Head Coach or of a disciplinary panel may do so in accordance with Judo Ontario's policy on Discipline, Appeals and Disputes available from the Judo Ontario web site [www.judoontario.ca](http://www.judoontario.ca)
- Members of Judo Ontario wishing to appeal a decision for team selection or funding should first reach out to the respective person in charge (HPC and/or Head Coach) for clarification. Following that, appeals can be submitted in accordance with Judo Ontario's policy on Discipline, Appeals and Disputes available from the Judo Ontario web site [www.judoontario.ca](http://www.judoontario.ca)

## DOPING CONTROL

- All athletes and coaches of athletes who are members of Team Ontario are subject to the provisions of the Canadian Anti-Doping Program (June 2004). Information on banned substances, doping control testing, and anti-doping rule violations can be found on the website of the Canadian Centre for Ethics in Sport (CCES) [[www.cces.ca](http://www.cces.ca)]
- CCES - <http://cces.ca/>
- SDRCC - <http://www.crdsc-sdrcc.ca/>

## ATHLETE, COACH & PARENT RESOURCES

### Safe Sport, Health & Wellness resources

- Safe Sport Resources - <https://www.judoontario.ca/safe-sport-1>
- Mental Health Resources - <https://www.judoontario.ca/mental-health>
- Concussion Awareness - <https://www.judoontario.ca/rowan-s-law>

### Full list of Judo Ontario Policies - <https://www.judoontario.ca/codes-of-conduct>

- Discipline, Appeals & Disputes Policy
- Harassment Policy
- Concussion Policy
- Inclusion Policy
- Gender Equity Policy
- Accessibility Policy
- Privacy Policy
- Confidentiality Policy
- Conflict of Interest Policy
- Anti-Doping Policy
- Social Media Policy
- Membership Policy
- Screening Policy