ATHLETE HANDBOOK
& TEAM GUIDELINES

2020
HEAR US ROAR

Athlete: ____________________________

For More Information on the KARATE NS Team Visit:
http://karatens.org/programs/team/
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOCUMENT PURPOSE</td>
<td>3</td>
</tr>
<tr>
<td>INTRODUCTION</td>
<td>4</td>
</tr>
<tr>
<td>COACHING STAFF</td>
<td>7</td>
</tr>
<tr>
<td>TRAINING CAMP LOCATIONS</td>
<td>7</td>
</tr>
<tr>
<td>SELECTION PROCEDURES</td>
<td>8</td>
</tr>
<tr>
<td>POINT SYSTEM</td>
<td>9</td>
</tr>
<tr>
<td>APPROVED EVENTS</td>
<td>10</td>
</tr>
<tr>
<td>EXCEPTIONS &amp; STIPULATIONS</td>
<td>11</td>
</tr>
<tr>
<td>APPEALS</td>
<td>12</td>
</tr>
<tr>
<td>FINANCIAL RESPONSIBILITIES</td>
<td>13</td>
</tr>
<tr>
<td>TEAM TRAVEL</td>
<td>14</td>
</tr>
<tr>
<td>RANKED ATHLETES</td>
<td>15</td>
</tr>
<tr>
<td>CURRENT RANKINGS</td>
<td>15</td>
</tr>
<tr>
<td>FUNDING RANKED ATHLETE</td>
<td>15</td>
</tr>
<tr>
<td>FUNDING MAXIMUM FOR RANKED ATHLETE</td>
<td>16</td>
</tr>
<tr>
<td>BANQUET FUNDING FOR ALL ATHLETES</td>
<td>16</td>
</tr>
<tr>
<td>FUNDING OPPORTUNITIES</td>
<td>17</td>
</tr>
<tr>
<td>SPORT NOVA SCOTIA FUNDING</td>
<td>17</td>
</tr>
<tr>
<td>TEAM FUNDRAISING</td>
<td>17</td>
</tr>
<tr>
<td>INDIVIDUAL FUNDRAISING</td>
<td>19</td>
</tr>
<tr>
<td>ATHLETE FINANCIAL SUPPORT</td>
<td>19</td>
</tr>
<tr>
<td>LOGO &amp; BRAND USAGE</td>
<td>20</td>
</tr>
<tr>
<td>SOCIAL MEDIA USAGE</td>
<td>20</td>
</tr>
<tr>
<td>DISCIPLINARY PROCEDURES &amp; OUTCOMES</td>
<td>21</td>
</tr>
<tr>
<td>APPENDIX A</td>
<td>22</td>
</tr>
<tr>
<td>APPENDIX B</td>
<td>23</td>
</tr>
<tr>
<td>APPENDIX C</td>
<td>24</td>
</tr>
<tr>
<td>APPENDIX D</td>
<td>26</td>
</tr>
<tr>
<td>APPENDIX E</td>
<td>27</td>
</tr>
<tr>
<td>APPENDIX F</td>
<td>29</td>
</tr>
<tr>
<td>APPENDIX G</td>
<td>30</td>
</tr>
<tr>
<td>APPENDIX H</td>
<td>31</td>
</tr>
<tr>
<td>APPENDIX I</td>
<td>32</td>
</tr>
<tr>
<td>FUNDRAISER FORM</td>
<td>33</td>
</tr>
<tr>
<td>TRAINING SCHEDULE</td>
<td>34</td>
</tr>
<tr>
<td>ATHLETE INFORMATION FORM</td>
<td>35</td>
</tr>
<tr>
<td>TEAM NOVA SCOTIA ATHLETE AGREEMENT</td>
<td>36</td>
</tr>
</tbody>
</table>
This document is updated and reviewed annually to keep pace with the ever-changing karate environment. It is meant to be a tool to assist athletes in understanding their expectations, enhance their training program, provide visibility into the season ahead and communication selection criteria. Karate Nova Scotia (KNS) and the Karate Nova Scotia Team reserve the right to adjust the document as new information becomes available.

The most current version is always be available on the KNS Team page http://karatens.org/programs/team/.

This document will grow as more information becomes available and mandatory forms from Karate Canada are received.

If you ever have any questions or enhancement ideas about the document, please reach out to a member of the Coaching Staff or Team Manager.

The most recent changes between document versions is found highlighted in YELLOW.
The *Nova Scotia Karate Team* represents the province of *Nova Scotia* at the annual *Canadian National Karate Championships*. Traditionally this has been one event, starting in 2019 it was split into two – *Senior National Championships* and the *Junior National Championships* (Youth, Cadet, Junior & U21). The Team is made up of male and female karateka from across the province that are actively training in a dojo that is a current member in good standing of *Karate Nova Scotia* (*KNS*).

All team members must be residents in the province of Nova Scotia and must have reached the **minimum age of 12 years old**, by the **May 1st, 2020** to compete at Nationals.

Each year, the *Nova Scotia Karate Team* invites anyone interested in becoming a member of the team an opportunity to compete for a spot to represent *Nova Scotia* at the *Canadian National Karate Championship events*. These *Championships* take place annually in a pre-designated host province, usually confirmed immediately following the most recent event. Athletes are assisted in numerous ways to prepare for the competition to achieve optimum success in their event(s). There are individual, as well as, team events of kumite and kata. These events are further divided by the age and weight (for kumite) of the competitor. As a part of the *Nova Scotia Karate Team*, each athlete will be entitled to team workouts, clinics and other seminars offered specifically to team members to ensure their continued development.

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

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).

The following additional information is important to note:

- There is a fee of **$95.00** *(cash or cheque to “Nova Scotia Karate Team”)* to confirm your intent (to be paid at the **first team tryout**). It will entitle you to attend designated training sessions. Once paid, this fee is non-refundable.

- If an athlete wishes to attend the Open Sessions only, to gain experience, there will be a fee of **$15.00** per Open Sessions.

- All athletes trying out for the team must fill out and sign both the *Athlete Information Form* and the *Athlete Agreement Form* (see appendix). Completed forms must be passed in to the **Team Manager** on or before the **2nd team practice**. Karate Canada (KC) will also require a Waiver and Medical document, as it gets closer to Nationals.

- Athletes must be familiar with the WKF rules. They are available for download at https://www.wkf.net/ksport-rules-regulations.php or https://www.wkf.net/pdf/rules/WKF%20Competition%20Rules%202019_EN.pdf-eng.pdf

- Kumite Athletes must be familiar with the WKF rules as they are applied by Karate Canada:
- Know the basic kumite terminology (Yuko, Waza-ari, Ippon, Yame, Hajime)
- Know what awards a Yuko, Waza-ari, and Ippon
- Understand the basic warnings and penalties
- Know the proper equipment and fitting of gi & ring etiquette
- Understand all referee actions and signals

- Kata Athletes must be familiar with the WKF rules as they are applied by Karate Canada:
  - Make sure the kata(s) you perform are on the list of accepted katas (see WKF rules effective from 1.1.2019.
  - Be familiar with the criteria and what constitutes a foul and disqualification
  - Be familiar with the Repecharge system
  - Consider purchasing a high-quality heavier style “kata” gi

- Athletes are responsible for the following equipment
  - White gi, proper length with no crest (except provincial crest on left breast)
  - **WKF approved** blue and red kumite gloves, shin & foot pads
  - Blue and Red belt (no kanji or other embroidery)
  - Mouthpiece
  - Groin protector (women and men)
  - **WKF approved body protector (male and female) and Chest protection for females**
    (Note: Coaching staff will advise those acceptable brand names of equipment)

- Team fundraising projects are optional unless specifically stated.

- The **EXPECTATION** for team members is that they will make an effort to attend ALL team workouts, selection tournaments, and appropriate training camps (kata vs kumite). Realistically, we are aware that there will be some occasions when a team member will not be able to attend. It would be highly unusual if a team member could not attend at least 80% of the time. If an athlete is hurt/injured, we still expect the athlete to attend but not participate. An athlete can still learn by attending. If an athlete has a job, it would be expected that the athlete arranges to have time off to attend the team practices. If an athlete is sick (contagious) we would not expect the athlete to attend.

- The Coaching Staff recognizes that there will be occasions that an athlete may not be able to attend for a valid reason. If an athlete has a valid reason for not attending they will be excused from the event. The athlete must notify the coaching staff and team manager in a reasonable time frame so that a decision can be made by the Head Coach to excuse the athlete from attendance. Failure to do so will be taken into consideration when selecting the team.

- In the circumstance that an athlete will miss or be late for a practice, team function or tournament, the Team Manager or another member of the coaching staff be informed via email prior to the event. Please ensure if you are going to a kata workout you contact the kata coaches, if you are going to a kumite workout, please contact the kumite coaches. If you are unable to email you must confirm your inability to attend by phone/text. Failure to do so will be taken into consideration when selecting the team.

- All members are to attend (on time) all team practices. If you are trying out for kumite you must
attend all the kumite team practices. If you are trying out for kata you must attend all the kata practices and the first and last team practice. If you are trying out for kata and kumite, you must attend all the practices.

• In addition to team training, KNS also offers development training for kumite. The Development Class is at Halifax Ryuseikan Dojo, 1237 Cole Harbour Road, Cole Harbour. This class will enhance kumite training. Many members of the team attend these sessions. Team members should plan to attend as many as possible. Consistency in training is a key to competitive success. (There is an additional cost to attend these sessions.) Junior athlete development 6:30pm to 8pm; Junior/Senior athlete development 8pm-9:30pm; It is recommended that 14 and under attend both classes. (No extra fee for both classes)

• In addition to team training, KNS also offers development training for kata. The Development Class corresponds with the training schedule for team tryouts. It is at the Windsor Karate Club, 4407 Highway # 1, Three Mile Plains. Team members should plan to attend as many as possible. If you do not pay the Team Tryout fee, drop in price is $15.0 attend these sessions.) Program is for athletes who are a minimum of 12 years of age and have achieved the rank of green belt or equivalent.

• All team information will be communicated via email and/or will be displayed on the KNS team web page and KNS Facebook group. All Athletes are required to ensure they have provided the Coaches with their email contact and any other email they wish to have added to the KNS Team and KNS distribution list. Athletes and Parents are encouraged to regularly check the KNS website, where team documents, notices, calendar and tournament registration is found

• All Athletes should follow all the guidelines of training and preparation as determined by the Coaches as well as any guidelines from selected spokesman for elite level performance.

• You are to inform the coaching staff in writing of any changes in your status. This includes current address, email or contact number and any new medical condition or injury that may occur.

• Team Captains will be selected at the final team workout. The coaching staff will decide how many captains will be chosen. Each athlete will have one vote and each coach and Team Manager will have a vote. Athletes can’t vote for themselves.

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

NOTES:
Meet the team … together, they are an amazing group of people that are here to develop solid and skillful karate athletes; they want to help you meet your competitive goals. The KNS Team coaches are women and men of character that will be held to a high standard of ethical values.

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
<th>Credentials</th>
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<tbody>
<tr>
<td>Head Coach</td>
<td>Mitchell German</td>
<td><a href="mailto:mgerman@eastlink.ca">mgerman@eastlink.ca</a></td>
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<td>Comp Dev Certified</td>
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<tr>
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<td>Comp Dev In Training</td>
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<td></td>
<td></td>
<td><a href="mailto:Info@karatens.org">Info@karatens.org</a></td>
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<td>Comp Dev In Training</td>
</tr>
<tr>
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<td>Comp Dev In Training</td>
</tr>
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<td>Nurse</td>
</tr>
</tbody>
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If you have any questions pertaining to the Nova Scotia Karate Team, please feel free to contact a member of the coaching staff.

**TRAINING CAMP LOCATIONS**

**KUMITE:** Halifax Ryuseikan Dojo, 1237 Cole Harbour Road, Cole Harbour

**KATA:** Windsor Karate Club, 4407 Highway # 1, Three Mile Plains
Becoming a member of the team is not a ‘right’ but rather a ‘privilege’ that is the sole result of commitment (complying with all rules and accepting all team responsibilities), hard work and the demonstration of superior skills and achievement. It is important that team practices, clinics, and tournaments be attended in order to help ensure the development of the Nova Scotia Karate Team. The selection process does not provide a guarantee to any athlete of getting a spot on the team. You need to earn a spot on the team. Karate Nova Scotia (KNS) reserves the right to remove or suspend any team member(s) who violate(s) the athlete agreement or conduct themselves in such a manner as to otherwise merit such sanctions.

The Coaching Staff will select the Provincial Team based on the point system and the performance of the athletes leading up to both the Senior and Junior National Championships. The points are weighted to recognize athletic skill at selected tournaments and team training, but to also encourage continued development, maintenance of skills, and a demonstrated desire to improve.

Selection will be based on the points collected at the following:

A. **Nationals** that immediately precede current season
B. **International WKF** sponsored tournaments listed in the Canadian Team Senior or Junior Selection criteria (http://www.karatecanada.org/teams)
C. Results in the **Provincial and Atlantic** selection tournaments
D. Attendance at the **Provincial Camps** listed in approved events section
E. Attendance at **Atlantic Regional** or **National Training Camps** (kata or kumite)

**NOTES:**
Point System

Team selection will be evaluated and weighted as per the guidelines below. “Team Events” do not apply. Points are individual events only, per division. If you are competing in multiple divisions, points are applied separately to each.

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Weight Points[^7]</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1st</td>
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<tr>
<td>Provincial Tournament <em>(1,2,3)</em></td>
<td>5</td>
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<tr>
<td>Atlantic Championships <em>(1,2,3)</em></td>
<td>7</td>
</tr>
<tr>
<td>Canadian National Championship (preceding year) <em>(1,2,3)</em></td>
<td>10</td>
</tr>
<tr>
<td>WKF International Competition <em>(1,2,3,4)</em></td>
<td>16</td>
</tr>
<tr>
<td>KC Camps/Summit <em>(5)</em></td>
<td></td>
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<tr>
<td>Regional Camps <em>(5)</em></td>
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<tr>
<td>Provincial Camps/Workouts <em>(5)</em></td>
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1. Applies per advanced/elite division only.
2. Participation in novice or intermediate divisions are NOT applicable.
3. To get full points you must win at least one fight in the division, otherwise you will get ½ the point value.
4. WKF sponsored International Competitions are listed in the Senior or Junior Selection Criteria.
5. National, Regional and KNS sanctioned kumite/kata camps/workouts: 1 point/ per full day of attendance up to a maximum of 3 points.
6. For tournaments you cannot receive your placing points as well as participation, it would be the higher of the two that you are eligible for.
7. For correct tabulation all divisions must directly correspond to that position on the Team. For example, a gold medal in the kata division will not be factored into the point total for any of the kumite divisions. A medal in a weight kumite will apply to that weight category. Accumulated points from training camps or clinics will apply to one division only, i.e., kata clinic will apply to kata only and kumite clinic will apply to kumite division only.

To collect points, you must compete in the division you will be in at Nationals. The only exception is with athletes competing for a spot in the 12-13-year-old divisions. Those athletes may compete in the selection tournaments in the division for their current age rather than compete in the division that they will be in at Nationals. However, no points will be earned from the 10-11-year-old divisions. For athletes in higher divisions (14 years and up) it will mean that an athlete will sometimes be required to fight up a division at the beginning of the season. For example, if you are 13 years old and at the time of Nationals you will be 14 years old then at the provincial tournaments you must fight in the 14 years old division to get points that would apply to your National division.

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

1. **Tournaments:**
   - October 13, 2019 – Atlantic Karate Championships, Charlottetown, PEI
   - November 9, 2019 – Victor Swinimer Memorial, Forest Heights High, Chester
   - January 25, 2020 – City Championships, Island View High School, Eastern Passage Nova Scotia
   - February 29, 2020 - The Provincial Championships, Centre sportif Marcel-R.-Comeau. Campus address is 1695, route 1 Church Point
   - International tournaments (*tournaments listed in the Senior and Junior selection criteria*)
   - 2018 Nationals results

2. **Camps:**
   - Team workouts – see Team Workout Schedule
   - Regional Training Camp(s) – ones offered after preceding Nationals until current season, see Karate Canada website
   - September 27-29, 2019 - KC Summit Clinics, Toronto
   - October 12, 2019 – Atlantic Karate Championships Clinics, Charlottetown, PEI
   - November 1-3, 2019 - Douglas Brose Kumite Camp, Dartmouth
   - February 22-23, 2020 - KNS - Multi-Style Kata Seminars

**NOTES:**
The **Coaching Staff** shall have the discretion to make exceptions to the selection procedure in unusual circumstances where there is an **open spot** on the team. In general, all athletes are expected to attend all mandatory events. In exceptional circumstances, however, an athlete, who has been ranked as an A, B, or C athlete in the recent past, may be considered for a position on the team even though they are not able to attend all mandatory events, **if:** a) a spot is open **and** b) the athlete has agreed to follow a Coaching approved training plan. The athlete’s circumstances must be such that it would be impossible for the athlete to be present for the majority of the training sessions and tournaments (i.e. away at University, seconded for months away for work). The exception can only be considered where there is an opening in the division.

The coaching staff will have the final say in all the team kumite event positions and in all wildcard positions (if applicable). The coaching staff will select athletes for team events based on individual performances at team practices, tournaments, and clinics.

An athlete may not be considered for team selection if they have disobeyed or acted inappropriately in accordance with the policies set by KNS, and the guidelines set by this document. Being absent from a mandatory event without prior notification to the Head Coach, team manager or another member of the coaching staff without a valid excuse will be taken into consideration at the final selection.

In the event an athlete has not attained enough points to make their division, the coaching staff may offer to put the athlete in a higher or lower weight class if the athlete agrees and the coaching staff feels this athlete will be able to perform in this division. The athlete will have to ensure they make the appropriate weight class.

Athletes must be no more than 3% (multiply your weight by .03) over their weight class the week leading up to Nationals. If the athlete weighs more than 3% over their weight class, the coaching staff reserves the right in its sole discretion to withdraw the athlete from that weight division. **If the athlete is receiving funding from KNS based on their ranking, the athlete will be responsible for reimbursing KNS the amount received.** Eating healthy and maintaining a healthy body weight throughout the year is important and athletes should be in a division that is in relation to their normal healthy body weight.

The coaching staff reserves the right in its sole discretion to determine whether to field individual competitors and whether to fill all available positions or divisions.

In Kata, candidates must show an overall improvement in their kata performance. Critique generated by the video analysis must be reviewed and incorporated into the athletes training and performance. A log of the individual training must be kept. The candidate must be placing consistently in elite or advanced divisions at Grand Prix tournaments.

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

NOTES:
FINANCIAL RESPONSIBILITIES

Successful team members can expect to pay at a minimum the following expenses:

- $95/year, cost for trying out for team and open/closed training sessions
- Travel to and from each practice; kumite practices are held in the Dartmouth area ~ 6-8 times; kata practices are in Windsor ~ 6-8 times per year; joint workouts ~2-3 are held in HRM
- Travel to and from each provincial tournament
- Registration fees for each tournament, ~ $20-$40/tournament
- All expenses for the Canadian National Karate Championships ~ $800-$1000 for travel, hotel, registration fees and meals
- Team Tracksuit ~ $150
- Team T-shirt ~ $20
- Team gear bag ~ $80-$100 (optional)
- Kumite equipment $60 – $400 depending on individual requirements

NOTES:
TEAM TRAVEL

• All athletes must arrive at Nationals in the time frame designed by the coaching staff or team manager unless permission to arrive later is granted by the team manager or a member of the coaching staff.

• All athletes must wear the team tracksuit when travelling with the team, attending team functions, and during the competition.

• All athletes must be Canadian citizens or a permanent resident of Canada to compete at Nationals. **All athletes must provide proof of eligibility.** KC will accept the following documents as proof of eligibility:
  a) Canadian passport;
  b) Canadian citizenship certificate;
  c) Canadian citizenship card;
  d) Birth certificate from a Canadian province or territory;
  e) Canadian Permanent Resident card.

• Team members will room together in accordance with the rooming assignment prepared by the coaching staff and team manager unless advanced permission is obtained by the Head Coach to stay in a room other than that which has been assigned.

• A curfew will be strictly enforced. Any violation of the curfew will be a violation of the Athlete Agreement for Provincial Team Members. Only those assigned to a room are to be in that room during curfew hours. All phones are to be turned off during curfew hours.

**NOTES:**
RANKED ATHLETES

There are two streams by which an athlete achieves a Provincial ranking. An athlete needs to have \textit{won} at least one match in their division at Nationals to be ranked. If an athlete gets two individual medals (i.e. gold in U21 and silver in Senior Open), the highest medal will determine the ranking (i.e. gold).

The following will be the ranking procedure stream based on National’s results:

- **Provincial A**: Gold medalist at nationals the year prior to date.
- **Provincial B**: Silver medalist at nationals the year prior to date.
- **Provincial C**: Bronze medalist at nationals the year prior to date
- **Provincial D**: All remaining team members.

The following will be the ranking procedure stream based on competing for Team Canada:

- **Provincial A**: Compete as part of Team Canada and medal at international events (Pan Am, World Championships, Karate1 premier league, Karate1 series A and Karate1 Youth League)
- **Provincial C**: Qualify and compete as part of Team Canada (Pan Am or World Championships).

If an athlete qualifies for \textit{both streams}, the \textit{higher} ranked result will determine ranking.

CURRENT RANKINGS

- **Provincial A**: Gassan Alkurdi (Jr.), Trysten Deveau (Sr.), Ryan O’Neil (Sr.)
- **Provincial B**: Brayden Ott (Jr.), Riley Deveau (Jr.), Angel Niet (Jr.), Ryan O’Neil (Sr.)
- **Provincial C**: None
- **Provincial D**: All remaining team athletes.

FUNDING RANKED ATHLETE

Karate NS will, within our budget, make funding available for all provincially \textit{ranked team members} who pursue High Performance training. The \textit{purpose} of this funding system is to recognize athletes who have achieved podium \textit{performance}, serving as an incentive to other athletes. The \textit{purpose} is also to help those athletes financially who continue to show a commitment to training. Many additional hours of training are needed to continue to be successful at a National/International level.

The funding direction is as follows:

1. **Provincial A, B and C** athletes will have their upcoming National Championship’s individual event registration(s) paid.
2. All Provincially ranked \textit{(A-D)} athletes will have their upcoming National Championship’s \textit{“team event”} registration(s) paid.
3. KNS will fund \textbf{one} of the mandatory National Team training camps that they are required to attend post National Championships \textbf{or} the subsequent National Championship (not both) up to the Funding Maximum.
Provided KNS has the funds to satisfy the team’s budget, the ranked athletes will be compensated by the current approved funding ratio.

**Pending availability, funding will be allotted as follows:**

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

### FUNDING MAXIMUM FOR RANKED ATHLETE

The funding maximum will be the **total of travel cost (flight), accommodations (hotel) and registration fee** to attend the mandatory KC Senior or Junior training camp. It is presumed that athletes will be sharing a room and will be booking reasonably priced flights when they attend the training camp. The Head Coach reserves the right to deny or adjust expenses that are deemed unreasonable by the coaching staff and team manager.

If an athlete is required to attend both the Senior and Junior training camp, KNS will fund **one** of the camps. Athletes will only receive funding for a training camp if they are **required** to attend the camp pursuant to the Senior or Junior National Team Criteria.

Funding cannot be provided without proper submission of a **completed expense form** with a copy of **receipts** and confirmation from the National Team that athlete was in attendance.

KNS receives their High Performance Funding early fall; reimbursement for the camps will occur once the funding is received by KNS.

### BANQUET FUNDING FOR ALL ATHLETES

For the past number of years, KNS has generously paid for the banquet tickets, ~ $75 per athlete. In exchange, the provincial team has helped at Provincial tournaments with setting up/tearing down the mats, collecting registration, and running the Skill Challenge. It is **expected that all athletes** will help at each Provincial tournament.

This year, funding for the banquet ticket will be provided **if**, at a minimum, an athlete **volunteers at two** of the KNS hosted tournaments listed in the Approved Events section of this document. If an athlete is only able to volunteer at **one** tournament then **½** of their banquet ticket will be paid for by KNS.

All athletes are expected to go to the banquet. If an athlete is not able to attend the banquet, the value of the ticket will be removed from the budget calculations, and the athlete **will not** receive the value of the ticket.
The coaching staff and team manager understand not everyone has the same financial means. We realize that this may in some instances deter you from trying out for the team. We encourage you to think long and hard before choosing not to try out for the team due to financial reasons. There are a series of opportunities available to the athletes to raise additional funds to offset the financial impact. If you have any questions on funding, please approach the coach staff or team manager.

Each year, the athletes who place at Nationals are eligible to apply to Sport Nova Scotia through the Support4Sport program for funding. Our athletes, in the past, have received funding in the range of $250-$3000. The Provincial Sport Organization (KNS) must endorse these athletes.

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

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

Athletes will be offered the following choices about fundraising:

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

Funding raised from team fundraising events will be distributed separately amongst all team members (depending on their level of involvement in fundraising).

All Fundraising events must clearly state what they purpose behind the fundraising event is and how the money will be used. For example, if a canteen is run at a tournament with the intention to fundraise for Junior and Senior athletes, a sign must be posted stating this. As the Senior event occurs before the Junior event, the sign should be changed to Junior athletes, and/or Pan Am’s, etc.

Successful events held in the past:

- Spaghetti dinner
- Tournament (w silent auction)
- Lucky Duck Tickets
- 50/50
- Live Auction – bar/restaurant
- Hot dog sale
- Recyclables – bottles / cans
- Bag groceries – Superstore
Team fundraising will be organized and run by an elected Parent Committee. The Parent Committee will be comprised of 2-4 parents and either the Team Manager and/or a Coach. The Parent Committee must be elected fairly and identified to the athletes and coaching staff. The Parent Committee will decide on the fundraising events and will decide how the proceeds will be distributed, and they are accountable to document all activity and tracking of funding. The parents running events will vary event by event and must be given fair opportunity to participate. The Athletes will be told, in advance of the event, how the funds will be distributed. The athletes will then decide whether they wish to participate in the activity.

The Team Manager/Coach will not be involved in organizing the activity but rather will be responsible for collecting the funds (after they have been counted), sending out the Fundraising form that has been prepared by the Event Organizer and auditing the funding distribution and committee functions.

If a parent has an idea for an event please let the Parent Committee know and please let them know if you wish to organize the event.

Typically shares or fundraising is distributed as follows:

Canteen, Dessert auction, Spaghetti dinner:

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

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

Once the fundraising event is finished the money will be turned in and placed in the Team Account. The Organizer of the Event will complete the Fundraising Form (see Appendix) with all the information about the fundraiser. The Form will be submitted to the Team Manager/Coach within a week of the Event. The Team Manager/Coach will then post the results of the Event so athletes can see where they stand. If, in the unlikely event, a dispute arises concerning the fundraising event (i.e. the amount of shares awarded to a particular athlete), the Head Coach will review the situation and make a decision on the matter.

Calculating Shares: The actual value of the shares is calculated at the end of the season. The reason for this is because if an athlete participates in a fundraising event but is not selected or is not able to participate at Nationals as a member of the team their contribution goes back into the pool of fundraising dollars for that event and is distributed amongst the remaining participates of that fundraising event.

NOTES:
INDIVIDUAL FUNDRAISING

Personal fundraising is encouraged to further help offset the expense of Nationals and your training.

Please advise the coaching staff of any Individual Fundraising that you are doing (outside of the team events) and the amount raised. If in your fundraising efforts, you indicated that you are a member of the NS Provincial Team or you use the logo or you indicate that you are raising money for Nationals, then you must disclose to the Head Coach, the amount that you have raised.

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

NOTES:

ATHLETE FINANCIAL SUPPORT

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

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

NOTES:
LOGO & BRAND USAGE

Like most organizations Karate Nova Scotia and its Provincial Team, are concerned about the use of our logos and references. When referencing “Nova Scotia Karate Association”, “Karate Nova Scotia”, or “Nova Scotia Karate Team” approval should be sought out by the group or individual wishing to use the names or logos for promotional or marketing for events, services or when soliciting funds and other means of support. Approval should be directed to info@karatens.org; the intended use should be clearly stated in email, with final, draft or any file(s) to support how you plan to leverage the logo(s) and references.

- The logo(s) may not be imitated or used as a design feature in any manner.
- The logo(s) may not be used in a manner that would disparage Karate Nova Scotia or its members or programs.
- The logo(s) may not be animated, morphed, or otherwise distorted in perspective or appearance.
- Karate Nova Scotia and the Nova Scotia Karate Team reserves the right in its sole discretion to terminate or modify permission to display the logo(s), may request that third parties modify or delete any use of the logo(s), and object to unfair uses or misuses of its trademarks or other violations of applicable law.

SOCIAL MEDIA USAGE

Karate Nova Scotia (KNS) recognizes the importance of online conversation and respects the rights of Athletes, Coaches, Officials and Parents (ACOP) to freedom of speech. However, there are some basic principles of behavior that we ask all ACOPs to respect when conducting online activities.

Until KNS has an official Social Media & Social Networking Policy here are some guidelines designed to guide your participation in both personal and professional usage:

1. Social media is no different than a live microphone. Media outlets report on ACOP posts regularly and some include a running stream of ACOP posts on their sites. ACOPs should still be themselves and engage with people through their social channels, but they should do so in a way that is appropriate and safe for media consumption / distribution. Posts should not contain vulgar, threatening, hurtful or obscene words or images. Do not use profanity. Period.
2. Use your best grammar, spelling and capitalization. Expect that a potential sponsor will be reading your posts.
3. ‘Inappropriate content’ vs. ‘inappropriate behaviour’. Example: It would be acceptable for an athlete to have a shower, but it would not be appropriate for an athlete to post nude pictures of themselves showering. The behaviour is appropriate, but the content is not appropriate for distribution.
4. Be mindful of promotion of potentially controversial behaviour that may cause damage to the image of KNS or the sport of Karate.
5. Be aware of Karate Nova Scotia’s Code of Conduct Policy and what behaviours and/or social media uses would constitute a breach of the “Team Nova Scotia Athlete Agreement”. Be aware to the permanency and non-privacy of social media content. ACOPs must be made aware that their postings on social media platforms are public and subject to the organization’s Code of Conduct and related policies. Only post something that you would feel comfortable seeing as a headline the next day in the local paper. Please avoid any subjective comments and opinions in posts.
Athletes should always conduct themselves in a respectable manner regardless of environment or communication medium. Bullying or inappropriate behaviour will not be tolerated as it may lead to probation/suspension for a period of time, or removal from participating on the NS team indefinitely as deemed by an elected objective disciplinary board appointed by the KNS Team Coaches and KNS President. Funding can also be removed based on the decision of the disciplinary board. Additional dojo’s may take additional disciplinary action within their privy.
## APPENDIX A

### NATIONAL CHAMPIONSHIP DIVISIONS

<table>
<thead>
<tr>
<th>YOUTH</th>
<th>CADET</th>
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<th>UNDER 21</th>
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<td>Individual Kata (age 16/17)</td>
<td>Individual Kata (age 18-20)</td>
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<td>+76 Kg.</td>
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<td>Female Individual Kumite (age 16/17)</td>
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As soon as possible after an injury, such as a knee or ankle sprain or a pulled muscle, you can relieve pain and swelling and promote healing and flexibility with RICE: Rest, Ice, Compression, and Elevation.

- **Rest.** Resting is important immediately after injury for two reasons. First, rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Second, your body needs to rest so it has the energy it needs to heal itself most effectively.

- **Ice.** Cold can provide short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Do not apply ice directly to the skin. Place a towel over the cold pack before applying it to the skin. Also, you should never leave ice on an injury for more than 15-20 minutes at a time. Longer exposure can damage your skin. The best rule is to apply cold compresses for 15-20 minutes and then leave them off for 15-20 minutes.

- **Compression.** Compression limits swelling and improves healing. Some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap an ACE bandage over it. Don't wrap it too tightly, since this can cause more swelling below the affected area. If you feel throbbing, numbness, tingling, increased pain, coolness, or said swelling below the wrap, remove the bandage and re-wrap the area so the bandage is a little looser. ALWAYS check for circulation after wrapping an injury.

- **Elevation.** Elevating the injured area reduces swelling. It’s most effective when the injured area is raised above the level of the heart. For instance, elevate any lower limb injury or sore area on pillows anytime you are sitting or lying down. Do this whenever possible while you ice for increased effectiveness.

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

- **Hydration.** Hydration is important for sports performance recovery and for recovery in general. Adequate hydration allows body functions, including repair, to work at optimal levels. The extra fluids also allow rapid removal of waste proteins during the repair process.

- **Ibuprofen.** Before taking any medications, CONSULT YOUR DOCTOR FIRST. Ibuprofen is a NSAID (non-steroid anti-inflammatory drug) that can both reduce pain and significantly reduce swelling. Taken responsibly, Ibuprofen can decrease injury recovery time.

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

- **Stretching.** Start with very light stretching. This helps to regain the original range of motion to the injured site and will reduce the likelihood of overexerting the injury upon reintroduction to physical activity. Do NOT overstretch an injury as it can aggravate it and lengthen recovery time.

- **Heat.** After swelling has subsided, the application of heat can increase circulation to an injured area thereby increasing the nutrient flow to the area. Apply the same 15-20 minute rule used for ice and be sure to protect your skin from burning. If you can, apply heat to an injured area before engaging in exercise. This will help to reduce aggravating the injury.

- **Light Massaging.** Massaging helps increase blood flow to the applied area. Make sure to massage lightly so as to not aggravate the injury. If it hurts, don’t do it.

**Most importantly:**

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

Definition:
A head-trauma-induced alteration in mental status that may or may not involve a loss of consciousness.

People who have lost consciousness have a concussion or worse!
A person does not need to lose consciousness to have a concussion!

A concussion may be caused by a direct blow to the head, face, neck or anywhere else on the body that causes a severe and sudden movement to the head.

COMMON SIGNS AND SYMPTOMS
Symptoms are often subtle

- headache
- pressure in head
- neck pain
- dizziness
- balance problems
- nausea and vomiting
- vision problems
- hearing problems/ringing
- “don’t feel right”
- feeling “dinged” or “dazed”
- confusion
- feeling slowed down
- feeling like in “a fog”
- drowsiness
- fatigue or low energy
- more emotional than usual
- irritability
- difficulty concentrating
- difficulty remembering

PREVENTION - Reduce the risk of brain injury:
1. Appropriate protective equipment should be worn properly and replaced when damaged. Approved helmets should be used in all activities with a risk of head trauma.
2. Adhere to the rules of the sport or activity. Play fair and play smart!
3. Respect all participants.

IWK Department of Pediatrics
Capital Health
www.thinkfirst.ca

Brain Injury Association of Nova Scotia
www.BrainInjuryNS.com
phone: 902 473-7301
CONCUSSION MANAGEMENT GUIDELINES

Returning to an activity while still symptomatic is very dangerous.

When in doubt, sit them out!

Anyone suspected of having a concussion must be removed from the current activity, game or practice and seek medical evaluation.

What can I expect?
Concussion typically results in a fast onset of short term difficulties that resolve over time. You will need to rest until your concussion symptoms are gone. This means resting your body and mind until you have no symptoms of headache, fatigue, etc. Then your DOCTOR will advise that you go through a gradual increase in exercise and activity (listed below) before returning to your normal physical and mental activities.

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 0</td>
<td>Complete physical rest - no exercise or exertion. Limit mental activities i.e. reading, TV, computers, video games. If these mental activities make your symptoms worse, stop immediately. No alcohol or drugs until you are symptom free. Proceed to the next step ONLY if symptom free. If symptoms occur, drop back to the step where you do not have symptoms, then try to progress again. Allow AT LEAST 24 hours between steps.</td>
</tr>
<tr>
<td>Step 1</td>
<td>Light exercise/work such as walking or stationary cycling, reading.</td>
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<tr>
<td>Step 2</td>
<td>Sport/work specific activity such as skating for hockey, computer use for work.</td>
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<tr>
<td>Step 3</td>
<td>Sport practice - no contact/work for short intervals.</td>
</tr>
<tr>
<td>Step 4</td>
<td>Sport practice with body contact/work - once cleared to do so by a MEDICAL DOCTOR. The time required to progress will vary with the severity of the concussion.</td>
</tr>
<tr>
<td>Step 5</td>
<td>Return to full activity - sport/work/school.</td>
</tr>
</tbody>
</table>

SECOND IMPACT SYNDROME

Even a seemingly mild blow to the head when post-concussion symptoms are still present can lead to significant problems. It has also been shown that multiple concussions can lead to irreversible changes such as memory loss and concentration problems.

Signs to watch for:
Problems could arise over the first 24-48 hours.
You should not be left alone and must go to a hospital at once if you have:

- a headache that gets worse
- drowsiness and can’t be woken up
- inability to recognize people or places
- repeated vomiting
- unusual behavior or confusion

- signs of being very irritable
- a seizure
- weak or numb arms or legs
- unsteadiness on your feet
- slurred speech
1. *What are the things that worked best for you?*

2. *What are the things that went wrong?*

3. *What have you done to get better since Nationals?*

4. *What do you think you need to perform better?*
APPENDIX E

PERSONAL GOAL SETTING

"The tragedy in life is not reaching your goals but having no goals to reach."

What are you going to do to achieve your goals? Figure out a plan and put it to action.

- **To participate** – minimum 4+hrs/week additional training required.
- **Top 5** – minimum 6+hrs/week additional training required.
- **Podium** – minimum 8+hrs/week additional training required.
- **Win** – minimum 10+hrs/week additional training required.
- **Pan Ams** – 15+hrs/week.
- **World Champs** – 24+hrs/week.
- **Olympics** – Full Time.

1) What are your goals **this year**? How do you want to achieve it?

2) What is your **short-term** goal (techniques or abilities you want to learn or perfect - example ... flexibility) How or what are you going to do to achieve it?

3) How many **hours** are you training currently? How many hours will you train including **cross training** and what is the breakdown in activities?
4) What does your **daily diet** consist of on a good day? On bad day? How many hours of **sleep** do you get during the week and on weekends? Do you use a gadget before bed?

*(Athletes are not just athletes when they are at training sessions, it’s an overall lifestyle - what you put into your body helps to make it become stronger and faster; amount of sleep/ recovery is also important for growth, maintenance and repair)*

5) How much do you drink per day (Water, juice, coffee, etc.)? How much do you think you need? How much will you drink before training?

6) During your best performance what were the circumstances- how did you sleep the night before, meal/ water intake, pre-routine, how were you feeling, what made it work?

7) During your worst performance (whether it be outcome or bad feelings) what were the circumstances- mindset, pre- warmup routine?

*Video analysis* is a great tool. Send a video of your fight, add your personal critiques as to what went well and what problems you encountered, what you need to work on and how are you going to accomplish it. Coach(es) can discuss with you to help you make improvements in technique and tactics.
APPENDIX F
PODIUM PERFORMANCE ESSENTIALS

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

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

Technical
- techniques
- no telegraphing
- timing
- distance

Mental
- concentration
- intimidation
- handle the pressure
- confidence
- rebound from mistakes
- motivation
- preparation
APPENDIX G

PRE-COMpetition PLAN
SAMPLE

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

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

Morning of:
- Start to visualize competition
- Run through tactics
- Positive attitude

“Think it, see it, feel it, do it.”
Arrival @ the site:
- Go through competition plan
- Convince yourself you belong there
- Soak up the atmosphere and conditions so you know what to expect immediately prior to performance

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

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

“Attitude is a decision”
20 mins before:
- Final check of equipment
- Spend 2-3 min imagining the start of the fight

“Relax and flow”
15 mins before:
- Begin final stage of your warm up routine
- Positive self-talk
- Deal with negative talk

“Read and React”
10 mins before:
- Repeat positive self-statements you worked on during practice (ie) I can do this, I’ve trained hard, I’m fast, I’m powerful, I’m confident!

5 mins before:
- Remind yourself of previous “good performances”

At the line:
- Remind yourself you are ready to go!
- This is what you trained for so GO FOR IT!
# PERSONAL PRE-COMpetition PLAN

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BLAST OFF!
## APPENDIX I

### PRE-FIGHT ROUTINE

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<td>30 seconds before:</td>
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Pre-start

At the line:
### FUNDRAISER FORM

**Event:**

**Date of Event:**

**Parent in Charge:**

<table>
<thead>
<tr>
<th>Athletes Participating</th>
<th>Participation Information (i.e. Canteen- what athlete brought in)</th>
<th>Explanation of Increased Shares (i.e. if parent worked event)</th>
<th>Shares for Event</th>
</tr>
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</table>

**Distribution of Shares:**

1. The organizer of the event will receive one share (for their child). If the organizer has more than one child, the share will be credited to one child.
2. Once the fundraising event is finished the money will be turned in and placed in the Team Account.
3. The organizer will submit the Fundraising document within one week of the event to **Jeff Murphy and Team Manager**. The document will then be posted so athletes can see where they stand. In the unlikely event that a dispute arises over the distribution of shares, the Coaching Staff will review the situation and make a decision.
4. An athlete will get one share for participating.
5. If an athlete participated more (i.e. Canteen- brought more food than the average), they would get ½ - 1 extra share based on their participation. The parent in charge will decide the amount.
6. In the case of the Canteen, if a parent works the event (for ½ day), the athlete would get an additional ½ share.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>Sep 21st 2019</td>
<td>Assessment / Info Camp (Kata/Kumite)</td>
<td>3rd Degree Fitness, Bayer’s Lake</td>
<td>12:45 pm - 4:15 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Oct 5th 2019</td>
<td>Kumite Development Camp (Senior/Junior)</td>
<td>Halifax Ryuseikan Dojo, Cole Harbour</td>
<td>1 - 4 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Oct 12th 2019</td>
<td>Atlantic Championships Camp (All Kata/All Kumite)</td>
<td>Charlottetown, PEI</td>
<td>9 am - 4:30 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Oct 20th 2019</td>
<td>* (Sunday) Kata Development Camp (Senior/Junior)</td>
<td>Windsor Karate Dojo, Three Miles Plains</td>
<td>1 pm - 5 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Nov 1st - 3rd</td>
<td>Brose Kumite Camp (Senior/Junior)</td>
<td>Dartmouth High, Dartmouth</td>
<td>9 am - 5 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Nov 16th 2019</td>
<td>Kata Development Camp (Senior/Junior)</td>
<td>Windsor Karate Dojo, Three Miles Plains</td>
<td>1 pm - 5 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Dec 7th 2019</td>
<td>Kumite Development Camp (Senior/Junior)</td>
<td>Halifax Ryuseikan Dojo, Cole Harbour</td>
<td>1 - 4 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Dec 15th 2019</td>
<td>* (Sunday) Kata Development Camp (Senior/Junior)</td>
<td>Windsor Karate Dojo, Three Miles Plains</td>
<td>1 pm - 5 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Jan 4th 2020</td>
<td>Kata Development Camp (Senior/Junior)</td>
<td>Windsor Karate Dojo, Three Miles Plains</td>
<td>1 pm - 5 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Jan 11th 2020</td>
<td>Kumite Development Camp (Senior/Junior)</td>
<td>Halifax Ryuseikan Dojo, Cole Harbour</td>
<td>Sr. 11-2 pm / Jr. 1 - 4 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Feb 8th 2020</td>
<td>Kumite Development Camp (Senior/Junior)</td>
<td>Halifax Ryuseikan Dojo, Cole Harbour</td>
<td>Sr. 11-2 pm / Jr. 1 - 4 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Feb 22nd – 23rd</td>
<td>KNS Multi-Style Kata Seminar (Senior/Junior)</td>
<td>Saint Mary’s University Homburg Centre</td>
<td>9 am - 5 pm</td>
<td>Open</td>
</tr>
<tr>
<td>Mar 7th 2020</td>
<td>Kumite Development Camp (Seniors/Junior)</td>
<td>Halifax Ryuseikan Dojo, Cole Harbour</td>
<td>Sr. 11-2 pm / Jr. 1 - 4 pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Mar 15th 2020</td>
<td>* (Sunday) Kata Development Camp (Senior/Junior)</td>
<td>Windsor Karate Dojo, Three Miles Plains</td>
<td>1 pm - 5 pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Apr 4th 2020</td>
<td>Kumite Development Camp (Juniors) / Fitness Assessment</td>
<td>3rd Degree Fitness, Bayer’s Lake</td>
<td>12:45 pm - 4:15 pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Apr 5th 2020</td>
<td>* (Sunday) Kata Development Camp (Juniors)</td>
<td>Windsor Karate Dojo, Three Miles Plains</td>
<td>1 pm - 5 pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Apr 18th 2020</td>
<td>Kumite Development Camp (Juniors)</td>
<td>Halifax Ryuseikan Dojo, Cole Harbour</td>
<td>1 pm - 4 pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Apr 25th 2020</td>
<td>Junior Team Camp (Kata/Kumite)</td>
<td>3rd Degree Fitness, Bayer’s Lake</td>
<td>12:45 pm - 4:15 pm</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Dates are subject to change until all KNS and National tournament dates confirmed. Schedule does not include commitment required for tournaments.

For full calendar of events visit the KNS Events Page (http://karatens.org/events/)
ATHLETE INFORMATION FORM

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

Date of Birth: _____________________/_________________/_________________ Phone: ____________
Month Day Year

Height: ___________________________ Weight (kg): _______________________

Street: ___________________________________________ City: _________________ Postal Code: ________

Email address (print clearly): ________________________________________________________________

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

Name: _____________________________ Email: ________________________________________________

Name: _____________________________ Email: ________________________________________________

Health Information

Health Card # ___________________________________________ Expiry Date: _________________

Extended Health Insurance Company Name: __________________________________________________________

Policy # ___________________________________________ ID # _______________________________________

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

________________________________________________________________________________________

List medical conditions you have and medications you are on: ______________________________________

________________________________________________________________________________________

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

Karate/Sport Information

Dojo/Club: ________________________________________ Sensei: _______________

Nationals Divisions

Divisions I am trying out for: Kata: yes □ no □ Kumite: yes □ no □
TEAM NOVA SCOTIA ATHLETE AGREEMENT

2019-20 SEASON

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

a) The athlete agrees to attend all team workouts for their area of competition interest (kata and/or kumite), plus the first and last combined team workouts of the season. If an athlete is doing kata only, they are required to attend the first and last combined provincial team workouts and all provincial kata sessions. If an athlete is doing kumite only, they are required to attend the first and last combined provincial team workouts and all provincial kumite sessions. If an athlete is doing both kata and kumite then they are required to attend all kata and kumite training sessions. The team workouts will be posted on the KNS website.

b) The athlete has read and understands the selection process as outlined in the “Athlete Handbook & Team Guidelines”.

c) Athletes must attend the majority of the Approved Events outlined in the “Athlete Handbook & Team Guidelines”.

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

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

f) The athlete agrees to notify the Team Manager of any change in medication after signing Karate Canada’s (KC) Medical Examination Report. The athlete also agrees not to take any over the counter medicines two weeks prior to Nationals, unless approved by the team’s medical representative.

g) The athlete agrees not to consume illegal substances, such as non-medically prescribed drugs. The athlete also agrees not to consume banned substances including cannabis. Karate Canada (KC) has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to members of KC and participants in KC sanctioned activities. By signing the Athlete agreement, the athlete is acknowledging that they are aware that the CADP applied to them. For further information, please visit the Athlete Zone on the CCES website http://cces.ca/athletezone and the status of cannabis in sport at https://cces.ca/cannabis.

h) The athlete agrees, if they are under the age of 19 years, to avoid alcoholic consumption at any KNS or KC event. If 19 years of age or over, the athlete agrees to avoid alcohol consumption 24 hours before a competition until the close of the competition. The athlete agrees that even after the close of the competition they will avoid intoxication during a KNS or KC event. Any breach of this clause could result in sanctions from KNS and/or KC.
i) The athlete agrees to ensure that their behavior complies with a harassment-free and abuse-free environment and the athlete agrees to refrain from any conduct or action that disparages KNS.

j) When travelling with the Team, the athlete agrees:
   1) To wear the team tracksuit when travelling with the team, attending team functions, and during the competition.
   2) To obey the curfew imposed on all junior athletes. On competition days athletes must be in their room at 10:00 pm and lights out by 10:30 pm; on non-competition days athletes must be in their room at 10:30 pm and lights out by 11:00 pm unless advised otherwise by the Coaching staff.
   3) To turn off their cell phone during curfew hours.
   4) To attend, on time, all scheduled team meetings, training sessions, team social events and any other activity.
   5) To stay at the competition site as a team member until the end of all events unless permission is granted by a member of the Coaching staff.
   6) To attend all team meals unless permission to do otherwise is granted by a member of the Coaching staff.
   7) To stay at the hotel unless permission to leave is granted by a member of the Coaching staff.
   8) Only team members/parents of the athlete are allowed in the athlete’s room. If team members are in each other’s room the door must remain open. Under no circumstances are strangers or members of other teams allowed in an athlete’s room.
   9) To keep their room presentable at all times.
   10) Abide by the laws of the host Province.

k) The athlete agrees that, if they are competing in kumite, they will be no more than 3% over their weight class in kumite the week leading up to Nationals. The athlete understands that if they are over by 3% the week leading up to Nationals and/or they do not make their weight class, they will be responsible to reimburse KNS if they received any funding from KNS.

l) The athlete agrees to have a clean, proper fitting gi, which conforms to the rules. The athlete agrees to have the required equipment when attending any competition.

m) The athlete agrees to be familiar with the WKF rules governing competitions.

n) The athlete acknowledges that any breach of the Athlete Agreement may result in a disciplinary ruling handed down by the Coaching Staff. The Head Coach has final authority in all matters pertaining to the team.

By signing below the athlete acknowledges they have read the Athlete Handbook and are committed to this agreement.

Signed this __________ day of ________________________, 201_.

_______________________________________________________________________________________
Signature of Athlete

By signing below the parent(s) acknowledges they have read the Athlete Handbook and are committed to this agreement.

Signed this __________ day of ________________________, 201_

_______________________________________________________________________________________
Signature of Parent or Guardian (if under 19 yrs)