



# KARATE NOVA SCOTIA

## ATHLETE HANDBOOK & TEAM GUIDELINES

V1.5.4

**2024**

HEAR US ROAR



Athlete: \_\_\_\_\_

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

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## Mission Statement

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Create an environment that allows athletes from all Karate Nova Scotia (KNS) karate clubs to perform at their highest abilities and make a positive impact in the lives of our athletes, coaches, and volunteers.

## Vision Statement

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We believe that access to high level training should not be limited by age, gender or financial situations. The KNS team strives to have an environment, where all athletes are accepted, and provided with the tools to reach their highest levels.

## DOCUMENT PURPOSE

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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. KNS and the Karate Nova Scotia Team (KNST) reserve the right to adjust the document as new information becomes available.

The most current version is always 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.

# INTRODUCTION

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The **KNST** represents the province of **Nova Scotia** at the annual **Canadian National Karate Championships**. 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 **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 **July 4<sup>th</sup>, 2024** to compete at Nationals. The 2024 Karate Canada National Championships will take place in Laval, Quebec, from July 4<sup>th</sup> to 7<sup>th</sup>, 2024. Athletes and coaches are expected to be in Laval from July 2<sup>nd</sup> to 8<sup>th</sup>, 2024.

Each year, the **KNST** 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 and team events for kata. These events are further divided by the age and weight (for kumite) of the competitor. As a part of the **KNST**, 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 **KNST** is the first step to achieving goals such as **Pan-American, World** or even **Junior 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:

- To register for the team (either Provincial Team or Open Trainings), please register here [KNS Team Registration](#)
- There is a fee of **\$120** to confirm your intent. It will entitle you to attend designated training sessions. Once paid, this fee is non-refundable, except for valid medical reasons, where pro-rated refunds may be available based on the coaches' discretion.
- To aid **KNS** with necessary payments throughout the year, there will be a team budget this year. This budget will be used to pay expenses such as Team Tryout Fees, Event Fees, Apparel Fees, Hotel Fees, and Banquet fees. The budget for each athlete will be \$2,000. At the first tryout, all athletes will be expected to pay \$300 to go towards their team budget amount. Payments towards the remaining amount owing can be made throughout the year either through fundraising or making periodic payments. By March 30<sup>th</sup>, 2024, \$1,000 of the athlete's team budget must be paid. By June 15<sup>th</sup>, 2024, the athlete's team budget must be paid in full. In the event an athlete owes more than \$2,000, an additional payment will be required by June 15<sup>th</sup>, 2024. If an athlete owes less than \$2,000, then the remaining amount can be carried forward for the next year or refunded to the athlete.

- **Payments are only accepted through the KNS' PayPal account, using your credit card or existing PayPal account.**
- If an athlete wishes to attend an Open Sessions only, to gain experience, there will be a fee of **\$20.00** per Open Sessions. If an athlete decides to try out for the team after an open training, the open training amount will be deducted from the team fee. **Payments are only accepted through the KNS' PayPal account, using your credit card or existing PayPal account.**
- All athletes trying out for the team must fill out and sign the **Athlete Agreement Form** (see appendix). Completed forms must be passed 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.
- All athletes must be Canadian citizens to compete at Nationals.
- Athletes must be familiar with the WKF rules. They are available for download here: [Kumite](#), [Kata](#).
- 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 (which can be seen here, [Kata](#))
  - Be familiar with the criteria and what constitutes a foul and disqualification
  - Be familiar with the Repechage and double elimination 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** mandatory team workouts, selection tournaments, and appropriate training camps (kata vs kumite). 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.

- There will be 6 Team trainings throughout the year, with 4 of the trainings being mandatory. Please see the calendar for confirmation on the mandatory and optional team training dates.
- The Coaching Staff recognizes that there will be occasions that an athlete may not be able to attend for a valid reason. 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 mandatory team practices**.

- In addition to team training, KNS also offers development training for kumite and kata. The Development Classes are at Halifax Ryuseikan Dojo, 1237 Cole Harbour Road, Cole Harbour and Murphy's Karate Academy, 26 Thomas Raddall Dr, Halifax. These classes will enhance kumite and kata 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.
- All team information will be **communicated via email** and/or will be displayed on the KNS team web page and KNS social media groups. 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 the High-Performance Coach 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 primary purposes of the TEAM CAPTAIN's will be to positively influence teammates on-and-off the tatami, be a liaison between team members and coaches, assist in warmups and cooldowns, assist coaches at competitions by finding or being warm up partners, organize or assist organizing team dinners and team extracurricular activities. 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).

## COACHING STAFF

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.

Position	Name	Email	Phone	Credentials
Head Coach/High Performance Coach	Mitchell German	mgerman@eastlink.ca	C: (902) 448-8098	Comp Dev Certified
Coach	San Fung German	sfunggerman@gmail.com	C: (902) 830-6946	Comp Dev Certified
Coach / Team Manger	Greg Da Ros	darosgo@hotmail.com Info@karatens.org	C: (902) 209-0411	Comp Dev In Training
Coach	Shannon Doane	S_doane@yahoo.com	C: (902) 233-5065	Comp Dev Certified
Coach	Trysten Deveau	trystendeveau29@gmail.com	C: (902) 778-0024	Comp Dev Certified
Coach	Maaike Niet	maaikeniet@yahoo.com	C: (902)670-1447	Comp Dev In Training
Coach	Jeff Murphy	jeff-murphy@live.com	C: (902)789-2265	Comp Dev Certified
Coach	Crissy Murphy	crissymurphy@hotmail.com	C: (902)789-4681	Comp Dev In Training
Coach	Maria Habchi	maria.habchi8@gmail.com	C: (902)223-3743	
Coach	Sean O'Neil	saoneil@live.com	C: (902)452-7326	
Medical	TBD			

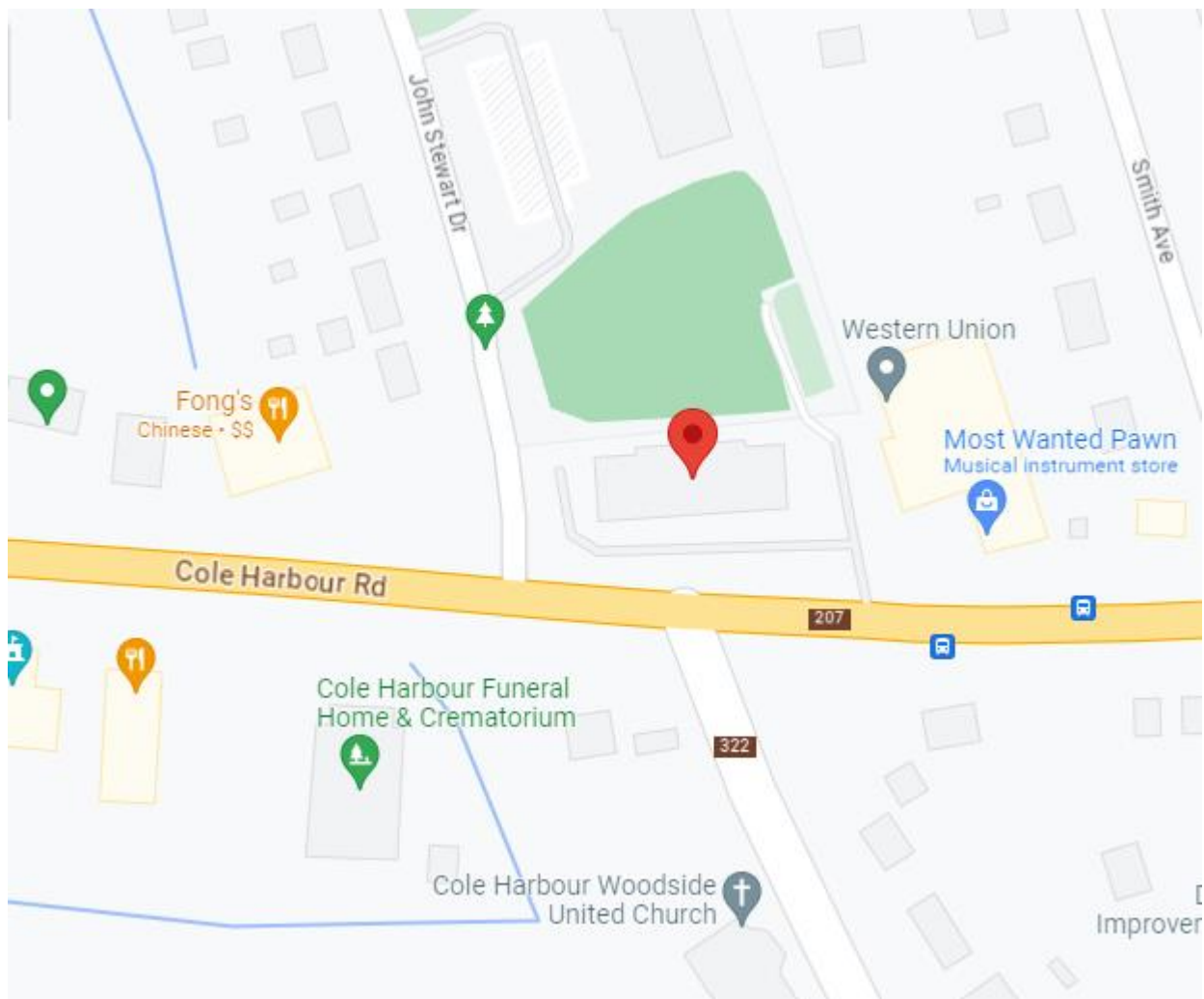
If you have any questions pertaining to the Nova Scotia Karate Team, please feel free to contact a member of the coaching staff.

### NOTES:



## TRAINING CAMP LOCATIONS

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



## SELECTION PROCEDURES

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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 to help ensure the development of the KNST. **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** *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.

Event Type	Weight Points <sup>(7)</sup>					
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup> to 8 <sup>th</sup>	Participation <sup>(6)</sup>
Provincial Tournament <sup>(1,2,3)</sup>	5	4	3	2		1
Atlantic Championships <sup>(1,2,3)</sup>	7	6	5	4		1
Canadian National Championship (preceding year) <sup>(1,2,3)</sup>	10	9	8	7		1
WKF International Competition <sup>(1,2,3,4)</sup>	16	14	12	10	8	3
KC Camps <sup>(5)</sup>						1 to 3
Regional Camps <sup>(5)</sup>						1 to 3
Provincial Camps/Workouts <sup>(5)</sup>						1 to 3

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.** 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:**

- November 18, 2023 – Grand Prix Tournement #1, Dartmouth
- January 27, 2024 – Grand Prix Tournament #2, Windsor
- April 20, 2024 – Grand Prix Tournament #3, Bedford
- May 2024 - Atlantic Karate Championships Weekend, PEI
- International tournaments (*tournaments listed in the Senior and Junior selection criteria*)
- 2023 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

**NOTES:**

## EXCEPTIONS & STIPULATIONS

- 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 from 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 wildcard positions (if applicable).
- An athlete may not be considered for team selection if they have violated 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.

### NOTES:

## APPEALS

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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 appeal application must be made in writing, with a copy submitted to the President of KNS and the High-Performance Committee. 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 “Zoom” or some other media. Both parties will present their case one at a time with the appellant going first. The 3 members of the 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 KNS. The decision of the tribunal will be communicated to both parties in a timely fashion.

### **NOTES:**

## FINANCIAL RESPONSIBILITIES

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

- \$120 / year, cost for trying out for team and open/closed training sessions
- Travel to and from each practice; kumite practices are held ~ 6 times; kata practices are 6 times per year; joint workouts ~2 are held in HRM
- Travel to and from each provincial tournament and Atlantic Championships
- Registration fees for each tournament, ~ \$25-\$50/tournament
- All expenses for the Canadian National Karate Championships ~ \$1,500-\$2,000 for travel, hotel, registration fees and meals
- Team Tracksuit ~ \$175
- Team T-shirt ~ \$25
- Kumite equipment \$60 – \$400 depending on individual requirements.

### **NOTES:**

## TEAM TRAVEL

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- All Athletes, Coaches, Team Managers, Parents, Officials and Volunteers must be familiar with the **KNS Travel Policy**
- 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 provide proof of eligibility.** KC will accept the only a **Canadian passport** as proof of eligibility.
- 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

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There are two streams by which an athlete achieves a Provincial ranking. An athlete needs to have **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 B:** Qualify and compete as part of Team Canada (Pan Am or World Championships).

If an athlete qualifies for **both streams**, the **higher** ranked result will determine ranking.

## CURRENT RANKINGS

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- Provincial A: Emmi German (Jr.)
- Provincial B: Isaac Davis (Jr.), Gassan Alkurid (Jr.), Kaden Shen (Jr.)
- Provincial C: Owen Jones (Jr.), Ryan O'Neil (Sr.), Sean O'Neil (Sr.)
- Provincial D: All remaining team athletes.

## FUNDING RANKED ATHLETE

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Karate NS will, within our budget, make funding available for all provincially **ranked team members** who pursue High Performance training. The **purpose** of this funding system is to recognize athletes who have achieved podium **performance**, serving as an incentive to other athletes. The **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. KNS receives a grant from the Nova Scotia Performance Plan Initiative (NSPPI) to go towards our High-Performance program. At the approval of the High-performance coach, a portion of this grant will be allocated in the following manner to assist ranked athletes in attending Karate Canada Training camps and International events:
  - Provincial A athletes – 60%
  - Provincial B athletes – 40%
  - Provincial C athletes – 20%

## FUNDING OPPORTUNITIES

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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.

### SPORT NOVA SCOTIA FUNDING

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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.

### TEAM FUNDRAISING

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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 ensure **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 the 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               | ○ Live Auction – bar/restaurant |
| ○ 50/50                          | ○ Hot dog sale                  |
| ○ Lotto 6-49 Pool                | ○ Recyclables – bottles / cans  |
| ○ Corporate / Personal donations | ○ Bag groceries – Superstore    |

**Team fundraising will be organized and run by an elected Parent Committee.** The Parent Committee will be composed of 2-4 parents. 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 a 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.

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 in the past have been 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 will get an additional ½ share.

Tickets: In the case of the Sport Split 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 number of shares awarded to a particular athlete), the Head Coach will review the situation and decide 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 participants of that fundraising event.

**NOTES:**

## INDIVIDUAL FUNDRAISING

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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

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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

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Like most organizations, KNS and its Provincial Team, are concerned about the use of our logos and references. When referencing “Karate Nova Scotia”, or “Karate Nova Scotia 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](mailto: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 KNS or its members or programs.
- The logo(s) may not be animated, morphed, or otherwise distorted in perspective or appearance.
- KNS and the KNST 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

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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 KNS’ 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 of 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.

## DISCIPLINARY PROCEDURES & OUTCOMES

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.

If any athlete, coach, official, volunteer, team manager or parents feels they are the victim of bullying and/or any type of abuse, please reach out to a KNS coach or director at large on the KNS Board of Directors. Also, you can contact the Canadian Sport HELPLine, to report something anonymously,

A banner for the Canadian Sport HELPLine. The background is a blurred image of a person in a yellow shirt. The text 'CANADIAN SPORT' is in dark blue, and 'HELPLine' is in large white and dark blue letters. To the right of the text is a speech bubble icon with a red arrow pointing to it. Below the main text, there are four rows of contact information: 'ANONYMOUS |' with a headset icon, 'CONFIDENTIAL |' with a text icon, 'INDEPENDENT |' with an email icon, and 'BILINGUAL |' with a website icon. To the right of these icons are the phone number '1 888 83SPORT (77678)', the email address 'info@abuse-free-sport.ca', and the website 'www.abuse-free-sport.ca'. To the right of these is a box with the hours '8 am - 8 pm (ET) 7 days a week'. At the bottom right is the 'Canada' logo.

**CANADIAN SPORT**

**HELPLine**

**ANONYMOUS** |   **1 888 83SPORT (77678)**

**CONFIDENTIAL** |  **info@abuse-free-sport.ca**

**INDEPENDENT** |  **www.abuse-free-sport.ca**

**BILINGUAL** |  **www.abuse-free-sport.ca**

**8 am - 8 pm (ET)  
7 days a week**

**Canada**

# NATIONAL CHAMPIONSHIP DIVISIONS



YOUTH	CADET	JUNIOR	UNDER 21	SENIOR
<b>Individual Kata (12-13)</b>	<b>Individual Kata (age 14/15)</b>	<b>Individual Kata (age 16/17)</b>	<b>Individual Kata (age 18-20)</b>	<b>Individual Kata (age +16)</b>
Male Female	Male Female	Male Female	Male Female	Male Female
<b>Male Individual Kumite (age 12/13)</b>	<b>Male Individual Kumite (age 14/15)</b>	<b>Male Individual Kumite (age 16/17)</b>	<b>Male Individual Kumite (age 18,19,20)</b>	<b>Male individual Kumite (age +18)</b>
-40 Kg.	-52 Kg.	-55 Kg.	-60 Kg.	-60 Kg.
-45 Kg.	-57 Kg.	-61 Kg.	-67 Kg.	-67 Kg.
-50 Kg.	-63 Kg.	-68 Kg.	-75 Kg.	-75 Kg.
-55 Kg.	-70 Kg.	-76 Kg.	-84 Kg.	-84 Kg.
+55 Kg.	+70 Kg.	+76 Kg.	+78 Kg.	+84 Kg.
<b>Female Individual Kumite (age 12/13)</b>	<b>Female Individual Kumite (age 14/15)</b>	<b>Female Individual Kumite (age 16/17)</b>	<b>Female Individual Kumite (age 18,19,20)</b>	<b>Female individual Kumite (age +18)</b>
-42 Kg.	-47 Kg.	-48 Kg.	-50 Kg.	-50 Kg.
-47 Kg.	-54 Kg.	-53 Kg.	-55 Kg.	-55 Kg.
-52 Kg.	-61 Kg.	-59 Kg.	-61 Kg.	-61 Kg.
+52 Kg.	+61 Kg.	-66 Kg.	-68 Kg.	-68 Kg.
		+66 Kg.	+ 68 Kg.	+68 Kg.
		<b>Team Kata (age 14/17)</b>		<b>Team Kata (age +16)</b>
		Male / Female		Male / Female

## AGE Eligibility Matrix (\*\* Updated April 18<sup>th</sup>, 2024)

	U14*	CADET**	JUNIOR**	U21**	SENIOR***
	DOB/DDN	DOB/DDN	DOB/DDN	DOB/DDN	DOB/DDN
Kata	Aug 30, 2010 July 4, 2012	Aug 30, 2008 Oct 9, 2010	Aug 30, 2006 Oct 9, 2008	Aug 30, 2003 Oct 9, 2006	On or before Jul 4 2008
Kumite	Aug 30, 2010 July 4, 2012	Aug 30, 2008 Oct 9, 2010	Aug 30, 2006 Oct 9, 2008	Aug 30, 2003 Oct 9, 2006	On or before Jul 4 2006
Team Kata	N/A	Aug 30 2006 Oct 9, 2010		Aug 30, 2003 Oct 9, 2006	Jul 4 2008
	U16		SENIOR***		
Para	July 5, 2008	to July 4, 2012	On or before July 4 2008		

04-Jul-24 KC Nationals start date

29-Aug-24 Anticipated start of 2024 Jr Pan Ams

09-Oct-24 Anticipated start of 2024 Jr World Championships

23-May-24 Anticipated start of 2024 Sr Pan Ams

\*Athletes must be minimum of 12yrs old as of July 4, 2024

\*\*Athletes changing age categories between August 30th and Oct 9 may compete at the Nationals in two Junior Team age categories.

\*\*Senior Categories must be 18 (kumite) and 16 (kata) as of July 4, 2024



# INJURY TREATMENT & RECOVERY

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

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Please see Concussion information on the Karate Canada Safe Sport section, <https://karatecanada.org/safe-sport/>.

## ATHLETE AWARENESS

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?*

# PERSONAL GOAL SETTING

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

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**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 a 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 to 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- warm up 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.

# PODIUM PERFORMANCE ESSENTIALS

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## Physical Expectations

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

## Technical

- techniques
- no telegraphing
- timing
- distance

## Tactical

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

## Mental

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

# PRE-COMPETITION PLAN SAMPLE



**“Think it, see it, feel it, do it.”**

**“Stay in the present”**

**“Attitude is a decision”**

**“Relax and flow”**

**“Read and React”**

## **2-12 months before**

- Now is the time to "think negatively" - come up with reasonable obstacles to your goal(s). This is the best time to think about these because you have time to discuss with your coaches and parents and plan ahead.

## **2 Weeks before**

- Review your training plan with your coach and bring up any lingering "negative thoughts" or concerns about the competition. Is there anything else that could be helpful to work through in the final two weeks? If not, focus on consistency and really understanding what you've been working on in training.
- Consider how you will respond if certain events get disrupted
- How are you going to deal with possible problems?

## **2 nights before**

- Prepare equipment, sew crest/competition number on gi
- Start to visualize competition in two ways: what you want to happen, what could "go wrong" that you can prepare for
- Think about tactics

## **Night before:**

- Neutral attitude - focus on the task you have ahead of you
- Positive attitude - bolster your confidence by journaling or talking to others about all the ways in which you have improved over the last few months, weeks, days and why this will help you tomorrow
- Do things that are familiar: a routine that puts your mind at ease:
  - ☐ Could include double-checking your packing for tomorrow, journaling about your thoughts and emotions, socializing with supportive people, spending some time alone, listening to music, going for a walk, etc.
- Keep your bedtime routine as "normal" as possible

## **Morning of:**

- Check your arousal level
  - ☐ Do you need to pump yourself up before you arrive? (sometimes the venue, people, and competition provide enough of that)
  - ☐ Do you need to bring your energy down / relax a bit? (routines, familiar music, and quiet spaces can be helpful)
- Ride there (if not driving)
  - ☐ Do what you need for your own energy (pump up music, chill out music, no music, reading, daydreaming, etc...)
  - ☐ Visualize competition
  - ☐ Run through tactics

## **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 warmup area and warm up
- Imagine sections of the “fight” and see and feel yourself performing well

## **30 mins before:**

- 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”?

### **20 mins before:**

- Final check of equipment
- Spend 2-3 min imagining the start of the fight

### **15 mins before:**

- Begin final stage of your warmup routine
- Positive self-talk
- Deal with negative talk

### **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

Competition:

Venue:

Date/Time:

10.

9.

8.

7.

6.

5.

4.

3.

2.

1.

**BLAST OFF!**

# PRE-FIGHT ROUTINE



Remind Yourself

...

"You are ready  
to go!"

"This is what I  
trained for!"

"Just Do It!"

30 minutes before:

20 minutes before:

15 minutes before:

10 minutes before:

5 minutes before:

3 minutes before:

1 minutes before:

30 seconds before:

Pre-start

At the line:

# FUNDRAISER FORM

2023-24 SEASON



Event:	
Date of Event:	
Parent in Charge:	

Athletes Participating	Participation Information (i.e., Canteen- what athlete brought in)	Explanation of Increased Shares (i.e., if parent worked event)	Shares for Event

## 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 decide.
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  $\frac{1}{2}$  - 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  $\frac{1}{2}$  day), the athlete will get an additional  $\frac{1}{2}$  share.

# TRAINING SCHEDULE

2023-24 SEASON

Date	Event	Location	Time	Status
Nov 19 <sup>th</sup> , 2023	First Kata/Kumite Training/Info Session*	Halifax Ryuseikan Dojo, Cole Harbour	10:00 am-1:00 pm	Open
Dec 9-10, 2023	Kata training sessions with Toshi Uchiage*	Island View High, Eastern Passage, NS	9:00am-4:15pm	Open
February 10 <sup>th</sup> , 2024	Kata Development Camp*	Halifax Ryuseikan Dojo, Cole Harbour	1:00 pm-4:00 pm	Open
February 24 <sup>th</sup> , 2024	Kumite Development Camp*	Halifax Ryuseikan Dojo, Cole Harbour	10:00 am-1:30 pm	Closed
March 2-3, 2024	Kumite training sessions with Alberta Head Coach Yevhen Motovylin*	Island View High School, Eastern Passage	All Day	Open
March 23 <sup>rd</sup> , 2024	Kata Development Camp	Halifax Ryuseikan Dojo, Cole Harbour	1:00 pm-4:00 pm	Open
April 6 <sup>th</sup> , 2024	Kumite Development Camp (12-15 years old)	Halifax Ryuseikan Dojo, Cole Harbour	9:30 am-12:00 pm	Closed
April 6 <sup>th</sup> , 2024	Nutrition Session (All Athletes)	Halifax Ryuseikan Dojo, Cole Harbour	12:00pm-1:00pm	Closed
April 6 <sup>th</sup> , 2024	Kumite Development Camp (Ages 16+)	Halifax Ryuseikan Dojo, Cole Harbour	1:00 pm-4:00 pm	Closed
May 4 <sup>th</sup> , 2024	Kata Development Camp	Halifax Ryuseikan Dojo, Cole Harbour	1:00 pm-4:00 pm	Closed
May 11 <sup>th</sup> , 2024	Kumite Development Camp	Halifax Ryuseikan Dojo, Cole Harbour	10:00 am-1:30 pm	Closed
June 1 <sup>st</sup> , 2024	Kata Development Camp*	Halifax Ryuseikan Dojo, Cole Harbour	1:00 pm-4:00 pm	Closed
June 15 <sup>th</sup> , 2024	Mental Performance Session	Halifax Ryuseikan Dojo, Cole Harbour	12:00pm-1:00pm	Closed
June 15 <sup>th</sup> , 2024	Kumite Development Camp*	Halifax Ryuseikan Dojo, Cole Harbour	10:00 am-1:30 pm	Closed
June 29 <sup>th</sup> , 2024	Final Kata/Kumite Training *	Findlay Community Centre, Dartmouth	10:00 am-1:30 pm	Closed

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

**For full calendar of events visit the KNS Events Page (<http://karatens.org/events/>)**

# TEAM NOVA SCOTIA ATHLETE AGREEMENT

2023-24 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 all 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 the lights out by 10:30 pm; on non-competition days athletes must be in their room at 10:30 pm and the 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 always keep their room presentable.
  - 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 \_\_\_\_\_, 202 \_\_\_\_.

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Signature of Athlete

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

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 202 \_\_\_\_.

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Signature of Parent or Guardian (if under 19 yrs)