

## **Judo Alberta: International Selection Policy**

Criteria for Selection to International Tournaments/Events

### **SCOPE**

This policy covers the requirements for selection by Judo Alberta and/or for recommendations to Judo Canada for athletes to participate in selected International tournaments/events.

### **BACKGROUND**

All requests for recommendations from Judo Canada will be communicated to the athlete's club coaches.

Based on the Judo Canada Long Term Athlete Development model, high performance U18, U21 and Senior athletes need to be committed to the "Training to Compete" framework. This includes 10hr/week of judo-specific training over 5-6 sessions per week and 8 -10 tournaments per year under full IJF rules with a minimum 4 bouts per event. Knowing this to be the target objective, the Coaching Committee has outlined the minimum standards that will be expected for competitors wishing to compete at the International level.

### **SELECTION REQUIREMENTS FOR ACCEPTANCE**

For Judo Alberta Selected Events, athletes have to meet the following criteria within that season:

- Regular training in the club which is: 1.5-2 hour judo 3-4x's a week (This will require club coaches to monitor and report athletes training regimen to Judo Alberta coaching staff)
- Participation in the Selection Tournaments in Alberta, year to date. - Participation in Quebec Open and/or Ontario Open tournament, as applicable.
- Attendance at 1 provincial training camp
- Attendance at 1 National training camp (e.g. after Quebec Open or NTC Winter camp)

Athletes training at the National Training Centre will be exempt from the Provincial Tournament and Training camp requirements and the final recommendation will be made by the Judo Alberta Coaching Committee.

For Judo Canada Selected Events, the Alberta athletes have to meet the following criteria before the selection deadline:

- All of the Judo Alberta requirements listed above - All of the Judo Canada requirements
- Athletes training at the National Training Centre will be exempt from the Provincial Tournament and Training camp requirements and the final recommendation will be made by the Judo Alberta Coaching Committee.

### **TRAINING COMMITMENT:**

High performance athletes must be committed to training and striving for excellence. Failure to live up to the preparation program will be examined by the Coaching Staff and may result in denial of selection or recommendation for Judo Canada events. Cases involving extenuating circumstances will be reviewed by the Coaching Committee, but failure to meet the commit to the training program will not be tolerated.

### **INJURY OF ATHLETES DURING PREPARATION PHASE:**

Athletes are required to report all performance limiting injuries or medical condition to the Coaching Staff. A Medical certificate from a physician, physical therapist, or athletic therapist outlining the nature of the injury along with the date of stoppage and the date of

resumption of training (or reassessment) must be sent to the Judo Alberta Coaching Committee Chair.

Judo Alberta Coaching Committee Chair:

Judo Alberta President :

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Approval Date: Sept 24, 2014

Review period: 3-years