



SHINTANI TEAM 2018-2019

WWW.SHINTANITEAM.CA



TEAM EVALUATION: MAY 25TH - MAY 27TH, 2018
NATIONAL TOURNAMENT WEEKEND: SIMCOE, ONTARIO

HISTORY

The first Shintani Team was hand picked by Sensei Shintani himself in 1997 with the goal to challenge and grow our karateka by international training opportunities and tournaments while displaying to the world what our organization believes. The initial team paved the way for later teams to train and compete all over Canada, the United States, Northern Africa, Europe and Japan, often with top coaches, highly ranked athletes, and delegates.

The purpose of the Shintani Team is to represent the SWKKF at tournaments and workshops within Canada and around the world while upholding Sensei Shintani's values of humility and kindness. Our teams are successful in competition but more importantly, have been complimented on their professionalism and sportsmanship in and out of the ring.

Our goal in moving into the future with the 2018-2019 Shintani Team is to maintain our ties to the past and develop confident individuals who compete to win, with specific goals for each competition. This coming year the team will continue with the one-year team commitment, with a developmental, junior and senior squad for both kata and kumite. Team Members will be required to train at their club, on their own and at team training camps.

WHAT TO EXPECT AS A MEMBER OF OF THE SHINTANI TEAM

Under the supervision of the Head Coach and with the assistance of the Club Instructors and Assistant Coaches, Manager and Assistant Manager, support staff and the Team Captain all team members will:

- Team Members must continue to fulfill the following expectations to remain part of the team.
- Communicate with coaches in a timely manner through emails and personal contact.
- Submit pre-training/competition and post-training/competition Goal Setting and Assessment.
- Create, follow and document an effective fitness plan personal to yourself with input from the coaches and team trainer. This plan will include karate training, mental training, cross training (weights, cardio, etc) and diet. A regular monthly progress report must be supplied to the trainer and head coach.
- Demonstrate improvement and skill development, Kata / Kumite, from training session to training session and competition to competition.
- Maintain monthly communication with coaches in between training sessions by coaches' preferred method.
- Learn and promote the history of Shintani Wado Kai which includes knowledge and respect for Sensei Shintani, Sensei Peter Ciofi etc.
- Maintain high standard of team apparel, belts, Kumite and Kata gis-clean, well-pressed, quality material.
- Maintain and own current tournament-approved Kumite equipment.
- No alcohol is to be consumed at Team karate-related functions, unless approved by head coach.
- Must attend the following: own club-training sessions (bi) weekly, team training sessions, Shintani National Tournament.
- Mentor and encourage other SWKKF Karate-ka at tournaments and training sessions, educate, through quality role modeling, the values of the SWKKF.
- Organize and participate in fundraising events, including Annual Silent Auction.
- All members are recommended to attend other clubs in their area to train and to build connections.
- Team Members will be replaced temporarily or permanently if they cannot or do not fulfill the above expectations - Head coach's decision.
- Alternate Members may replace a Team member at the Head coach's decision
- Team Members will not be funded if they cannot or do not fulfill the above expectations - Head coach's decision.

OUTCOMES

- Develop team unity by being a positive role model and provide positive leadership for athletes / staff / coaches.
- Respectfully share knowledge and experiences with all athletes and their club instructors.
- Commit the necessary time, effort and sacrifice needed to support the Shintani Team.
- Foster a climate of mutual respect and cooperation amongst Shintani Team Coaches, management, support staff, athletes and their club instructors.

SHINTANI TEAM EVALUATION CAMP

The Team will be divided into 4 classifications. All athletes who meet the eligibility criteria and attend the Team Evaluation Camp will be selected for the 2018 - 2019 Shintani Team.



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ELIGIBILITY CRITERIA

AGE: 14 years as of the date of the Shintani Team Evaluation Camp.

RANK REQUIREMENTS: Minimum Blue

SWKKF MEMBERSHIP: Must be a member in good standing in a registered SWKKF club.

CLASSIFICATIONS

Athletes will be classified based on athlete's abilities at the Evaluation Camp.

- 1. Developmental** - Ages 14 and older, these athletes will be of average ability with good potential for improvement. As members of the Developmental team they will attend training camps and tournaments where appropriate categories exist for their ability.
- 2. Junior Elite** - Ages 21 and younger, these athletes will be of outstanding ability with potential for improvement and usually achieve medal placements at large SWKKF Tournaments. As members of the team they will attend training camps and tournaments where appropriate categories exist for their ability.
- 3. Senior Elite** - Ages 18 and older, these athletes will be of outstanding ability with potential for improvement and usually achieve medal placements at large SWKKF Tournaments.
- 4. PARA** - Athletes with a disability (see appendix A for criteria). As members of the team they will attend training camps and tournaments where appropriate categories exist for their ability.

Note: Between age 18 and 21 where an athlete may remain as a Junior Elite or move to Senior based on their development.

DISTRIBUTION

Athletes will be distributed according to outcomes of the evaluations. Athletes will be distributed into a team position based on the numbers associated with each position:

CLASSIFICATION	KATA POSITIONS	KUMITE POSITIONS	
DEVELOPMENTAL	UNLIMITED	UNLIMITED	
JUNIOR ELITE	1 MALE & 1 FEMALE	1 MALE -55KG AGE -21	1 FEMALE -48KG AGE -21
		1 MALE -61KG AGE -21	1 FEMALE -53KG AGE -21
		1 MALE -68KG AGE -21	1 FEMALE -59KG AGE -21
		1 MALE -76KG AGE -21	1 FEMALE -68KG AGE -21
		1 MALE +76KG AGE -21	1 FEMALE +68KG AGE -21
SENIOR ELITE	1 MALE & 1 FEMALE	1 MALE -60KG AGE 18+	1 FEMALE -50KG AGE 18+
		1 MALE -67KG AGE 18+	1 FEMALE -55KG AGE 18+
		1 MALE -75KG AGE 18+	1 FEMALE -61KG AGE 18+
		1 MALE -84KG AGE 18+	1 FEMALE -68KG AGE 18+
		1 MALE +84KG AGE 18+	1 FEMALE +68KG AGE 18+
PARA - KATA	UNLIMITED	N/A	



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DISTRIBUTION NOTES

1. Placements for team positions are based on Evaluations. If there is only one person vying for a position that person will not automatically receive a placement. Rephrased: Just because you are the only one vying for a spot does not mean you will get a spot. If the evaluation results deem that the athlete is only developmental level they will remain on the Developmental Team until they are prepared for an Elite position. Example, if no Junior Male -55kg athlete is at a Junior Elite level at the evaluation process the Position will remain empty.

2. PARA Athletes will be evaluated as Developmental or Elite based on the evaluation process.

3. Coach Selection - if two athletes in the same category are both of Elite Level the Head Coach will have the option to have maximum two in one category but must leave another category empty. Both Evaluations must be of the Elite level.

EVALUATIONS

Friday - evaluations, Saturday - tournament, Sunday - final evaluations.

- Friday 9:00AM - 1:00pm - Port Dover Dojo - Ivey's building, 320 St Patrick St, Port Dover, ON NOA 1N0
- Friday 6:00pm - 10:00pm - National Clinic - Holy Trinity Catholic High School - 128 Evergreen Hill Road, Simcoe, ON N3Y 4N5
- Saturday Tournament
- Sunday 9:00am - 2:00pm - Port Dover Dojo - Ivey's building, 320 St Patrick St, Port Dover, ON NOA 1N0

Evaluations will be based on:

- Tournament results and experience
- Skill level - technical and tactical
- Character - include their instructor's feedback

To do this the committee will be creating a thorough set of objective assessment tools including: results and participation at tournaments, standardized testing for fitness, rubric for expectations for technical abilities and tactical abilities, in kata and kumite, and the understanding of the philosophy and values of Sensei Shintani.

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RECLASSIFICATION EVALUATIONS

Athletes will be expected to train at their dojos, other dojos and on their own to improve what they learn at the training camps. Athletes who demonstrate significant improvements between training camps may be reevaluated and possibly be reclassified if an empty position exists.

CURRENT OR PREVIOUS TEAM MEMBERS

Current or previous Team athletes will attend the evaluation camp and will be evaluated each year. If a current team member is not able to attend the Team Evaluations the head coach may select them for an elite position if they have submitted an application and fee and if there is no one else at the elite level in the same category at the evaluations.

SWKKF MEMBERS WHO CANNOT ATTEND THE TEAM EVALUATIONS

Members who are unable to attend the team evaluation camp for an acceptable reason can become a part of the developmental team through application and payment of fee. They will then be evaluated at the following training camp. If a position is not available they will remain on the developmental team.

FINANCIAL OBLIGATIONS

- All Team members will be required to raise all funds for tournaments outside of the SWKKF at least 12 weeks prior to travel.
- All Team members will be charged a \$350 non-refundable Team Member Fee (due by the first team training session). \$350 will include all team training sessions (excluding travel, meals, and accommodations - billets will be arranged as often as possible), team jacket and shirt (additional apparel not included), PSO membership, entry fees for National Tournament & Workshop and entry fees for tournament events as determined by the head coach, additional events will be the expense of the athlete. The fee will be used to cover the extra costs for facility rentals, team jacket/shirt, travel and accommodations and coaching & staff travel. The fee must be paid prior to the summer training camp annually. Payment plans will be available.
- All team members must contribute and participate in the Annual Silent Auction hosted at National Tournament in May.



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EVENT CALENDAR FOR 2018 - 2019

ALL - Applies to Everyone	Developmental - D	Junior Elite - JE
	PARA Elite- PE	Senior Elite - SE

DATE	EVENT	LOCATION	TEAM	**FUNDING**
MAY 25-27, 2018	TEAM EVALUATION CAMP	SIMCOE & PORT DOVER, ON	ALL	\$0
JULY 13-15, OR AUGUST 10-12*	SUMMER TEAM TRAINING CAMP	CALGARY, AB	ALL	D-50% JE-50% SE- 80% PE- 80%
FALL 2018	PSO TRAINING SESSIONS AND TOURNAMENTS, SWKKF TOURNAMENTS	YOUR PROVINCE	ALL	PSO MEMBERSHIP FEE ONLY, SWKKF ENTRY FEE PAID, SUBMIT EXPENSE
APRIL 17-22, 2019	JIC & US OPEN	LAS VEGAS, NV	ALL	ENTRY FEE PAID & COACH SUPPORT
MAY 2019	NATIONAL TOURNAMENT	SIMCOE, ON	ALL	D-50% JE-50% SE- 80% PE- 80%
MAY 2019 (SAME WEEKEND AS NATIONALS)	TEAM EVALUATION CAMP - FRIDAY & SUNDAY	SIMCOE, ON	ALL	\$0 CURRENT ATHLETES WILL ALREADY BE AT NATIONALS

* Subject to change slightly

** If Funds are available athletes will receive a subsidy

*** Funding will be for travel (gas/airfare) and accommodations if billets cannot be arranged.

*** Funding percentage may change up or down subject to the number of athletes

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**REGISTER
ONLINE NOW**

PLEASE USE THIS LINK:

<https://form.jotform.com/81015427454957>

21ST ANNIVERSARY OF THE SHINTANI TEAM!
TIME TO CELEBRATE THE SUCCESS THAT SENSEI SHINTANI STARTED IN 1997!

SHINTANI TEAM STAFF

Sensei Ron Mattie - Senate Advisor, Team Staff Advisor
Sensei Michel Gosselin - Head Coach and Kumite Coach
Sensei Heather Fidyk - Manager and Kata Coach
Sensei Kelsey Mramor - Assistant Manager

SUPPORT STAFF

Sensei Kelsey Mramor - Nurse Practitioner
Sensei Bob Palmer - High Performance Sports Mental Trainer
Sensei Scott Knowles - Web Manager

COMMITTEE MEMBERS

Sensei Ron Mattie
Sensei Heather Fidyk
Sensei Michel Gosselin
Sensei Darren Humphries
Sensei Dave Brunarski
Sensei Shelley McGregor
Sensei Kelsey Mramor



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