



Karate New / Nouveau Brunswick

Athletes Handbook

2018

Athlete : _____

**For More Information on the KARATE NB Team Visit
www.karatenb.com**

INTRODUCTION

The ***New Brunswick Karate Team*** represents the province of ***New Brunswick*** at the annual **Canadian National Black Belt Karate Championship**. 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 New Brunswick (KNB)**.

Youth, Cadet, Junior and U21 athletes may compete in the age category for which they are eligible as of the first day of the 2018 National Championships, and may ALSO register to compete in an older age category provided they will be of the correct age to compete in the said category on the first day of the 2018 Cadet & Junior Pan American (PKF) Karate Championships (expected to be August 23, 2018), or, in the case of 17 year-old athletes competing in a Senior 18+) division, on the first day of the 2018 Senior World (WKF) Karate Championships (expected to be October 24, 2018). However, athletes must be aged 12 or 13 years on the first day of the competition (March 9, 2018) in order to compete in the Youth divisions at the 2018 National Championships.

For those individuals who are serious about becoming a member of the ***New Brunswick Team***, the following information is important to note:

- If an athlete wishes to attend the training Sessions, there will be a fee of **\$20.00** per session to help pay for the cost of the facility. The remainder will be distributed back to the team before Nationals.
- 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**. Karate Canada (KC) will also require a Waiver and Medical document, as it gets closer to Nationals.
- Athletes must be familiar with the updated WKF rules. They are available for download on the WKF website. www.wkf.net
- Kumite Athletes must:

- 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 version 9.0)
 - Be familiar with the criteria and what constitutes a foul and disqualification
 - Be familiar with the Repechage 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 style** blue and red kumite gloves, shin & foot pads
 - Blue and Red belt (no kanji or other embroidery)
 - Mouthpiece
 - Groin protector (women and men)
 - **WKF style body protector (male and female) and Chest protection for females**
(Note: Coaching staff will advise those acceptable brand names of equipment)
- The following is a list of **mandatory team events**:
 - KNB Grand Prix tournaments, including East Coast Games.
 - *Atlantics is a selection tournament and is highly recommended but it is not mandatory (please note that points awarded at the Atlantics is more than what is awarded at the Grand Prix's)*
 - Atlantic Open
 - Team Practices
- 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 (Atlantics is not mandatory), and training camps. 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 arrange to have time off to attend the team practices. If an athlete is sick (contagious) we would not expect the athlete to attend.
- In the circumstance that an athlete will miss or be late for a practice or team function, a **Coach(s) must be emailed (Kumite: Randy Rix, Serge Kerry, Romain Losier or Glen Savoie)** prior to the event. If you are unable to email the Coach(s) you must confirm your inability to attend by phone. Failure to do so will be taken into consideration when selecting the team.
- Although all team practices and/or team functions are mandatory, 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 appropriate Head Coach(s) in a reasonable time period so that a decision can be made by the Head Coach(s) to excuse the athlete from attendance. Failure to do so will be taken into consideration when selecting the team.

- All members are to attend (on time) **all team practices**.
- All team information will be **communicated via email** and/or will be displayed on the KNB team web page. 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 KNB Team and KNB distribution list. Athletes and Parents are encouraged to regularly check the KNB 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. There will be two Team Captains. Each athlete will have one vote and the Coaches 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).

ATHLETE NOTES:

SELECTION PROCEDURES

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 *New Brunswick 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.** *KNB* 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.

A "point" system will be used to identify candidates for selection to the *Provincial Team*. 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.

At the conclusion of the final *KNB Grand Prix Tournament*, the *Coaching Staff* will select the Provincial team based on the point system and the performance of the athlete. **Selection will be based on the points collected at the following: a) Nationals 2017, b) International WKF sponsored tournaments listed in the Senior or Junior Selection criteria, c) An athlete's best results in 3 out of the 4 selection tournaments.**

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 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 of the team kumite event positions and in all wildcard positions. 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 selected if they have disobeyed or acted inappropriately in accordance with the policies set by *KNB*, and the guidelines set by this document. Being absent from a mandatory event without prior notification to the Coach(s) or 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.

- **Kumite:** The coaching staff reserves the right in its sole discretion to determine whether or not to field individual competitors and whether or not to fill all available positions or divisions.
- **Kata:** The Head Kata coach reserves the right in his sole discretion to determine whether or not to field individual competitors and whether or not to fill all available position.

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. *To get full points you must win at least one fight in the division. If not, you will get ½ the point value.*

Provincial Tournament, applies per division only.

1st – 40 points; 2nd – 30 points; 3rd – 20 points

Atlantic Championships, applies per division only.

1st -50 points; 2nd -40 points; 3rd -30 points

Atlantic Open, applies per division only.

1st – 40 points; 2nd – 30 points; 3rd – 20 points

KC sponsored **Canadian National Championship (prior year),** applies per division only.

1st – 80 points; 2nd – 70 points; 3rd – 60 points; 4th – 50 points

WKF sponsored **International Competitions listed in the Senior or Junior Selection Criteria,** applies per division only.

1st – 120 points; 2nd – 100 points; 3rd – 80 points; 4th – 70 points;
5th, 6th, 7th and 8th finish – 60 points

EXPANDED TRAINING POINTS

Please Note: In order to tabulate correctly, 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 open weight kumite will apply to open weight category only.

In order 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 division in kumite. 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. 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. (i.e. 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 in order to get points that would apply to your National division.)

Approved Events 2017-2018

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

1. Tournaments:

- April 15, 2017: Grand Prix – Dieppe
- June 24, 2017: East Coast Games – Saint John
- August 5, 2017: Atlantic Open – Saint John
- October 6-9, 2017: Atlantics – NL (please note that this tournament is not mandatory but it awards more points than the Grand Prix)
- November 18, 2017: Grand Prix – Caraquet
- International tournaments (*tournaments listed in the Senior and Junior selection criteria*)
- Nationals 2017 results

***Points will be tabulated from the athlete's best results in 4 out of 5 of the selection tournaments**

ATHLETE NOTES:

POTENTIAL EXPENSES

Successful team members can expect to pay the following expenses (which may be offset by funding and/or fundraising):

- \$20 per training session which helps pay facility cost, the remainder goes back to the team.
- Travel to team practices
- Travel to and from each provincial tournament
- Registration fees for each tournament (approximately \$20-\$40/tournament)
- All expenses for the Canadian National Karate Championships (Approximately \$800 for hotel, registration fees and meals)
- Team Tracksuit (approximately \$150.00)
- Kumite equipment (\$60 – \$400 depending on individual requirements)

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

APPEAL

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. The High Performance Committee is composed of the President of KNB, the Provincial Team Head Coach(s), 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 KNB 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 KNB 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 High Performance Committee 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. In order 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 New Brunswick. The decision of the tribunal will be communicated to both parties in a timely fashion.

TRAVELLING WITH THE TEAM

- All athletes must arrive at Nationals in the time frame designed by the Head Coaches unless permission to arrive later is granted by the Head Coaches.
- 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, or e) Canadian Permanent Resident card.
- Team members will room together in accordance with the rooming assignment prepared by the coaching staff unless advanced permission is obtained by the Head Coaches 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.

COACHING STAFF

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

Head Coach

Randy Rix, H: (506) 459-5706 C: (506) 470-6529 randyrix@nb.sympatico.ca

Assistant Coaches

Romain Losier

Serge Kerry

Glen Savoie

Team Manager

Scott Dixon

ATHLETE NOTES:

APPENDIX

NATIONAL CHAMPIONSHIPS DIVISIONS

YOUTH	CADET	JUNIOR	UNDER 21	SENIOR
Individual Kata (12-13)	Individual Kata (age14/15)	Individual Kata (age 16/17)	Individual Kata (age18-20)	Individual Kata (age+16)
Male Female	Male Female	Male Female	Male Female	Male Female
Male Individual Kumite (age 12/13)	Male Individual Kumite (age 14/15)	Male Individual Kumite (age 16/17)	Male Individual Kumite (age 18,19,20)	Male individual Kumite (age +18)
-35 Kg.	-52 Kg.	-55 Kg.	-60 Kg.	-60 Kg.
-40 Kg.	-57 Kg.	-61 Kg.	-67 Kg.	-67 Kg.
-45 Kg.	-63 Kg.	-68 Kg.	-75 Kg.	-75 Kg.
-50 Kg.	-70 Kg.	-76 Kg.	-84 Kg.	-84 Kg.
+50 Kg.	+70 Kg.	+76 Kg.	+78 Kg.	+84 Kg.
Female Individual Kumite (age 12/13)	Female Individual Kumite (age 14/15)	Female Individual Kumite (age 16/17)	Female Individual Kumite (age 18,19,20)	Female individual Kumite (age +18)
-35 Kg.	-47 Kg.	-48 Kg.	-50 Kg.	-50 Kg.
-40 Kg.	-54 Kg.	-53 Kg.	-55 Kg.	-55 Kg.
-45 Kg.	+54 Kg.	-59 Kg.	-61 Kg.	-61 Kg.
+45 Kg.		+59 Kg.	-68 Kg.	-68 Kg.
			+ 68 Kg.	+68 Kg.
		Team Kata (age 14/17)		Team Kata (age +16)
		Male Female		Male Female
				Team Kumite (age +18)
				Male Female

Injury Treatment and 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.

If you don't take care of your body, where are you going to live?

ATHLETE ASSESSMENT

What are the things that worked best for you?

What are the things that went wrong?

What have you done to get better since Nationals?

What do you think you need to perform better?

GOALS

What are yours for Nationals? ...

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.

PODIUM PERFORMANCE ESSENTIALS

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

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

“Stay in the present”

1 Hour before:

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

“Attitude is a decision”

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”

“Relax and flow”

20 mins before:

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

“Read and React”

15 mins before:

- Begin final stage of your warm up 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. The night before
9. About 7:00 am
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:	

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

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

Karate/Sport Information

Dojo/Club: _____ Sensei: _____

Sensei: _____

2018 Nationals Divisions:

Divisions I am trying out for:

Kata: yes no

Kumite: yes no

Karate/Sport Information

Dojo/Club: _____ Dojo Location: _____

Sensei: _____



Team New Brunswick Athlete Agreement

I, _____, an athlete registered with Karate New Brunswick, understand and agree to abide by the terms of the Athlete Agreement.

- a) The athlete agrees to attend all provincial team workouts. The team workouts will be posted on the KNB website. If an athlete is doing kata only, they are required to attend the first and last provincial team workout and all kata sessions.
- b) The athlete understands that there are 5 selection tournaments. Atlantics is worth more points than a Grand Prix. The Atlantic Championship is in NL this year, and as such, is not a mandatory tournament but it is highly recommended. Selection to the team will be based on the athlete's best results in 4 out of 5 selection tournaments. Also points have been awarded for Nationals 2017 and will be awarded for International competitions (see Handbook for details).
- c) The athlete agrees to notify the Head Coach(s) (Kumite and/or Kata) 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.
The athlete will be excused from a mandatory event if they are ill. The athlete agrees to notify the Head Coach(s) 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.
- d) The athlete agrees not to consume illegal substances, such as non-medically prescribed drugs. The athlete also agrees not to consume banned substances. 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>.
- e) The athlete agrees, if they are under the age of 19 years, to avoid alcoholic consumption at any KNB 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 KNB or KC event. Any breach of this clause could result in sanctions from KNB and/or KC.

- f) The athlete agrees to ensure that their behavior is in compliance with a harassment-free and abuse-free environment and the athlete agrees to refrain from any conduct or action that disparages KNB.

- g) 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.

- h) The athlete acknowledges they have read and they understand the team selection process.

- i) 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.

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

- k) 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(s) have final authority in all matters pertaining to the team.

Signed this _____ day of _____, 20__.

Signature of Athlete

Signed this _____ day of _____, 20__

Signature of Parent or Guardian (if under 19 yrs)