

The 2014-2016 SWKKF National Team will be selected June 27-29, 2014 in Welland, ON

Attached is the National Team Brochure & Application Form.
New this year is [ONLINE Registration](#) or chose to Mail in your application.

Deadline for Application to tryout for the team is June 20, 2014

Please encourage Black Belts to try out

All Brown and Black Belts are eligible to Participate for all or part of the weekend as a challenge, experience or just for fun.

2014-2016 Coaching and Management Staff

- Head Coach - Sensei Ron Mattie
- Kumite Coach - Sensei Michel Gosselin
- Kata Coach - Sensei Sanford Dewitt
- Manager - Sensei Heather Fidyk
- Assistant Manager - Sensei Kelsey Mramor



2014

National Team Tryouts

June 27th - 29th · Welland, Ontario



Shintani Wado-Kai Karate Federation
National Team



Shintani Wado-Kai Karate Federation National Team



The first SWKKF National Team was hand picked by Sensei Shintani himself in 1997. This team paved the way for later teams to participate in international training and tournaments, displaying to the world what our organization believes. Subsequently teams have traveled to train and compete all over the Canada, the United States, Northern Africa, Europe and Japan often with top coaches, highly ranked athletes and delegates. The purpose of the SWKKF National Team is to represent the organization at various events within Canada and around the world. The team strives to uphold Sensei Shintani's values of humility and kindness while competing for top spots on the world stage. Our teams have stood on the podium for medals and awards but more importantly, have been complimented on their professionalism and sportsmanship in and out of the ring.



This past team supported workshops, competed at SWKKF events, medaled at the 17th Commonwealth Karate Championships, resulting 3 of our athletes earning an invitation to the First National Training Camp for Senior Kumite.



Our goal in moving into the future with the team is to maintain our ties to the past. The 2014 – 2016 National Team will attempt to achieve this with a new approach. This coming year the team will move to a 9-15 Member Team, depending on the results of the selection Camp. Members will be required to train both in their club and at training camps.



New Team Format

11 Team Members
4 Alternate Members

Kata Team

- 2 Male (Open Weight)
- 2 Female (Open Weight)
- 1 Male Alternate (Open Weight)
- 1 Female Alternate (Open Weight)

Kumite Team

- 2 Male Heavyweights (+80KG)
- 2 Male Middleweights (60-80KG)
- 1 Male Lightweight (-60KG)
- 1 Female Heavyweight (+60KG)
- 1 Female Lightweight (-60KG)
- 1 Male Alternate (Open Weight)
- 1 Female Alternate (Open Weight)

Note: A Person can try out for both a kata and a kumite position.
Potentially the team could be anywhere from 9 to 15 people.

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Event Information

Training Location: Welland Martial Arts Centre, Welland, Ontario

Date/Time: June 27th at 5PM - June 29th at 3PM

Accommodations: Welland Martial Arts Centre (\$25/Weekend - Bring Towel & Sleeping Bag)/Niagara College (\$70/Night Suite - PDF Information Available)

Equipment Required: 2 Or 3 Gi's, Running Shoes, Approved Hand Pads, Approved Foot Pads, Mouth Guard, Athletic Support, Ladies Chest Pad, Money, Tenser Wraps, Water Bottle, Towel, Toiletries

Weekend Schedule

Session	Time	Concept	Candidates Evaluated
Session 1 Friday June 27	5pm - 7pm	Fitness Evaluation Part 1	All
	7:15 - 8:45pm	Kumite Basics	All
	8:45 - 10pm	Kata Basics	All
Session 2 Saturday June 28	8:30 - 9:30am	Fitness Evaluation Part 2	All
	9:45 - 10:40	Kushanku	All
	10:45 - 12pm	Individual Kumite Drills	All
Session 3 Saturday June 28	1:30 - 2pm	Kata Jion	Kata Candidates
	2 - 2:30pm	Kumite - Partner Drills	Kumite Candidates
	2:30 - 3pm	Kata Jion	Kata Candidates
	3 - 3:30pm	Kumite - Partner Drills	Kumite Candidates
	3:30 - 4pm	Kata 10 Step Waza Combination	Kata Candidates
	4 - 4:30pm	Kumite - Partner Drills	Kumite Candidates
	4:30 - 5pm	Kata 10 Step Waza Combination	Kata Candidates
5 - 5:30pm	Kumite - Partner Drills	Kumite Candidates	
Interview	7 - 9pm	Individual 5-10 minutes each	All
Session 4 Sunday June 29	9 - 12:30pm	Tournament <ul style="list-style-type: none"> Kata 10 step Waza, Kushanku, Optional Kata (must be a Shintani Kata) Kumite Round Robin - Divisions 	Kata Candidates & Kumite Candidates
Awards and Photos	1pm - 1:30pm		All
New Team Meeting	1:30 - 2pm		New Team and Team Staff

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What To Expect As A Member of the SWKKF National 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:

- *Communicate through emails and personal contact.*
- *Work on pre training/competition and post training/competition Goal setting and assessment.*
- *Create, follow and document an effective and realistic fitness plan personal to yourself with input from the coaches and team trainer. This plan will include karate training, cross training (weights, cardio, etc) and diet. A regular 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 communication with coaches in between training sessions.*
- *Maintain respect of Sensei Peter Ciofi's Black Belt.*
- *Maintain high standard of team apparel, belts, Kumite and Kata gis.*
- *Maintain and own current Kumite equipment.*
- *No alcohol is to be consumed at karate related functions.*
- *Must attend the following: Own club-training sessions (bi) weekly, team training sessions, SWKKF National Tournament.*
- *Mentor and encourage other SWKKF Karate-ka at tournaments and training sessions, educate, through example, the values of the SWKKF.*
- *Team Alternates and Alumni are responsible for purchasing their own team wear.*
- *Organize and participate in fundraising events, including Annual Silent Auction.*
- *All members are recommended to attend other clubs in their area to train.*
- *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 They must continue to fulfill the above expectations to remain part of the team.*
- *Team Members and Alternates will not be funded if they cannot or do not fulfill the above expectations – Head coach's decision.*

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What To Expect As A Member of the SWKKF National Team

Outcomes

- Develop team unity by being a positive role model and provides 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 National team.
- Foster a climate of mutual respect and cooperation amongst SWKKF National Team Coaches, management, support staff, athletes and their club instructors.

Financial Obligations

- Athletes are expected to raise through their own means \$1500 by May of 2015 and \$1000 by Jan 30, 2016.
- Athletes are expected to contribute to and participate in the Annual Silent Auction Annually.
- Athletes are expected to help with donations for the coaches to attend events at no cost, fundraising through workshops, tournaments, basically group efforts.
- Athletes will be expected to pay for food at all events.
- Athletes within 250 kms are expected to pay for their own transportation. Arrangements for gas for distances further will be arranged.
- Alternates will pay for 2 of the 4 training sessions but are expected to attend if financially viable.
- Alternates who attend the National Tournament will have their entry fee paid for.
- Athletes will be expected to purchase necessary gis and equipment.
- Athletes are responsible for following the expectations set out below in order to promote the growth of the team and an atmosphere of cohesiveness and inclusion.

Application Details

After you have submitted the Application Form a Selection Camp Package will be sent out to you with more details for the weekend. This will consist of:

- A detailed Itinerary, Fitness Test Information, What to bring, Expectations

Selection Camp Packages will be emailed out May 15th and onwards.

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Shintani Wado-Kai Karate Federation National Team



Shintani Wado-Kai National Team Tryout Application

I Am Trying Out For The Team I Am Only Participating In The Workout

Name: _____ Rank: _____

Address: _____

Phone #: _____ Email Address: _____

Passbook No.: _____ Birth Date (YYYY/MM/DD): _____

Age: _____ Gender: _____ Weight: _____ Height: _____

Any Disabilities/Medical Problems: _____

Have you read and understand "What to expect as a member of the SWKKF National Team"?

Yes No Contact for further Information

Which team(s) do you wish to try out for? Kata Kumite Both

Weekend - \$100 (non-refundable)

Participant only sessions - Friday \$25 Saturday \$50 Sunday Tournament \$25

Pre Order Only T-Shirt \$15 Men's sizes (XL, Large, Medium, Small)

A \$100 check or money order MUST be attached to this application (Non-refundable)

Payable to: SWKKF (National Team)

Mail to: Ron Mattie, 436 McAlpine Ave. N., Welland On., L3B 1T3

**Don't want to register by mail?
REGISTER ONLINE NOW**

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