

# SHINTANI TEAM

## 2019-2020



[www.shintaniteam.ca](http://www.shintaniteam.ca)

## Shintani Team 2019 – 2020

### History of the Shintani Team

The inaugural Shintani Team was selected personally by Sensei Shintani in 1997. Sensei Shintani's goal was to challenge and grow our Karateka through International training opportunities and tournaments while displaying to the world the values of our organization. The inaugural team paved the way for future teams to train and compete with top coaches, highly ranked athletes and delegates from around the world - including Canada, the United States, Northern Africa, Europe and Japan.

The vision of the Shintani Team is to represent the Shintani Wado Kai Karate Federation (SWKKF) at tournaments and workshops throughout Canada and around the world while upholding Sensei Shintani's values of humility and kindness. Previous Shintani teams have been successful in competition but, more importantly, have been complimented on their professionalism and sportsmanship in and out of the ring.

Our goal moving into the future with the 2019-2020 Shintani Team is to maintain our ties to the past and develop confident individuals who compete to win, with specific goals for each competition. For the year ahead the Shintani Team will maintain a one-year term commitment for Developmental, Junior and Senior members in kata and kumite.

### What To Expect As a Member of the Shintani Team

In order to remain a member of the Shintani Team, under the supervision of the Head Coach, all team members will be expected to:

- communicate with coaches in a timely manner through emails and personal contact
- submit pre-training/competition goal setting and assessment
- submit post-training/competition goal getting and assessment
- create an effective personal fitness plan for yourself with input from coaches and team trainer. Plan will include karate training, mental training, cross training (weights, cardio, etc) and diet
- follow your personal fitness plan
- document progress of your personal fitness plan
- submit regular monthly progress reports to the trainer and head coach
- demonstrate improvement and skill development in Kata and Kumite, from training session to training session and competition to competition
- maintain monthly communication with coaches between training sessions using the coaches preferred communication method
- learn and promote the history of Shintani Wado Kai including knowledge of and respect for Sensei Shintani & Sensei Peter Ciofi

- maintain a high standard of team apparel - Kumite Gi's, Kata Gi's and belts must be clean, well-pressed and quality material
- own and maintain current tournament-approved Kumite equipment
- not consume alcohol at any Shintani Team karate related functions unless approved by head coach
- maintain the following training schedule:
  - bi-weekly training at your home club
  - team training sessions
  - attendance at the Shintani National Tournament
- be a role model and mentor who can educate and encourage other SWKKF Karateka on the values of the SWKKF at tournaments and training sessions
- organize and participate in fundraising events, including the Annual Silent Auction
- attend other area clubs to train and to build connections (highly encouraged)

Any Shintani Team member who fails to meet any of the above expectations may, at the discretion of the Head Coach:

- be replaced either temporarily or permanently
- be replaced with an alternate Shintani Team Member
- not be funded in any way

### Shintani Team Outcomes

- Develop team unity by being a positive role model for athletes, staff & coaches
- 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 members, coaches, management, support staff, and team members home club instructors

### Shintani Team Evaluation Camps

For the 2019/2020 year the Shintani Team will be divided into 4 classifications. Athletes who meet the eligibility criteria and attend one of the Shintani Team Evaluation Camps may be selected for the 2019 - 2020 Shintani Team.

During the Shintani Team Evaluation Camps athletes will be evaluated for their skills in both kata and kumite and may be placed onto the Shintani Team Roster.

### Shintani Team Eligibility Criteria

To become a Shintani Team member you must:

1. be 14 years of age or older on the date of evaluation
2. be at a minimum rank of blue belt
3. be a registered SWKKF 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: Athletes between the ages of 18 and 21 may remain at Junior Elite or move to Senior Elite 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 to each position:

Classifications	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		

### EVALUATION NOTES:

1. Placements for team positions are based on evaluations. If only one person is vying for a position it does not mean that person will 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 level position. *(ie. If, based on the evaluation results, there is no Junior Male -55kg athlete at the Junior Elite level after the evaluation camp(s) the position will remain empty.)*
2. PARA Athletes will be placed as Developmental level or Elite level based on the evaluation results.
3. Coach Selection – based on the evaluation results if two Athletes in the same category are evaluated at an Elite level the Head Coach will have the discretion to have two Athletes in the same category – however a placement in another category must remain empty.

## Shintani Team Evaluation Camps

In order to encourage a greater number of SWKKF members to attend the Team evaluations there will be three evaluation camps for Team selection for 2019/2020. The evaluation camps will be held on the following dates and locations:

- 06-Oct-2019 (Sunday) 9:00am-3:00pm
  - West Island College, 7410 Blackfoot Trail SE, Calgary, AB T2H 1M5
- 03-Nov-2019 (Sunday) 9:00am-3:00pm
  - Kawartha Lakes Lindsay Dojo, 50 Mary Street W, Lindsay, ON K9V 2N6
- 10-Nov-2019 (Sunday) 9:00am-3:00pm
  - École Secondaire Catholique de Hearst, 30, 10th Street, Hearst, ON P0L 1N0

The 2019/2020 Shintani Team will be announced after all the evaluation camps have completed.

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 has created a thorough set of objective assessment tools which include:

- results and participation at tournaments
- standardized fitness testing

- rubric for expectations for technical abilities and tactical abilities in kata and kumite
- understanding of the philosophy and values of Sensei Shintani

### Reclassification Evaluations

Athletes are expected to train bi-weekly at their home dojo, visit other area dojos and train on their own to improve what they have learned at the training camps. Athletes who demonstrate significant improvement between training camps may be re-evaluated and reclassified if an empty position exists.

### Current or Previous Team Members

Current or previous Shintani Team members will attend an evaluation camp and will be evaluated each year. If a current team member is unable to attend the Team evaluations the head coach may select them for an Elite level position if they have submitted an application and fee and there are no other Elite level Athletes in the same category at the evaluations.

### SWKKF Members who cannot attend the Team Evaluation Camps

Members who are unable to attend one of the team evaluation camps can become a part of the developmental team by submitting an application and payment of the team fee. The member may be evaluated at the following training camp and if an Elite level position is not available they will remain on the developmental team.

### Shintani Team Financial Obligations

- All Shintani Team members will be required to raise all funds for tournaments outside of the SWKKF at least 12 weeks prior to travel.
- All Shintani Team members will be charged a \$350 non-refundable Team member fee (due by the first team training session). Team member fee includes:
  - all team training sessions (not including travel, meals and accommodations – however billets will be arranged as often as possible)
  - team jacket and shirt (additional apparel not included)
  - Provincial Sport Organization (PSO) membership
  - SWKKF National Tournament & Workshop fees
  - fees for tournament events as determined by the head coach
- The fee will also cover costs for facility rentals, team jacket/shirt, travel and accommodations and coaching & staff travel. The fee must be paid prior to the winter (January 2020) training camp. Payment plans will be available.
- Additional events will be the expense of the athlete.
- All team members must contribute and participate in the Annual Silent Auction hosted at the National Tournament in May.

## Shintani Team Events Calendar 2019-2020

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

Date	Event	Location	Team	Funding **
06-Oct-2019	Western Canada Team Evaluation Camp	Calgary, AB	Western Canada *	None
03-Nov-2019	Eastern Canada Team Evaluation Camp	Kawartha Lakes, ON	Eastern Canada *	None
10-Nov-2019	Northern Ontario Team Evaluation Camp	Hearst, ON	Northern Ontario *	None
January 2020	Full Team Training (may be regional depending on demographics of team members)	TBD	ALL	D-50% JE-50% SE- 80% PE- 80%
March 2020	South Calgary Wado Kai Annual Tournament	Okotoks, AB	ALL	
08-Apr-2020 to 12-Apr-2020	JIC & US Open	Las Vegas, NV		
May 2020	SWKKF National Tournament	Simcoe, ON	ALL	D-50% JE-50% SE- 80% PE- 80%
July 2020	Full Team Training	Hearst, ON	ALL	
September 2020	Commonwealth Karate Championships (CKC)	London, UK		
Fall 2020	Team Evaluation Camp	TBD	TBD	

Please note that information is as accurate as possible at the time this calendar was compiled. Understand that any information above could change as more information is received

\* You may attend any evaluation camp if one time or location better suits your schedule

\*\* If funds are available athletes may receive a subsidy

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

Funding percentage may increase or decrease based on the number of athletes attending

### Shintani Team Committee Members:

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

### Shintani Team Staff:

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

### Shintani Team Support Staff:

Sensei Kelsey Mramor	Nurse Practitioner
Sensei Dave Brunarski	Trainer
Sensei Bob Palmer	High Performance Sports Mental Trainer
Sensei Raye Wilms	Website Manager

