



## Long-Term Athlete Development Committee Member Job Description

**Job Title:** Volunteer LTAD Committee Member

### **Overview & Objectives:**

The Long-Term Athlete Development (LTAD) model provides a framework for optimal training, competition, and recovery. It identifies the critical periods of accelerated adaptation for each stage of athletic development, and provides guidance to athletes, parents, coaches, and other sport leaders for the implementation of effective programs within their sport. These LTAD principles have been adopted by Karate Canada as the framework for the proper management of youth and adolescent development in karate.

The LTAD Committee is a standing operating committee of Karate Canada. The committee is responsible for giving coaches, administrators, clubs, and others involved a clear understanding of how they can best support the athletes/participants for whom they are responsible. Its mandate is as follows:

- To provide leadership and advice to the Executive Director and the KC Board of Directors regarding KC's LTAD model, program and related activities.
- To provide guidance and tools to PTSOs and/or Clubs for them to understand and integrate the updated LTAD model within their own association/club.

### **Duties and Responsibilities:**

The LTAD Committee's main focus for the upcoming years will primarily revolve around (although it might not be limited to) the following:

- Establish a roadmap for the Committee following analysis of collected data (surveys to PTSOs and Clubs).
- Review and update the current Karate LTAD Model, working closely with the NCCP and HP Committees.
- Ensure clear communication with the PTSOs and develop tools for them to easily integrate the LTAD.

### **Qualifications and Requirements:**

The Volunteer LTAD Committee Member should have:

- Knowledge about the LTAD program as a whole
- Experience within the sport of karate (athlete, coach, official, administrator, etc.)

- The ability to work cooperatively with other committee members
- Excellent communication skills
- Time to dedicate to this volunteer opportunity (approximately 3 hours per month)
- Commitment to take on the review and revision of the current LTAD Model (version 1.0) and develop or update to versions 2.0 and/or 3.0 (conference calls and possible in-person meetings; approximately 3 hours per month for this project)
- Commitment to attend regular meetings
- Must be comfortable in a team environment

**Lines of Communication:**

Reports directly to the LTAD Committee Chair and to the KC Program Manager, and works closely with fellow volunteers to complete assignments and exchange ideas.

**Time Commitment:**

Approximately four to six hours per month for the length of appointment, plus additional specific assignments as needed and agreed upon.

**Duration of appointment:**

The appointment is for a period of two years.

**Application:**

All interested candidates are asked to please submit their application by email to the Committee Chair Mr. Jim Jennings, at: [jenningskarate@rogers.com](mailto:jenningskarate@rogers.com), no later than **May 11<sup>th</sup>, 2018**. Please add in cc Karate Canada's Program Manager, Ms. Alexandra Roy, at: [alexandra.roy@karatecanada.org](mailto:alexandra.roy@karatecanada.org).

Additionally, please ensure to include basic information about your reasons for applying, as well as about your relevant expertise and credentials. Karate Canada will contact all candidates in May 2018.

(Please note that the addition of Committee members is subject to approval by Karate Canada's Board of Directors.)