



## **STAY IN THE FIGHT**

### **Description**

Karate Canada is proud to present the Stay in the Fight Bursary, a new initiative made possible with the generous support of the government of Canada. This program will help provide financial support for female athletes transitioning from competition to other leadership roles within the sport of karate.

The tendency for many female athletes participating in competitive karate is that once they stop competing, they often halt their affiliation with the sport; this initiative is intended to inspire them to consider and prepare for different leadership roles such as coach, official or volunteering in governance or sport promotion within the local and national community. Up to five (5) approved recipients will receive a bursary of up to \$1800 each.

### **Goals**

- Provide support to female athletes who have retired or will soon retire from competition to help them explore, prepare and develop along different avenues as to stay involved within the sport of karate and continue to contribute to the success of Karate Canada and/or its Provincial/Territorial Organizations after retirement from competition.
- Increase the awareness among female athletes about various leadership opportunities available within the sport of karate.
- Promote gender equity in leadership roles within Canadian karate.

### **Who can apply**

- Senior or U21 female athletes currently competing at a Provincial or National level  
or
- Female athletes who retired from competing (as a senior or U21) at a Provincial or National level in 2019 or 2018.

*(Note: All applicants must be members / registrants in good standing of a Karate Canada recognized Provincial/Territorial Sport Organization.)*

### **How to apply**

1. Fill the [online form](#) which will ask you to submit a transition plan in which you will:



- a. Specify when you are planning on retiring (or when you retired) from competition and why
  - b. Identify your preferred pathway between coach, official or governance and leadership (see below for an overview of each)
  - c. Explain your motivation for transitioning to this role and how you hope to contribute (you can provide a letter of recommendation to bolster your application)
  - d. Specifically describe how you would use the funds while using the budget template (please note that funds received by bursary recipients must be used towards expenditures related to development activities in the chosen pathway. Expenses must be incurred between February 29<sup>th</sup> 2020 and February 28<sup>th</sup> 2021).
2. Create a budget using the provided template and send it to [Alexandra Roy](#).

Your online form and budget need to be received **by February 9<sup>th</sup>, 2020**.

### Pathways Overview

Coach
<p><u>Overview</u></p> <p>If you are interested in teaching other athletes what you know about the sport, encouraging them to improve their performance and helping them reach their goals, maybe you should consider coaching. Being a coach involves more than knowing the sport well. Coaches need to be creative, great communicators as well as have the ability to lead and work within a team environment.</p>
<p><u>Development opportunities</u></p> <ul style="list-style-type: none"> <li>• The <a href="#">Coaching Association of Canada</a> has numerous workshops for coaches including Coaching and Leading Effectively, Planning a Practice, Psychology of Performance, etc.</li> <li>• Karate Canada and its Provincial Partners offer <a href="#">karate-specific workshops</a> for coaches</li> <li>• Attending a coaching conference, leadership course or mentorship program</li> <li>• Shadowing a current coach during a competition</li> </ul>



## Official

### Overview

If you are interested in remaining involved with sport karate, why not consider refereeing and judging? After all, as a competitive athlete you already know the rules. Just apply that knowledge to a different facet of karate, the other side of the fence, so to speak. Women are seriously under-represented at all levels of competition, from grassroots to international.

### Development opportunities

- Teaching the competition rules themselves or rule implementation to girls and young women who are actively competing and could benefit from your experience
- Organizing and running short fun seminars in competitive clubs during their regular training days
- Organizing and running seminars in concert with provincial team training
- Attending seminars to further your understanding of the rules
- Seeking to acquire provincial, national and international qualifications

## Governance and Leadership

### Overview

If you are interested in shaping the future of karate within your club, province or even Canada, have you considered getting involved in governance? The board of directors establishes an association's mission and helps achieve its objectives. Directors usually come from different backgrounds and retired athletes can make great leaders with their hands-on experience and passion for the sport.

Would you enjoy inspiring girls and women to participate in the sport of karate? Use this bursary to build on your leadership skills to advocate for the sport and conduct motivational speaking at schools, conferences and community sport events. The goal would be to share your experiences as a female athlete to engage and motivate. The objective is to increase the number of women in sports, grow the community impact and broaden the support base of girls and women in the sport. There is also the opportunity to make progress on gender equality and diversity initiatives.



#### Development opportunities

- [Women on Boards Webinars](#), Canadian Association for the Advancement of Women and Sport (CAAWS)
- [Women and Leadership Workshops](#) by CAAWS or [Égale Action](#)
- Courses in public speaking, communication and leadership

#### **Selection**

A panel consisting of at least one (1) Karate Canada registrant from each pathway (current or past coach, official and board member) as well as a staff member from the Canadian Association for the Advancement of Women and Sport will review all applications.

Applications will be judged based on clear objectives and practicality.

Selected applicants will be notified by the end of February 2020 and will receive their approved funding upon signature of the Stay in the Fight Bursary Agreement.