

TRAINING  
SEMINARS  
FITNESS TESTING  
STRENGTH &  
CONDITIONING



**2022 NATIONAL TRAINING CAMP**

# INFORMATION AND REGISTRATION

## 1. THE PROGRAM

- Approximately 9 hours of technical, physical & tactical training, plus 1 hour of theory & education and 1 hour of team building.
- Physical, technical and tactical kumite and kata training sessions, assembling Senior National Team Roster members, medalists from the 2022 Karate Canada Senior Team Trials (Calgary, AB), and all PTSO athletes trying out for their Provincial Teams this season.
- Specific kata and kumite training sessions for current Senior National Team members, in preparation for the 2022 Senior Pan American Championships.
- All participating Senior National Team athletes selected for participation in the 2022 Senior Pan American Karate Championships will be provided with a final preparation plan for that event.
- Information sessions for all on Karate Canada's Senior National Team Program, for both kata and kumite.
- In addition to the three National Team Coaches, Assistant National Team Coaches and Dojo Coaches will also be helping Staff Coaches with delivery of the training sessions.
- Medical support staff will be available during all training and testing sessions.

## 2. ELIGIBILITY

Junior and Senior National Team Roster members, and all PTSO elite division athletes (in good standing with their PTSO) as well as the participants in the 2022 Senior Team Trials are eligible for participation in this training camp.

### 3. SCHEDULE OVERVIEW

See full detailed schedule for categorized session times.

#### Friday, April 8, 2022

- 4:00 pm to 6:00 pm: Accreditation - Hotel V
- 7:00 pm to 8:30 pm: Team Meeting - Hotel V

#### Saturday, April 9, 2022

- 8:00 am – 9:00 am: Seminar - Centre Sportif de Gatineau
- 9:00 am – 4:45 pm: Technical Training (see detailed schedule) - Centre Sportif de Gatineau
- 11:00 am – 2:30 pm: Fitness Testing (see detailed schedule) - Centre Excellence Sportive Outaouais
- 6:00 pm – 7:00 pm: Team Dinner (mandatory) - Hotel V

#### Sunday, April 10<sup>th</sup>, 2022

- 8:00 am – 10:45 pm: Technical Training (see detailed schedule) - Centre Sportif de Gatineau
- 10:00 am – 1:30 pm: Strength & Conditioning Program (see detailed schedule) - Centre Excellence Sportive Outaouais
- 12:30 pm – 4:00 pm: Competition Simulation (see detailed schedule) - Centre Sportif de Gatineau
- 4:00 pm - 4:30 pm: Team Meeting - Centre Sportif de Gatineau
- 4:30 pm: Camp closes

While the schedule remains subject to change, the start and end dates and time of the camp are expected to remain as stated above.

### 4. CAMP PARTICIPATION

**\*\*IMPORTANT:** Participation in this event is **mandatory** for all Senior athletes selected for the **2022 Senior Pan-Am Championships** to remain eligible to represent Canada at that event.

## 5. REGISTRATION FEES

A registration fee of \$100.00 per participating athlete is required.

This fee includes:

- Training
- Seminars
- Fitness Testing
- Strength & Conditioning Program
- Team Dinner (Saturday)
- Competition Simulation

## 6. ONLINE REGISTRATION

Registration is open until **12:59 pm Friday, April 1<sup>st</sup>**, and can be completed here: <https://bit.ly/3Mqv34l>

## 7. HOST HOTEL

**PLEASE NOTE: PARTICIPANTS MUST ASSUME ALL TRAVEL AND LODGING FEES FOR THIS EVENT.**

All athletes taking part in this training camp will be required to reside at the host hotel for the full duration of the event.

Athletes, coaches and parents staying at this hotel for the duration of the event will benefit from the following **discounted rate**:

Room	Single to Quad
Executive Room – 2 Queens	\$159.00
Executive Room – 1 Queen +1 Murphy Bed	\$159.00*
Trendy Room – 1 King Bed	\$159.00*
Urban Room – 1 King + 1 Murphy Bed	\$159.00*

- Includes continental breakfast
- Onsite exercise room
- [2 Nordic baths with waterfalls](#)

**All participants are required to make their own hotel reservations.**

[Hotel V](#)

585 Boul De La Gappe, Gatineau, QC J8T8N7

1-800-363-6489

**Reservation Code: KARATE22**

NOTE: Parent's not traveling with their children (under 18) should make payment arrangements with the hotel in advance of their child's arrival.

## **8. TRAINING CENTRES**

[Centre Sportif de Gatineau](#) (Training, Competition Simulation, Meetings)

850 Boulevard de la Gappe

Gatineau QC, J8T 0B4

[Centre Excellence Sportive Outaouais](#) (Fitness Testing & Strength & Conditioning Program)

381 boulevard Maloney Est,

Gatineau QC, J8P 1E3



# DENIS BEAUDOIN

CANADIAN JUNIOR NATIONAL  
TEAM HEAD COACH (KUMITE)



- Head Coach (Kumite) of Junior National Team (2014-present)
- Head Coach of Team Quebec (2012-2014)
- 7th Dan Shotokan from Japan, Karate Canada and World Karate Federation
- Certified Pan American Coach by the PKF and World Coach by the WKF
- Head Coach and founder of Beaudoin Karaté Gatineau dojo since 1978
- Recipient of Karate Canada's Coach of the Year Award in 2013.
- Trainer of a Junior (2015) and Senior (2006) World Championships' bronze medalist, as well as numerous other international medalists
- Recipient of the Canadian Coaching Association's prestigious "2020 Geoff Gowan Award" for his successful coaching career





# PAM ROSS

CANADIAN NATIONAL TEAM COACH  
(KATA & KUMITE)

- Has been practicing karate for 28 years
- BC Team Athlete for 15 years
- Team Canada Athlete for 8 years
- Multi-time national medalist in both kata and kumite
- BC Team Coach since 2012
- Canadian National Team Assistant Kata Coach since 2015
- Canadian Jr Team Kumite Coach since 2017
- 2014 Karate BC Coach of the Year
- 2018 Sport BC Coach of the Year
- 2018 Karate Canada Coach of the Year
- 2019-2020 – National Team Lead Kata coach
- 2021 to present – National Team Head Kata Coach/Olympic Program Head Coach



# LUIS PLUMACHER

CANADIAN SENIOR NATIONAL  
TEAM HEAD COACH (KUMITE)

- Karate Alberta Coach 2017-19
- HP coach Venezuela, 2010-2015
- Karate Canada Junior Assistant Coach 2019-21
- Karate Canada Senior Kumite Coach 2022
- 10x Venezuelan National Champion
- WKF World Champion 2004
- 12x Pan-Am Gold Medalist
- WKF Vice Champion 2006