

High-Performance Personal Coach (HPPC) Pilot Project

PURPOSE:

To support the development of Karate Canada's coaches and enhance their ability to produce senior continental and world results by creating an environment and system would allow personal coaches to work exclusively with their club athletes on the National Team at the 2022 Junior and Senior PKF Championships.

OBJECTIVES:

The priority for the national team of Karate Canada (KC) is to ensure that the staff coaches have continued oversight of athlete performance pathways led by the High-Performance Director (HPD), Head Coach and/or Event Coach (EC). Coach assignments are ratified by the HPD. The performance environment for the overall group of athletes is the top priority.

Once the Yearly Training Plan of national programs is published and circulated, expressions of interest to be considered as a personal coach will be sent to the HPD. Where possible, appointments will be announced 3 months prior to an event.

Coaches wishing to be considered by KC must have:

- NCCP Competition Development trained status or higher
- Member in good standing with their PSO/KC
- Criminal Record check (Vulnerable sector check)
- Making Headway Training
- Safe Sport Training
- Sign the Code of Conduct
- Adhere to the High-Performance program & KC values

Number of selected Personal Coaches will vary from event to event. We are bound by number of accreditations allocated to us by the organizing committee or international federation. Personal coaches can express interest to participate at preparation camps.

Priority of Personal Coaches:

- Junior PKF:
 - Priority 1: Number of personal 16/17-year-old athletes attending event
 - Priority 2: Number of personal athletes attending event
- Senior PKF:
 - Priority 1: Number of personal athletes attending event

PERSONAL COACH PROGRAM POLICIES:

To participate with their athletes in camps and competitions, personal coaches must adhere to the following guidelines:

- A. Travel
 - a. All travel and accommodation logistics and expenses will be the responsibility of the personal coach.
 - b. In some events the personal coach will not be able to stay at the same hotel as the National Team.
 - c. Personal Coach cannot stay in same room as the athlete.
- B. Participation – Training
 - a. The Head Coach or Event Coach will be the primary coach.
 - b. The Team Lead will be the primary contact person.
 - c. Personal coaches work under the authority of the Head Coach or Event Coach and Team Lead.
 - d. In exceptional circumstances there may be closed workouts or training sessions from time to time. In such instances personal coaches (and other visitors) will not be able to attend the session.
 - e. The Personal Coach will be able to consult with their athlete's Event Coach but will not be directly responsible for their athlete at the event.
 - f. Meals, team meetings and other non-training sessions shall be by invitation to the personal coach only.
 - g. All request for outings (meals, meetings, etc) must be approved by the Head Coach and/or the Team Lead.
 - h. There will be no Personal Coach / Athlete training sessions outside of the official team training sessions unless approved by the head coach or event coach.
- C. Participation -Competition
 - a. In some instances, the Head Coach or Event Coach may wish to bring the team together and focus their preparation prior to the competition. From that time forward the athletes will be working solely under the Event Coach's jurisdiction.
 - b. Access to the athlete will be coordinated with the Team Lead and the Event Coach.
 - c. The Personal Coach will assume responsibility to support their athlete in warm-up, preparation and during the competition by sitting in the coach's chair. The personal coach will support their athlete in debriefing between/after matches.
 - d. The Personal Coach may request the Head Coach, Event Coach or Team Lead's assistance and vice versa.
 - e. Tickets / seating for competition are the personal coach's responsibility.

CONDITIONS:

The personal coach is an invitee of KC and as such is expected to conduct themselves in a respectful and professional manner. Should a personal coach's behaviour be contrary to the terms and conditions that the selected coaches are held to, and which are viewed to negatively impact

the team or KC's reputation, then the personal coach's interaction with the team may be restricted at the discretion of the Team Lead/Head Coach/Event Coach.

Personal coaches will not be provided national team outfitting. Personal coaches must purchase KC Coaches garments at their own expense.

Personal coaches must attend mandatory team training sessions (JNTC/SNTC) in advance of the targeted event.

Personal coaches must acquire the necessary international coaching licences (Accreditation/Certification) required by the event at their own expense.

Personal coaches who are removed from the coaching chair by the officials during a match more than once, will have coaching benefit revoked.

At the end of the event, The Head Coach will write an evaluation report to the HP director, concerning the participation of each personal coach.

DECLARATION OF INTENT TO PARTICIPATE:

A personal coach planning to participate with their athlete in camps and/or competitions as outlined above must declare their intent to participate in writing, via email, to the High-Performance Director at least 60 days prior to the start of the tour (or immediately following selection if the competition is within 60 days).

TEAM LEAD DISCRETION:

In the interest of performance, the Team Lead/Head Coach/HPD, at their discretion, may adjust the application of the Personal Coach Program procedures and rules as needed, based on the circumstances with any given tour. The Personal Coach Program will be reviewed when required. WCL's primary interest in managing the personal coach relationship is to assist in the development of self-sufficient and independent athletes as a key component of peak performance.

Karate Canada is committed to creating open and observable environments at all national Team events, training camps and competitions. Teams staff, including personal coaches must commit to ensuring that all interactions between an athlete and an individual who is in a position of trust should normally and wherever possible be in an environment or space that is both open and observable to others.