

Long-Term Development Committee Member Description

Title: Volunteer LTD Committee Member

Overview & Objectives:

The Long-Term Development (LTD) 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 LTD principles have been adopted by Karate Canada as the framework for the proper management of youth and adolescent development in karate.

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

Duties and Responsibilities:

The LTD Committee's primary focus

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

Qualifications and Requirements:

The Volunteer LTD Committee Member should have:

- Knowledge about the LTD 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 LTD 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 Sport Technical Leader and works closely with fellow volunteers to complete assignments and exchange ideas.

Time Commitment:

Approximately three to four 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 Sport Technical Leader Mr. Rodney Hobson, at: rodney.hobson@karatecanada.org, no later than **Dec 22nd, 2023**.

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 by January 12th, 2023.