

ATHLETE DEVELOPMENT PROGRAM

2025/2026



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INTRODUCTION

The **Karate New Brunswick (KNB) Athlete Development Program** aims to develop athletes to represent the Province of New Brunswick at the annual **Karate Canada National Championships**. **KNB** commits to **support** its participants through **collaboration** to achieve and enhance individual **performance growth**, while maintaining high standards of **integrity** and **work ethic**. The **KNB Team** is made up of eligible participants from across the province that are actively training in a dojo that is a current member in good standing of **KNB**.

OVERVIEW

The **KNB Athlete Development Program** will focus on individual development to enhance physical and mental resiliency, as well as their self-confidence. The aim of the program is to help athletes achieve national success, while maintaining integrity in high performance competition.

The **KNB Athlete Development Program** consists of access to:

- Multiple karate-specific training sessions scheduled throughout the season;
- Identified qualification tournaments;
- Karate Canada Regional Clinics;
- Nutrition education workshops;
- Mental Performance strategy workshops;
- Strength and Conditioning sessions;
- And more...

Participants will be required to register for one of the following programs available under the **KNB Athlete Development Program**:

- Kumite Development
- Kata Development
- Kata and Kumite Development

KNB Team selection will be based on participants registered for one of the above programs available. Any exception to this standard can be made at the discretion of the coaching staff.

AGE ELIGIBILITY

Minimum age requirements for the **KNB Athlete Development Program** will be based on Karate Canada's published criteria. In addition, a novice 10-11 division will be made available exclusively for developmental purposes.

Youth, Cadet, Junior, U21 and Senior athletes may compete in the age category for which they are eligible as per Karate Canada's yearly bulletin. Current age requirements are:

- Youth 12-13 years
- Cadet 14-15 years
- Junior 16-17 years
- Under 21 (U21) 18-20 years
- Senior 18+ years for Kumite; 16+ years for Kata

Participants who are considered eligible for the ***Athlete Development Program*** must be ten years of age of the current calendar year.

Participants who are considered eligible for the ***KNB Team*** are required to be a minimum of twelve by the first day of the upcoming Junior Pan American Championships (PKF). These individuals must also be a Canadian citizen and must have a valid Canadian passport by the registration deadline of the National Championships of the same year.

ANNUAL FEE

For those individuals who wish to become a member of the ***KNB Team***, the annual fee of 300.00\$ will be required. A payment schedule can be arranged if required. The fee will include:

- ***KNB Team*** training fees
- Nutrition education workshops
- Mental Performance strategy workshops
- Strength and Conditioning sessions (as applicable)
- Discounts on select ***KNB*** sanctioned clinics or events
- Discounts on apparel (as applicable)
- And more...

TEAM SELECTION CRITERIA

All athletes must be Canadian citizens or a permanent resident of Canada to compete at Nationals. All athletes must provide proof of eligibility. Karate Canada will accept the following documents as proof of eligibility:

- A valid Canadian passport (minimum 1 year from expiration)

Members of the ***KNB Team*** are expected to uphold the values of the organization at all times. Becoming a member of the ***Team*** is not a 'right' but rather a 'privilege' that reflects the commitment and hard work needed to demonstrate personal and athletic growth to achieve and enhance competition skills. It is expected that candidates for the ***KNB Team*** attend and

participate to most team practices, clinics, and tournaments in order to protect the integrity of the **KNB Athlete Development Program**.

The selection process does not provide a guarantee to any athlete of getting a spot on the team. You need to earn a spot on the team. Regardless of point statuses at the time of **Team** selection, **KNB** reserves the right to remove or suspend any team member(s) who:

- Violate(s) the requirements of the program eligibility or,
- Violate(s) the **Athlete's Agreement** or,
- Is a potential safety risk

Determination of a participant's risk to their own or to others' safety is at the discretion of the **KNB** coaching staff.

A "**point**" system will be used to identify candidates for selection to the **Team**. The points are weighted to recognize athletic skill at selected tournaments. Selection will also be based on the points collected at the following:

- Provincial/regional events sanctioned by **KNB**
- Previous Karate Canada National Championships
- WKF sponsored tournaments
- Other events may be considered with prior approval of coaching staff

At the conclusion of the final **KNB** Grand Prix Tournament, the coaching staff will select the **Team** based on:

- The demonstrated values of the athlete;
- The points earned during the qualification period;
- The participation level at **KNB** sanctioned trainings, clinics and workshops;
- The overall performance of the athlete.

Athletes are expected to notify **KNB** coaching staff of any absences. Being absent from a mandatory event, including but not limited to competitions, karate-specific trainings and/or S&C trainings, without prior notification to the **KNB** coaching staff or without a valid excuse will be taken into consideration at the final selection and may have in negative implications therein.

The coaching staff shall have the discretion to make exceptions to the selection procedure in unusual circumstances.

QUALIFICATION EVENTS

The **KNB Athlete Development Program** recognizes and encourages participation in the following qualification events for **Team** selection:

- **KNB** Grand Prix Tournaments
- Alternate Provincial Sport Organization (PSO) sanctioned tournaments
- Atlantic Karate Open
- Atlantic Karate Championships
- Karate Canada National Championships
- WKF Tournaments

Points accrued from other non-NB tournaments may be considered by coaching staff in the **KNB Team Selection Process** based on considerations including strength of field. This will be at the coaching staff's discretion.

Athletes are expected to compete at a minimum in the age category in which they are eligible to participate at the National Championships.

POINT SYSTEM FOR TEAM SELECTION

Team selection will be evaluated and weighted as per the guidelines below. Team events do not apply. Points are individual events only, per division.

Event	Standings				
	1 st	2 nd	3 rd	4 th	5 th +
KNB Grand Prix Tournaments (Applies per division only)	40	30	20	15	10
Alternate PSO Sanctioned Tournaments (Applies per division only)	40	30	20	15	10
Atlantic Karate Open (Applies per division only)	40	30	20	15	10
Atlantic Championships* (Applies per division only)	50	40	30	15	10
Karate Canada National Championships (Applies per division only)	80	70	60	50	25
WKF Competitions (Applies per division only)	120	100	80	70	60**

*Participation at the Atlantic Championships is highly recommended but not considered mandatory

**This applies to 5th-8th standings only

Points are only awarded to elite divisions and are only applicable to the corresponding category and discipline on the team (e.g., weight and age; kata and kumite). In order to collect points for the Karate Canada National Championships, athletes must compete in the division in which they intend to compete at Nationals.

Participants are encouraged to share with the coaching staff any out-of-province events that they

are planning to attend for tracking purposes.

APPEAL

If there is a dispute to the selection process as outlined above, an appeal may be made to **KNB**. For more information concerning this process, please refer to the **KNB Safe Sport Policy**.

TEAM EXPENSES

Successful team members can expect to pay the following expenses (which may be offset by funding and/or fundraising):

- **KNB Athlete Development Program** annual fee;
- Fees associated with travel to **KNB** team trainings and sanctioned clinics;
- Fees associated with travel and participation in competitions;
- Expenses associated with participation at the Karate Canada National Championships (Travel, accommodations, food, etc.);
- Team tracksuit;
- Equipment.

KNB is committed to offering **Team** members the following in financial support:

- All registration fees associated with the Karate Canada National Championships;
- Banquet tickets for all **Team** members at the Karate Canada National Championships;
- Lump-sum expense allowance per athlete (subject to annual budget).

For prepaid expenses required by **KNB** (e.g., hotel payments), a payment schedule will be established and must be adhered to by all **Team** members. Any owing amounts beyond the indicated deadline(s) may result in penalty fees and or removal from the **Team**. Deadlines for payments in all cases will be communicated to participants as soon as able.

FUNDING REQUESTS

Participants in good standing with **KNB** on the current or past National Team roster may request funding from **KNB** for out-of-province targeted events by completing the **KNB Funding Application Form** (see appendix F) and by submitting it to the **KNB** Board for consideration. All applications must be sent to the **KNB** Treasurer at karatenbljc@gmail.com.

Additional funding may be available through the following external sources:

- Saint John Canada Games Foundation
- New Brunswick Athlete Assistance Program (NBAAP)

- KidSport
- P.R.O Kids
- Canadian Tire Jumpstart Program
- Moncton Youth Recreation Assistance Program
- Town of Quispamsis Grants and Sponsorships
- Etc.

TEAM TRAVEL

Successful **Team** members must adhere to the following while representing **KNB** at the Karate Canada National Championships:

- All athletes must arrive at Nationals in the time frame designed by the **KNB** coaching staff unless permission to arrive later is granted. Hotel arrangements made by the **KNB** Team Manager will be arranged only for this time frame. Any additional accommodation arrangements must be made by individual families at their own discretion.
- All team members will stay together in the same hotel. The **KNB** coaching staff may consider an exception if a valid reason is presented.
- All athletes must wear the team apparel when travelling with the team and/or during the competition.
- Team members will room together in accordance with the rooming assignment prepared by the **KNB** coaching staff unless advanced permission is obtained by the **KNB** coaching staff to stay in a room other than that which has been assigned.
- A curfew will be strictly enforced. Any violation of the curfew will be a violation of the **Athlete Agreement for Provincial Team Members**. Only those assigned to a room are to be in that room during curfew hours.

PROGRAM EXPECTATIONS

All participants of the **KNB Athlete Development Program** are expected to:

- Sign and submit the **Athlete Information Form** (see appendix);
- Sign and submit the **Athlete Agreement Form** (see appendix);
- Sign and submit the **Parent Agreement Form** (see appendix);
- Affiliated with a club who is a member in good-standing with **KNB**;
- Demonstrate integrity and ethics, both on and off the field of play;
- Notify coaching staff of any injuries and any absences from required trainings/events;
- Maintain a healthy diet and lifestyle, as well as an effective training plan;

- Support fellow **Team** members, and maintain a positive training environment;
- Attend all team functions;
- Be familiar with the most current WKF rules (subject to individual discipline);
- Ensure that all equipment meets event guidelines;
- Be punctual to all team events and have fun!

All required forms must be submitted to the **Team Manager**. For **Team** members, Karate Canada (KC) will also require a Waiver and Medical document to be submitted prior to the event itself.

All team information will be primarily **communicated via email**, but also on social media platforms and/or will be displayed on the **KNB** web page (as appropriate). Direct communications will be shared by the coaching staff to the **Team** via the Teams' WhatsApp group chat.

All participants are required to ensure they have provided the **KNB** coaching staff with their email contact and any other email they wish to have added to the **KNB Team** distribution list.

EQUIPMENT

All participants of the **KNB Athlete Development Program** are responsible to obtain and maintain the following equipment as per their discipline requirements:

- White gi, proper length with no crest (except provincial crest on left breast)
- **WKF approved** blue and red kumite gloves, shin and foot pads
- Blue and Red belt (No embroidery permitted)
- Mouthpiece (gum shield)
- Groin protector - Considered mandatory for male participants, optional for female participants
- **WKF approved** internal body protector (respectively male and female designs as appropriate)
- **WKF approved** helmet (**U14 only**)
- **WKF approved** external chest protection (**U14 only**)

KNB coaching staff will advise participants of those acceptable brand names of equipment.

COACHING STAFF

If you have any questions pertaining to the **KNB Athlete Development Program**, or specifically to the **KNB Team**, please feel free to contact a member of the coaching staff. The coaching staff may include any of the following:

- Kata Head Coach
- Kata Assistant Coach(es)
- Kumite Head Coach
- Kumite Assistant Coach(es)
- Team Manager/Administrator(s)

WEIGH-IN PROTOCOL

Weigh-ins will be administered throughout the competition season and are used to safely determine weight category assignment during the team selection process. During weigh-ins, participants must be dressed in shorts and a t-shirt to standardize each weigh in.

APPENDIXES

APPENDIX A – ATHLETE INFORMATION FORM



NEW BRUNSWICK KARATE TEAM Athlete Information Form (Adaptation only – see Google form)

Personal Information

Name: _____
(Please print your name the way it appears on your travel document (i.e. passport, birth certificate))

Date of Birth: _____/_____/_____
Month Day Year

Address and Contact Information

Street: _____

City: _____ Province: _____ Postal Code: _____ Phone: _____

Email address (**print clearly**): _____

Email Address of parents/guardians (if you would like for them to receive all team emails):

Name: _____ Email: _____

Name: _____ Email: _____

Passport Information

Passport number: _____ Exp: _____

Health Information

Health Card # _____ Expiry Date: _____

Extended Health Insurance Company Name: _____

Policy # _____ ID # _____

List medical conditions you have and medications you are on:

Have you ever had a concussion? _____ (If yes, explain: how many, dates and severity)

(Please note: If there is a change in your medical condition you must inform the coaching staff.)

Karate/Sport Information

Dojo/Club: _____ Sensei: _____

Sensei: _____

Nationals Divisions:

Divisions I am trying out for:

Kata: yes ☐ no ☐

Kumite: yes ☐ no ☐

Karate/Sport Information

Dojo/Club: _____ Dojo Location: _____

Sensei: _____

APPENDIX B – ATHLETE AGREEMENT



Team New Brunswick Athlete Agreement

(Adaptation only – see Google form)

I, _____, an athlete registered with Karate New Brunswick, understand and agree to abide by the terms of the Athlete Agreement.

- a) The athlete agrees to attend all provincial team workouts. The team workouts will be posted on the KNB website.
- b) The athlete understands that there are selection tournaments. Atlantics is worth more points than a Grand Prix. Selection to the team will be based on the athlete's best results in 2 out of 3 selection tournaments.
- c) The athlete agrees to notify the Head Coach(s) (Kumite and/or Kata) of any injury or other legitimate reason that will prevent the Athlete from participating in a mandatory activity/event. In the case of an injury a certificate/note from a medical doctor setting out the specific nature of the injury *may* be required.
The athlete agrees that even if injured, they will attend all mandatory events as a spectator.
The athlete will be excused from a mandatory event if they are ill. The athlete agrees to notify the Head Coach(s) of any illness at the earliest opportunity. In the case of illness, a note from a medical doctor setting out the specific nature of the illness *may* be required.
- d) The athlete agrees not to consume illegal substances, such as non-medically prescribed drugs. The athlete also agrees not to consume banned substances. Karate Canada (KC) has adopted the Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to members of KC and participants in KC sanctioned activities. By signing the Athlete agreement, the athlete is acknowledging that they are aware that the CADP applied to them. For further information, please visit the Athlete Zone on the CCES website <http://cces.ca/athletezone>.
- e) The athlete agrees, if they are under the age of 19 years, to avoid alcoholic or cannabis consumption at any KNB or KC event. If 19 years of age or over, the athlete agrees to avoid alcohol or cannabis consumption 24 hours before a competition until the close of the competition. The athlete agrees that even after the close of the competition they will avoid intoxication during a KNB or KC event. Any breach of this clause could result in sanctions from KNB and/or KC.

- f) The athlete agrees to ensure that their behavior is in compliance with a harassment-free and abuse-free environment and the athlete agrees to refrain from any conduct or action that disparages KNB.
- g) The athlete has read and understands KNB's Safe Sport policy, including the Code of Conduct and social media Policy.
- h) The athlete agrees to complete all mandatory education courses as required by the coaching staff (i.e., Safe Sport, concussion awareness, anti-doping, etc.)
- i) The athlete is expected to participate in all fundraising events as designated by KNB.
- j) When travelling with the Team, the athlete agrees:
 - 1) To wear the team tracksuit when travelling with the team, attending team functions, and during the competition.
 - 2) To obey the curfew imposed on all junior athletes. On competition days athletes must be in their room at 10:00 pm and lights out by 10:30 pm; on non-competition days athletes must be in their room at 10:30 pm and lights out by 11:00 pm unless advised otherwise by the Coaching staff.
 - 3) To turn off their cell phone during curfew hours.
 - 4) To attend, on time, all scheduled team meetings, training sessions, team social events and any other activity.
 - 5) To stay at the competition site as a team member until the end of all events unless permission is granted by a member of the Coaching staff.
 - 6) To attend all team meals unless permission to do otherwise is granted by a member of the Coaching staff.
 - 7) To stay at the hotel unless permission to leave is granted by a member of the Coaching staff.
 - 8) Only team members/parents of the athlete are allowed in the athlete's room. If team members are in each other's room the door must remain open. Under no circumstances are strangers or members of other teams allowed in an athlete's room.
 - 9) To keep their room presentable at all times.
 - 10) Abide by the laws of the host Province.
- k) The athlete acknowledges they have read and they understand the team selection process.
- l) The athlete agrees to have a clean, proper fitting gi, which conforms to the rules. The athlete agrees to have the required equipment when attending any competition.
- m) The athlete agrees to be familiar with the WKF rules governing competitions.
- n) The athlete acknowledges that any breach of the Athlete Agreement may result in a disciplinary ruling handed down by the Coaching Staff. The Head Coach(s) have final authority in all matters pertaining to the team.

Signed this _____ day of _____, 20____. Signed this _____ day of _____, 20____.

Signature of Athlete

Signature of Parent or Guardian (if under 19 yrs)

APPENDIX C – PARENT AGREEMENT



Team New Brunswick Parent Agreement

(Adaptation only – see Google form)

All parents/guardians of participants within Karate New Brunswick agree to abide by the following guidelines, and to ensure that friends/relatives who accompany them to any **KNB** activity follow the same.

1. Parents will actively encourage and support the True Sport Principles. These principles apply to the rules as communicated by the **KNB** coaching staff, as well as to all participants involved in **KNB** Activities (i.e., both on and off the field of play). It is considered mandatory that parents always maintain self-control.
2. Parents will make every effort to ensure that their child attends ALL scheduled trainings, workshops, and competitions as outlined in the **KNB Athlete Development Program**. Absences must be communicated to the **KNB Team Manager** and/or **KNB** coaching staff in a timely manner.
3. Parents will leave the coaching to the **KNB** coaching staff, and not interfere with, or undermine the coaches at any time. It is expected that parents do not encourage their child to compete or train in a manner inconsistent with the coaching staff's direction or plan. Should a coach be present and working with an athlete during a competition or practice, it is expected that parents refrain from coaching from the sidelines to avoid confusion and risk of injury. It is also expected that parents refrain from interfering with the overall function of a tournament or practice, and to address any concerns that they may have with their delivery after their completion.
4. Parents will communicate any/all concerns to the **KNB Team Manager**. At their discretion, the **KNB Team Manager** may schedule a meeting between all parties of a concern to seek resolution. If a Team Manager has not been designated, then all concerns will be directed to the **KNB** coaching staff as appropriate.
5. Parents may be expected to attend team meetings, special functions, or other events as communicated by the **KNB** coaching staff. Sufficient notice of such requirements will be provided to parents well in advance. If unable to attend, it is expected that such absences be communicated to the **KNB Team Manager** and/or **KNB** coaching staff in a timely manner so that follow-up may be arranged accordingly.
6. Parents are reminded that athletes will not be permitted to train or compete without complete, proper, and safe karate equipment. It is encouraged to double check that all required pieces are packed prior to leaving home.

7. For athletes under the age of 16, it is the responsibility of the parent/legal guardian to arrange for a designated chaperone to accompany the athlete during travel and ensure appropriate supervision. All athletes under the age of 18 must be roomed with an adult during travel or overnight stays.

I understand and agree to abide by the guidelines as outlined in the ***KNB Parent Agreement***.

Signed this _____ day of _____, 20____.

Signature of Parent/Guardian

APPENDIX D – ATHLETE TRAINING SCHEDULE

The following table outlines the proposed training and competition schedule for the 2025-2026 season, as well as important deadlines pertaining to members of the ***KNB Athlete Development Program***:

Date	Event	Location
2025		
Sept 5-7, 2025	KNS Kata Workshop with Claudia Laos-Loo	Halifax, NS
Sept 14, 2025	KNB Open development training session #1	Saint John, NB
Sept 20-21, 2025 (Tent.)	KNB Grand Prix #1	Tracadie, NB
	KNB Clinic	
Sept 27, 2025	KNB Fitness Testing – CSIA High Performance Gym	Fredericton, NB
Oct 3-5, 2025	KNS Kumite Clinic with Yevhen Motovylin	Halifax, NS
Nov 1-2 2025	Atlantic Championships / KNB Grand Prix #2	Moncton, NB
	KC Regional Camp	
Nov 16, 2025	Parent information session (In-person/virtual)	Saint John, NB
	KNB Open development training session #2	
Nov 22, 2025	KNS Grand Prix #1	Spryfield, NS
Nov 23, 2025	Athlete agreement due/team fee due	N/A
Dec 1, 2025	Senior & Under 21 (U21) team selection announcement	N/A
Dec 14, 2025	KNB Open development training session #3 – Weight check	Saint John, NB
2026		
Jan 18, 2026	KNB Open development training session #4 – Weight check	Saint John, NB
Jan 31, 2026	KNS Grand Prix #2	Bridgetown, NS
Feb 7-8, 2026	KNB Grand Prix #3	Moncton, NB
	KNB Clinic	
Feb 16-22, 2026	2026 Senior & Under 21 (U21) National Championships	Halifax, NS
Feb 28, 2026	Junior team selection announcement	N/A
March 8, 2026	KNB Closed development training session #1 - Weight check & Senior Team Debrief	Saint John, NB
March 21, 2026	KNS Grand Prix #3	Enfield, NS
March 22, 2026	KNB Closed development training session #2	Saint John, NB
April 12-13, 2026 (Tent.)	KNS Kumite Clinic with Hana Furumoto-Deshaies	Halifax, NS
April 19, 2026	KNB Closed development training session #3	Saint John, NB
April 26, 2026	KNB Closed development training session #4 - Weight check	Saint John, NB
May 3, 2026	KNB Closed development training session #5 - Weight check	Saint John, NB
May 11, 2026	Arrive to Nationals	Edmonton, AB
May 11-17, 2026	2026 Junior Karate Canada National Championships	
TBD	US Open (Optional)	Dallas, USA
May 30, 2026 (Tent.)	KNB Fitness Testing – CSIA High Performance Gym	Fredericton, NB
June 7, 2026	KNB Closed development training session #5 - Debrief	Saint John, NB
TBD	Senior Pan American Championships	TBD, Brazil
June 20-21, 2026	East Coast Games	Saint John, NB

	KNB Clinic	
July 5, 2026	KNB Open development training session #5	Saint John, NB
July 24-26, 2026	KNB Summer Camp	Saint John, NB
Aug 16, 2026	KNB Open development training session #6	Saint John, NB
Aug 23-29, 2026	Junior Pan American Championships	Lima, Peru

Note 1: Drop-ins for open trainings may be considered for a 35\$ fee – registration required in advance

Note 2: Participation fees associated with KNB Clinics and KC Regional Camps are not included in the ADP fee

Note 3: Selection for the 2026 U21 & Senior National Championships will be finalized by Dec 2025 and will include all points accumulated from events at that time (i.e., excluding KNB GP #3). Selection for the 2026 Junior National Championships will be finalized by February 2026, and will include all points accumulated from events at that time (i.e., including KNB GP #3).

*Regional training camp associated with Karate Canada

**Schedule subject to be amended as applicable (e.g., facility access limitations, weather considerations, etc.)

APPENDIX E – TEAM TRAINING FORMAT

Location: KV Karate Martial Arts Centre (67B Marr Rd, Rothesay, NB E2E 3K7)

Training time(s): 10:00am-12:00pm **AND** 1:00-3:00pm

Athletes are expected to arrive for all scheduled **Team Trainings** by 9:30am to assist with the setting up of mats in the Ballet School for the Kata discipline. Any exceptions to this arrival time must be communicated and approved by the **KNB Coaching Staff** in advance of the training date.

Regular format:

	Kumite discipline	Facility	Kata discipline	Facility
SET UP (9:30-10:00am)	ALL	Ballet School	ALL	Ballet School
AM (10:00-12:00pm)	Senior AND Junior	Main dojo	Cadet AND Youth	
LUNCH (12:00-1:00pm)	ALL		ALL	Main dojo
PM (1:00-3:00pm)	Cadet AND Youth		Senior AND Junior	Ballet School

Any changes to the regular format of **KNB Team Trainings** as presented above will be communicated to the **Team** by the **KNB Coaching Staff** in advance of the scheduled training date. Athletes must participate in the training time slot that aligns with the age category in which they will compete at the National Championships. Any exception to this standard can be made at the discretion of the **KNB Coaching Staff**.

Sport Science deliveries will be scheduled during the lunch hour between 12:00-1:00pm. Athletes are expected to participate in these sessions unless granted an exemption by the **KNB Coaching Staff**.

APPENDIX F – SPORT SCIENCE SERVICES



What is Strength & Conditioning Training?

Strength & Conditioning (S&C) training designed to support **athletic performance** by improving athletic abilities such as strength, power, speed, balance, coordination, and metabolic fitness (cardio). Additionally, S&C training is vital for the **prevention and management of injuries** by improving the body's resilience to the high physical demands of sport.

KNB recognizes that incorporating S&C training into its athletes' training routines is an ongoing investment to support a long, healthy athletic career and beyond. For this reason, any athlete in the ADP (Tier 2) has access to the S&C training program through the Teambuildr training app.

The S&C training program is specifically designed by a Canadian Sport Institute Atlantic (CSIA) S&C Coach for karate athletes. In order to see athletic improvements from the S&C training program, it is important that **athletes take responsibility to remain consistent** with their S&C training.

*Tier 1: CSIA Facility Locations & Schedule

All **Tier 1** CSIA S&C sessions are coached by a certified S&C Coach. The following regions have a CSIA training location:

- **Fredericton:** CSIA High Performance Centre, located in the University of New Brunswick Fredericton Kinesiology Building.
- **Moncton:** Centre d'éducation physique et des sports (CEPS), located in l'Université de Moncton.

- **Saint John:** Irving Oil Field House fitness centre, located at 129 McAllister Dr, Saint John.

The training schedule includes facility access 2-3x/week. Exact dates and times are region-dependent. Further information will be provided during the S&C onboarding process for **selected Tier 1 ADP athletes**.

APPENDIX G – FUNDING APPLICATION FORM



APPLICATION FOR FUNDING FROM KNB

Name

Address/Contact Information

E-Mail (for purposes of funds transfer)

Reason for Request

Dates of Event/Travel

Estimated Costs to applicant (please provide details)

Please provide details of any financial support from other sources

If funding for this initiative is provided, you must agree to support future KNB events in an effort to transfer your learnings to other members of KNB.

Signature

KNB Coach Signature

Date of Request

APPENDIX H – PARENT & VOLUNTEER ENGAGEMENT

Behind every successful athlete is a strong support system, and in the karate community that includes parents and volunteers. While the ***Athlete Development Program*** strives to achieve and enhance individual **performance growth**, while maintaining high standards of **integrity** and **work ethic**, it also relies on the collective support of the community. As such, the **ADP** encourages all participants to support the ongoing growth of the sport by giving back to the organization. See below ways to get involved:

Tournament Support	Fundraising and Sponsorship
<ul style="list-style-type: none">• Assist with mat setup and takedown• Assist with scorekeeping and timekeeping (training provided)• Act as a corner judge/referee assistant (training provided)• Assist with athlete check-in or spectator coordination• Assist with the organization of other KNB events (as applicable)	<ul style="list-style-type: none">• Assist in creating and coordinating fundraising opportunities• Assist in connecting with local businesses or community sponsors• Organize or support raffles, events, or donation drives
Media and Promotion	Operations and Logistics
<ul style="list-style-type: none">• Take photos/videos at tournaments and practices• Assist in managing social media or website platforms• Support content creation and editing	<ul style="list-style-type: none">• Provide first aid support (if certified)• Assist in building distribution lists and managing communications• Provide IT or tech support for registration, scoring, or digital tools

Why it matters:

Sending one athlete to Nationals can cost upwards of \$5,000 — including travel, accommodation, and training. To make this sustainable and inclusive, we need to work together as a community. Every hour volunteered or dollar raised helps bring down barriers and elevate our team.

We appreciate you:

Your involvement is not just appreciated — it's essential. By sharing your time, skills, or resources, you're helping create lasting memories, empowering young athletes, and strengthening the future of our sport. If you'd like to get involved in any way, please let us know. We'll connect you with the right people to get started! Together, we can achieve more.