

# **Judo Saskatchewan Multi Year Plan 2010-2013**



## **Values**

Values shape our organizational culture, underlie our management philosophy and guide our actions. They are the foundation upon which our vision, goals, and strategies are developed. Judo Saskatchewan recognizes certain values as fundamental to the achievement of its mission:

- Sportsmanship and fair play
- Safe environment
- Judo is a sport that can be performed by all
- Excellence of judo programs offered across Saskatchewan.
- Integrity
- Positive leadership and respect for others
- Excellence through holistic leadership
- To Remain a viable and sound financial organization

## **Vision**

To create and produce judo programs in communities across Saskatchewan that are safe, efficient, effective and enjoyable to all members of Judo Saskatchewan.

## **Mission/Purpose**

The objective of Judo Saskatchewan is:

- a) to be the organization recognized by Judo Canada as the governing body in the province of Saskatchewan and as such will regulate and control the practice of Judo throughout the province;
- b) To teach and promote the sport of Kodokan Judo in the province of Saskatchewan;
- c ) to follow the teachings of Kodokan Judo by maintaining high ethical standards formulated by the founder of Judo, the late Professor Jigoro Kano;
- d) To provide guidance and leadership in Kodokan Judo for advocates in Saskatchewan;
- e) To unify the sport of Judo by establishing grading standards, competition and relations with Judo activities in the national and international organizations;
- f) To do all other such things as are incidental or conducive to the attainment of the above objects.

## **Areas of emphasis**

- Judo Saskatchewan has a consistent presence at the National and some of International levels;
- To increase membership in the province
- Regulations and standards for all aspects of judo are applied consistently for all judo members across the province.
- To continue with the current Website
- To increase awareness and encourage greater participation in Kata
- To implement a new three year plan to increase the numbers and quality of the officials in the province
- To set aside the necessary funds to replace 50% of the Judo Sask tatami every 3 years

## **Goals**

### **Our major goals are:**

Judo Saskatchewan promotes the principles of Judo and, in collaboration with our members, strategic partners, and provincial & national sport communities, work towards the advancement of judo, at all levels from earliest stages through to World Class Performance, across Saskatchewan and Canada. Judo is for everyone, from the young to the older. To teach, show and demonstrate respect.

The main aims of the Long Term Development (LTD) plan are to outline to coaches, parents and administrators and the judo community in Saskatchewan what a long-term approach to training and preparation means. The LTD plan will give detailed training and preparation guidelines that will be of assistance to judo providers in planning their programs.

A LTD approach is about encouraging all judokas, whatever their talents and motivation, to achieve their full potential. This can only be achieved if the most appropriate and effective environments can be created in our clubs.

## **Action Plan/Operational Plan**

As an organization we adopt six-phase model of LTAD, which closely relates to those periods of trainability.

**Fundamentals** - (male 6-10, female 6-10 years) this stage should be structured and FUN with the emphasis on developing basic movement literacy and fundamental movement skills.

**Learning to Train Phase I** - (male 10-12, female 10-11/12 years) during this stage young judokas should learn how to train and develop the basic skills of judo. This stage coincides with peak motor co-ordination and so there should be emphasis on skill development.

**Learning to Train Phase II** (male 12-14, female 11-13 years) this is a continuation of learning to train phase I so there should be a continuation of training and developing the basic skills of judo along with emphasis on aerobic conditioning and greater individualism of fitness and tactical training.

**Training to Train** - (male 14-16, female 13-14 years) there should be a continued emphasis on

physical conditioning with the focus on maintaining high volume workloads but with increasing intensity.

**Training to Compete** - (male 16-18, female 14-17 years) again there should be continued importance on physical conditioning with the focus on developing maximum strength gains through the use of free weights.

**Training to Win** - (male 18+, female 17+ years) this is the final stage of athlete preparation and the emphasis should be on specialization and performance enhancement

### **Year One: Sept. 2010-Aug.2011**

Increase skill level of coaches in Judo Saskatchewan (art & science of coaching)

- Encourage clubs to promote judo in their communities by doing demonstrations, school visits, and other promotional activities.
- Continue to develop our relationships with the media from the PSO perspective
- Identify additional aboriginal communities that may be ready to start a judo program
- Promote winter and summer camps
- Hosting provincial tournaments throughout the province-encourage host clubs to involve the media
- Continue the development of safe and friendly LTDM competitions for athletes starting in the sport
- Hold Provincial championship tournament
- Develop LTDM Coach/Club program to help coaches transition into the Judo Canada standards needed to be a qualified coach
- Include club coaches in the developmental programs of the athletes attending the Canada Winter Games
- Choose & prepare Canada winter games athletes
- Encourage people to try the sport for a “Free Trial Period”
- Encourage older athletes to participate in NCCP coaching certification. Set-up a mentorship program for students

Promote Judo within Aboriginal Communities – identify former provincial team members or high ranking judo athletes who are in aboriginal communities and encourage them to start judo programs using the community grant program.

Develop standardized grading for advancement in the sport of Judo across the province.

Encourage our existing coaches to become certified in their NCCP levels I, II, III (technical, theory and practical).

To continue to develop more coaches throughout the province by holding annual coaches retreats. Supply coaching materials, DVD's, internet programs & program reviews.

Continue the work started to incorporate & improve Kata in our Judo programs

Implement our Long range plan for Officials development

Work towards having all clubs with an active level II coach

Coordinate the continued sport science program and encourage the coaches' interest in

strengthening their athletes training and personal development.

To place 4<sup>th</sup> or better at Junior national and to have 2 Judo Sask clubs ranked in the top 20 of overall judo club rankings in Canada

To finish in the top four in the 2011 Canada Winter Games

To qualify 1 athlete to the 2011 World Junior Championship team

To qualify 1 athlete to the 2011 World Cadet Championship team

### **Year Two: Sept. 2011–Aug. 2012**

Increase skill levels and numbers of officials

- See increased number of registered Judokas at all levels, from grassroots to high performance
- Increase number of active Judo clubs in Saskatchewan
- Increase number of Certified Coaches across the province. To certify 2 new level III certified coaches and to have 3 active level III female coaches
- To continue the successful summer/winter camps
- Develop Veterans judo program – encourages coaches to improve their personal skill set and how to prepare for competition
- Provincial tournaments and trainings
- Hold Provincial championship tournament
- Increase number of volunteers at clubs, tournaments, camps etc.
- Schedule formal officials seminars at the first tournament of the year and at Sask Open
- Schedule one formal officials grading date at the Provincial Championships
- Increased visibility of Judo within province through performance (more medals at national level)

Start to recruit athletes for all divisions at the beginning of the season.

All clubs to have a level II active coach

To place 4<sup>th</sup> or better at Junior nationals and to have 1 Judo Sask club in the top 15 and 2 additional Sask clubs in the top 20 of Judo Canada's ranking of top clubs

To place 4<sup>th</sup> or better at Senior nationals

Develop athletes with high standings at international level

To qualify 1 athlete to the 2012 World Junior Championship team

To qualify 1 athlete to the 2012 World Cadet Championship team

To have 2 positive officials grading advancements at the National level

### **Year Three: Sept.2012 –Aug.2013**

- Continue to work to increase the number of registered Judokas at all levels, from grassroots to high performance.
- Increase number of Judo programs in Saskatchewan
- Certify 2 additional NCCP level III coaches.
- Increase number of volunteers at clubs, tournaments etc.
- Increased visibility of Judo within province through performance (more medals at national level)
- To place 4<sup>th</sup> or better at Junior nationals, and to have 1 club in the top 15 and 2 additional clubs in the top 20 of Judo Canada's ranking of top clubs.
- To place 4<sup>th</sup> or better at Senior nationals
- Develop athletes with high standings at international level
- Hold Provincial championship tournaments
- To maintain 4 nationally rostered referees
- To qualify 1 athlete to the 2013 World Junior championship team
- To qualify 1 athlete to the 2013 World Cadet championship team

### **Evaluation of results**

As an organization we feel Judo Sask. is in a good financial position and are able to operate at an effective level. We are proud of our accomplishments and have recognized areas that require attention to maximize our growth as an organization and to ensure all members enjoy a fuller richer judo experience.

We feel that with this plan and the continued support of Sask Sport we will be able to increase the quality and awareness of Judo in Saskatchewan.

As an organization, at Judo Saskatchewan we are pleased that we have been making progress in many key areas;

- The LTAD model is being implemented including a new competition structure for younger competitors
- We have contracted a very high quality coach who is working closely with the club coaches to improve our coaching
- We are receiving some real interest from the aboriginal community with one new club starting this past year with 2 more communities showing serious interest
- We consistently have athletes medaling at National competitions
- We have created a media liaison position to help improve media coverage
- We have started a committee to work at developing Kata within Judo Sask
- We have developed a 3 year plan to improve both the numbers & the quality of our officials

Moving ahead we have pinpointed that our officials situation and the importance of improving the quality of our coaching will be our key areas of development. These key areas are fundamental to maintaining a sound future for our organization.

**This is a copy of our new Multi-year plan for recruiting, educating, promoting, & retaining our Judo Sask officials.**

## **Judo Saskatchewan Multi Year Plan For Officials 2010-2013**



### **Year One: Sept. 2010 –Aug. 2011**

Increase skill level of officials in Judo Saskatchewan.

- Actively recruit officials through personal contact, e-mail and direct mailing
- Make formal presentations to the Coaches Retreat, Provincial Grading Board & Chair of Coaches Committee and request their support for Officials development.
- Enhance the Officials site on our webpage
- Encourage officials development at the club level and provide assistance to the clubs from the Officials Committee
- Amend the MAP criteria to include officials development as a priority spending area for clubs
- Schedule formal officials seminars at the first tournament of the year and at the Sask Open
- Schedule information sessions at all tournaments
- Ensure proper officials rooms at all tournaments
- Schedule two formal grading dates, at the first tournament of the year & at the Provincial Championships
- Schedule and fund officials to attend all out of province competitions where Judo Sask is sending a team
- Ensure we have 7 active referees per mat area at every in Province tournament
- Have two positive grading advancement at the National level
- Maintain three Nationally rostered referees
- Formally recognize officials accomplishments

### **Year Two: Sept.2011 –Aug.2012**

Increase skill level of officials in Judo Saskatchewan.

- Actively recruit and retain officials through personal contact, e-mail and direct mailing
- Ensure the Officials site on our webpage is active & up-to-date
- Schedule information sessions at all tournaments
- Ensure proper officials rooms at all tournaments
- Amend the MAP criteria to include officials development at the club level is a requirement to be eligible to receive a MAP Grant
- Amend the tournament sanction policy to include the requirement for the host club to provide 3 referees and 8 volunteers from their club on tournament day.
- Schedule formal officials seminars at the first tournament of the year and at Sask Open
- Schedule one formal grading dates at Provincial Championships
- Encourage officials development at the club level and provide assistance to the clubs from the Officials Committee
- Schedule and fund officials to attend all out of province competitions where Judo Sask is sending a team
- Increase by 4 the number of active referees in the Province
- Have two positive grading advancement at the National level
- Maintain three Nationally rostered referees
- Formally recognize officials accomplishments

### **Year Three: Sept.2012 –Aug.2013**

Increase skill level of officials in Judo Saskatchewan.

- Actively recruit and retain officials through personal contact, e-mail and direct mailing
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- Formally recognize officials accomplishments

**Respectfully submitted on behalf of the Provincial executive of Judo Saskatchewan.**

**Greg Seib  
Chair of Finance  
Judo Saskatchewan**