

**National Training Center**



**Centre National d'Entraînement**

**NATIONAL TRAINING CENTRE**

**JUDO CANADA**

**OPERATIONS MANUAL**

August 2018

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## **I - L'Institut national du sport du Québec**

L'Institut national du sport du Québec (Québec National Sports Institute; INS Québec) is an organization whose mission is to provide all Québec high-level athletes and coaches with structured and integrated services, on par with the world's best practices, to help them achieve excellence. INS Québec plays a fundamental role in the pursuit of excellence for high-level athletes and coaches which emanates onto the Canadian and international scene.

With the financial support of the Québec government, INS Québec now hosts seven resident sports under one roof, and allows high-level athletes and coaches to benefit from priority access to international-calibre sports facilities, as well as a range of cutting-edge technology and sports medicine services.

INS Québec's foremost priority is the training of high-level athletes identified by their national federations, with secondary attention given athletes identified as "Élite" (Elite) or "Relève" (up-and-coming) by their respective provincial federations.

### **INS Québec Rules:**

- Athletes must always be accompanied by a coach or service worker.
- Athletes, coaches, and staff may be asked to participate in promotional and media activities.
- INS reserves the right to refuse access to athletes who have not attained "Excellence" status.
- For visitors, a list of names is to be submitted in advance and available at the activity entrance.
- Athletes are to respect the pre-established schedules.
- Athletes identified as "Excellence" have access to private locker rooms with sauna and showers situated at the 100 level, accessible from 6:30 am to 10 pm. Each athlete will receive a locker in his name, where equipment can be stored permanently.
- Other athletes are to use the Olympic Park Athletic Centre lockers.
- Access to the hydrotherapy lab is by reservation only. An INS representative must be present.
- Training rooms and gyms: access to these rooms is to be determined in accordance with an established schedule and only under supervision of an INS representative.

### **Service Plan**

As well as access to training facilities and shared spaces, INS Québec offers a range of sports medicine, scientific, training and personal development services targeted at athletes and coaches from resident training groups. The service plans are adapted for the number of athletes, the national federation's financial capabilities and INS priority level, different for every sport.

## **II- Judo Canada National Centre Mandate**

***Judo Canada's objective is to produce extended podium performances at the Olympic Games, Senior World Championships, Junior World Championships, and Cadet World Championships.***

The objective of the National Training Centre is to offer athletes the coaching and training necessary to achieve these goals.

### **National Centre Access and Advantages**

Four types of access to the National Centre will exist:

1) Full-time Group:

- Access to all judo practises.
- Access to physical training sessions alongside physical trainers (see Annex 3).
- Coaching by a national coach (see Annex 3).
- Specialized services (nutritionist/sport psychologist/massage therapist/sports therapist/etc.) (See Annex 3).

2) Group 2: Transition toward full-time status

- Personalized schedule to prepare the athletes for full-time group.
- Coaching by the provincial coach (for Quebecois athletes).
- A special request must be made.

3) Group 3: Judo 2 nights and Saturday morning

- Access to Tuesday and Thursday night, and Sunday morning practices.
- Coaching by provincial coach for Quebecois athletes.

4) Occasional Group:

- Limited-time access to judo practises only (ex.: National camp)

To be eligible for one of the four National Centre Groups above, an application form must be filled out: [http://www.judocanada.org/ntc\\_cne/](http://www.judocanada.org/ntc_cne/).

### III- Membership Criteria

#### 1. Competitive Results

Results must demonstrate potential to become an international level competitor.

#### 2. Discipline at Training

Ability to train full-time in a National Training Centre.  
Respect of minimum training requirements.

#### 3. Long-term Objectives

Minimum objective: commit to a career in judo.

#### 4. Physical Testing

To get an initial assessment of the physical condition of judo athletes upon their entry at INS Québec, a series of tests is proposed. These tests are to be divided into four categories: 1- anthropometric measurements, 2- strength and power (lower and upper body), 3- anaerobic capacity, 4- aerobic capacity. For more information, please consult the documents in Annex 2.

### IV- Training Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Strength & Conditioning	JUDO- Technical 9:30-11:00	Strength & Conditioning	JUDO- Technical 9:30-11:00	Strength & Conditioning	Judo 9:30-11:30	
PM 5:30- 7:30	Judo	Judo	Judo	Judo	Judo		

*\* Training sessions in green are open to part-time athletes*

Statutory Holidays (Training Centre is closed):

- December 24 as of noon
- December 25
- December 31 as of noon
- January 1

## **V- National Centre Operational Rules**

National Centre athlete's status will be evaluated three times a year: May 20, August 31, and December 31. The evaluation criteria are the following:

- 1) Respecting INS Québec rules;
- 2) Punctuality and attendance at practices, events and treatments;
- 3) Respecting the Athlete Agreement signed with Judo Canada;
- 4) Performance in practice and in competition;
- 5) Respecting judo's core values (respect, politeness, sincerity, modesty, emotional control, self-discipline, friendship, honour and courage).

Athletes will be evaluated by National Centre staff, and if necessary, provincial staff. The following measures are to be taken in the case of a negative evaluation (depending on severity):

- 1) Probation (30 days);
- 2) Reduction of status (ex.: from full time to part-time);
- 3) Loss of carding or Team Québec status;
- 4) Expulsion from the National Centre.

## **VI: National Training Centre Application Form**

**All applications must be completed online:**

[http://www.judocanada.org/ntc\\_cne/](http://www.judocanada.org/ntc_cne/)

## **ANNEX 1 – Physical Tests**

### **1. Anthropometric Measurements**

Skin fold measurements (8), along with body segments circumference (5) and size (2) are used as the main anthropometric measurements in accordance with the standards set by the International Society for the Advancement of Kinanthropometry (ISAK). A body composition test is also possible (BodPod, Cosmed, USA). A complete description of the measured variables is presented in the CahierOBS\_Judo.

Anticipated time for section: 20 minutes

Pause until next section: None

### **2. Strength and Power**

Lower body strength and power are evaluated following the strength-speed profiles established with the use of a system of linear encoders (Muscle Lab, Ergotest, Norway).

In order to improve the validity and reproducibility of this test, it is recommended that athletes take time to familiarize themselves with the movements and instructions prior to the evaluations. During the testing session, a specific warm-up is recommended, after which an athlete will be proposed incrementally heavier loads in order to establish a resistance/power curve. The athlete must move the load with maximum explosiveness and speed each time. Two attempts are made with a load to ensure optimal technique execution of the movement. A 3-minute rest is also recommended between loads. Once two consecutive increases in resistance result in an equal amount of power output loss, the test may be ended. In total, 5 to 8 different resistances (10 to 16 attempts) should be used to establish the profile in order to ensure the best balance between precise data measurement and optimal athlete performance for each repetition. The loads and increments used will vary from athlete to athlete. A universal protocol is difficult to establish due to each athlete's particular qualities and their experience with the proposed movements.

#### **2.1 Specific Bench Press Position**

The athlete lies on his back on an exercise bench with feet firmly on the ground. A 4 cm cushion is placed upon his chest to avoid elbow hyperextension. The athlete must retrieve the bar from its stand and lower it to the cushion. A 4-second pause must be calculated to avoid any eccentric phase interference on the effort. After this break, the athlete executes the movement aiming for maximum speed without throwing the bar. The lift is to be done in as linear a movement as possible. This process is repeated until a profile is established.

## **2.2 Specific Prone Row Position**

The athlete lies prone on an exercise bench mounted on a 61 cm (24 inches) platform. The tip of the athlete's feet rest on this platform. The athlete's chin rests on the bench while his arms hang on either side. The athlete retrieves the weight bar from its stand (ex. In front of a squat cage). The row must be done vertically until contact is made with the underside of the exercise bench. Once again, maximum speed should be sought during the movement. This process is repeated until a profile is established.

Anticipated time for section: 45 minutes

Pause until next section: None

## **2.3 Specific Squat Position**

The lower body power output test is done with a guided bar. The athlete is required to lift a bar placed on the shoulders from a half-squat position (knees at 90 degrees). The motion must be done explosively to attain the maximum speed possible, which involves a jump, especially with lighter loads. Once in the starting position (knees at 90 degrees), a 4-second pause is recommended in order to avoid all eccentric phase interference with the effort.

## **3. Anaerobic Capacity**

Anaerobic capacity is evaluated with the Wingate Test for lower body. A PeakBike (Monark) cycle is used for this test, with analysis of maximum and medium output as well as performance decrease indicators.

### **3.1 Maximum Effort for 30 Seconds at Fixed Resistance on Stationary Bicycle**

The athlete must first warm up freely for 5 minutes on the stationary bicycle. Afterwards, the athlete is required to pedal at maximum speed twice, for 4 to 8 seconds each time, at maximum effort. A 5-minute pause is then taken prior to the actual test. After this pause, the athlete must pedal as fast as possible to attain the maximum cadence reached during warm-up. Once this instruction is followed, resistance equivalent to 7.5 (W) or 8% (M) of body weight is added. Maximum effort must be maintained by the athlete for the 30-second duration of the test. The athlete must remain seated during the effort. To ensure better recuperation, a period of 5 minutes during which the athlete continues to pedal freely and slowly with little resistance should be foreseen.

Anticipated time for section: 20 minutes

Pause until next section: 30 minutes

#### **4. Aerobic Capacity**

Within the scope of this series of tests, aerobic capacity is tested based on the maximum oxygen intake estimated following incremented testing.

##### **4.1 Incremented Léger 20 m Shuttle Run Test**

For this test, the athlete is required to complete shuttle runs over a distance of 20 m at a fixed initial speed of 8.5 km/h. The speed is increased by 0.5 km/h every minute until the athlete can no longer run. A beep (Trousse d'évaluation de l'aptitude physique, Luc Léger et collègues, Fédération des Kinésiologues du Québec) is emitted to dictate the running speed over the 20 m. The athlete must stop at each end before running in the opposite direction. A warning may be issued by the evaluator if the athlete cannot maintain the imposed rhythm of the course. The test ends either when the athlete drops out or fails to maintain speed for two consecutive lengths.

## Annex 2 - Coaches and support staff



### **Nicolas Gill (CEO/High Performance Director)**

[n.gill@judocanada.org](mailto:n.gill@judocanada.org)

After having been the most successful judoka in Canadian judo history with two Olympic medals and three World Championships medals, Nicolas Gill chose to dedicate his life after sport to developing high-level athletes. He has been National Team Coach since 2005 and performed the dual functions of High Performance Program Director for Judo Canada as well as National Team Head Coach from 2009 to 2016. He is now both CEO and HPD.



### **Michel Almeida (Head-Coach & Senior Men's Team Coach)**

[m.almeida@judocanada.org](mailto:m.almeida@judocanada.org)

Coming from Portugal, Michel has been European Champion and took 7<sup>th</sup> place at the Sydney Olympic Games in 2000. During the last ten years, he proved himself as Coach within the Portuguese National Team. He has a university diploma in sports sciences (specialized in judo), as well as a Master certificate in Sports performance.



### **Sasha Mehmedovic (Women's Team Assistant Coach)**

[s.mehmedovic@judocanada.org](mailto:s.mehmedovic@judocanada.org)

Long-lasting National Team member, Sasha has represented Canada at the 2008 and 2012 Olympic Game.

His 7<sup>th</sup> place at the 2007 Senior World Championships in Brazil remains the highlight of his career. He has medalled at numerous high-level events. After his participation in the 2013 Senior World Championships, Sasha retired from the National Team to become the Assistant Coach of the Junior Team. In April 2005, he changed role and became Assistant Coach of the Women's Team.



**Jean-Pierre Cantin**  
**(Cadet and Junior Coach)**

[jp.cantin@judocanada.org](mailto:jp.cantin@judocanada.org)

9<sup>th</sup> at the Barcelona Olympic Games, Jean-Pierre was a member of the Canadian National Team for over 10 years. From 2001 to 2009, he was Head Coach of the Junior Team. From 2009 to 2015, Jean-Pierre headed a judo club in New Brunswick, and he also was the Provincial Team Coach.



**Janusz Pawłowski**  
**(National Training Centre and Sport Study Coach)**

[j.pawlowski@judocanada.org](mailto:j.pawlowski@judocanada.org)

Of Polish descent, Janusz reached several times the World podiums. He won two Olympic medals as well as three World Championships medals. Since 1991, Janusz has been Head Coach of several judo clubs and federations. In 1996, he coached three Italian athletes at the Atlanta Olympic Games. From 1997 to 1999, he was Head Coach of the Polish Team, and two of his athletes were selected for the Sydney Olympic Games. From 2000 to 2004, he was Head Coach of the Bezigrad judo club in Slovenia, and from 2004 until his arrival in Canada, he was Head Coach of the Club Centro Ginnastico Torino in Italia.



**Alexandre Emond**  
**(National Training Centre U18 Coach)**

[a.emond@judocanada.org](mailto:a.emond@judocanada.org)

Alexandre started judo at the age of 6 at the judo club in Varennes. From an early age, Alexandre took part in several Canadian championships. He became a member of the national team at the age of 20, leading him, a few years later, to participate in the London Olympic Games in 2012.

Since January 2017, Alexandre has joined the national team as a coach for athletes under the age of 18 who attend the Judo Canada National Training Center (CEN) in Montreal on a part-time basis.



**Marie-Hélène Chisholm**  
**High Performance Manager**  
[mh.chisholm@hjudocanada.org](mailto:mh.chisholm@hjudocanada.org)

National Team member for nearly 14 years, and 5<sup>th</sup> at the Athens Olympic Games and at the 2005 World Championships, Marie-Hélène has her level 5 certification from the NCCP. Marie-Hélène also coached the Provincial Team from 2008 to 2009. She then became Assistant Coach of the National Women's Team from 2009 to 2013. Since 2013, Marie-Hélène is the High Performance Manager.



**Tiffany Hunting**  
**Physiotherapist**  
[t.hunting@hjudocanada.org](mailto:t.hunting@hjudocanada.org)

Tiffany joined the Canadian Judo National Team in November 2016. She came to us from the Institut National du Sport du Québec, where she worked with the National Short Track Speed Skating program for several years, building up extensive experience in high-performance sports physiotherapy. She has also worked as head therapist for the McGill Women's Rugby and Rugby Québec teams. Tiffany holds a Degree in Physiotherapy from McGill University, as well as a master's degree in Human Nutrition. A passionate athlete and a former rugby and basketball player herself, Tiffany has always enjoyed working with athletes, and has volunteered her skills with several amateur sports teams, as well as during large events such as the Pan Am Games.

## **Annex 3 – National Centre Recommended Education**

### SECONDARY SCHOOL SPORT STUDY

Before submitting a request to recognized schools, admittance to the National Centre must be acquired. The Application Form in Annex 1 must be completed and submitted.

#### Secondary School - French: Édouard Montpetit

6200, av. Pierre-de-Coubertin  
Montréal (QC), H1N 1S4  
514-596-4140

<http://edouard-montpetit.csdm.ca>

#### Yearly Admission Criteria:

- Maintain a general average of 75%;
- Maintain a minimum grade of 65% or equivalent for those with descriptive report cards, with codes, in the two basic subjects: French and Math;
- Achieve a passing grade in all subjects;
- Demonstrate the motivation and attitude required to achieve outstanding results;
- Be recommended by a sports federation as an “Excellence”, “Élite”, “Relève”, or “Espoir” (Budding) athlete.

#### Required Documents:

- Birth certificate (original);
- Report card from the previous school year as well as a copy of the current school year’s report card;
- Latest government-issued transcript (students in grades 11 and 12);
- Proof of residence (Hydro, Bell);
- Sports organization recommendation.

The Sport-Study program is open to grades 11 and 12.

To register in this school, book an appointment with the Program Manager:

Jocelyn Côté

Directeur adjoint

SAPDÉ

[cotejoc@csdm.qc.ca](mailto:cotejoc@csdm.qc.ca)

École Édouard-Montpetit

514- 596-4140, poste 7274

## **Secondary School – English: Lester B. Pearson**

11575, rue P.M. Favier  
Montreal-North (QC), H1G 6E5  
514-328-4442  
514-328-4443 (Fax)  
<http://www.emsb.qc.ca/lesterbpearson/>

Yearly Admission Criteria:

- Meet academic requirements;
- Be recommended by a sports federation as an “Excellence”, “Élite”, “Relève”, or “Espoir” athlete;
- Be eligible to attend an English-language school;
- The Sport-Study program is open to grades 11 and 12.

*To register in this school, book an appointment with the Program Manager: 514-328-4442*  
[lesterbpearson@emsb.qc.ca](mailto:lesterbpearson@emsb.qc.ca)

### ***\*Billeting with host families***

\*For information on host families, please contact:  
Marie-Hélène Chisholm: [mh.chisholm@judocanada.org](mailto:mh.chisholm@judocanada.org)

## **Alliance Sport-Études: Cegeps and Universities**

### **ELIGIBILITY REQUIREMENTS**

Alliance Sport-Études eligibility requires:

Admission to an Alliance Sport-Études member cegep or university.

A) Be a player of the Ligue de hockey junior majeur du Québec;

OR

B) Be recognised as an “excellence”, “élite”, “relève” or “espoir” athlete by the Sports and Physical Activity Administration of the Ministère de l’Éducation, du Loisir et du Sport.

## **IMPORTANT DATES**

Application to the Alliance Sport-Études: complete the online Alliance Sport-Études admission request form by **November 1st** for the **winter session** and by **March 1st** for the **fall session** of each year.

## **ENTRY FEES**

A fee of **\$40** (non-refundable) is required to open a file for the student athlete at the collegiate or university level. For late applications, the fee is **\$80**.

Entry fees are only required upon initial registration requests to the Alliance Sport-Études. Membership is automatically renewed every session.

## **COSTS**

### **Collegiate Level:**

To maintain Alliance Sport-Études student-athlete status, all cegep student athletes are required to pay program fees of **\$42 per session**, payable to the school.

For **“ESPOIR”** student athletes, there is an additional \$70 administrative fee per session, payable to the Alliance Sport-Études.

### **University Level:**

There are no fees to pay for Alliance Sport-Études services for students at the university level.

### **Cégep@distance: Fees Per Course**

For student-athletes following courses through Cégep@distance, administrative fees of \$30 per course are payable to the Alliance Sport-Études. These fees cover accelerated registration services and course follow-up with Alliance educational consultants.

For students **ONLY** following course through Cégep@distance, an additional one-time request fee of \$30 is payable to Alliance Sport-Études.

Link to request Alliance Sport-Études admission:

<https://alliancesportetudes.ca/en/student-athletes/application-for-admission/>

### **Nearby Cegeps offering Sport-Study programs,**

#### **Collège de Maisonneuve**

3800, rue Sherbrooke Est

Montréal (Québec) H1X 2A2

514-254-7131



Métro Pie-IX and Joliette

1,5 km from the Olympic Stadium

<http://www.cmaisonneuve.qc.ca/cegep-montreal-dec-preuniversitaire-technique-accueil>

#### **Collège Rosemont**

6400, 16<sup>e</sup> Avenue

Montréal (Québec) H1X 2S9

514-376-1620



Métro Rosemont and Langelier, and bus 197 (East or West)

4,3 km from Olympic Stadium

<http://www.crosemont.qc.ca/le-college>

### **Universities (Alliance Sport-Etudes members)**

#### **Université du Québec à Montréal**

<http://www.uqam.ca/>

#### **Polytechnique de Montréal**

<http://www.polymtl.ca/>

#### **TELUQ**

<http://www.teluq.ca/>

#### **Concordia University**

<http://www.concordia.ca/>

## **Suggested accommodation:**



### **1) Résidences Universitaires UQAM**

<http://www.residences-uqam.qc.ca/univ/>

Two locations:

Résidence Est: 303 René Lévesque/Résidence Ouest: 2100 St-Urbain

The University Residences are accessible to all students. The tenant must be enrolled full-time or part-time in an educational or research programs. The prices vary between \$435 and \$875 per month\*. This pricing includes all taxes, high-speed internet, all charges for electricity, heating and basic phone (voice mail included).

The residential complex of UQAM is a safe place subject to regular monitoring.

**\*Price subject to change**

### **Partial list of services:**

- Rooms furnished units
- Full communication system (telephone, internet, community TV and antenna connections for personal computers)
- Some rooms suitable for disabled people
- Bail 9-month lease autumn/winter and 3 months for the summer
- Ready material such as iron, vacuum cleaner, etc.
- Student Lounge
- Individual post office box
- Convenience store and restaurant café
- Laundry rooms
- Metro station near Berri/UQAM

### **Apartment available:**

- Studio: 150 one-room studios (bachelor type), for one, including a kitchenette, a work-room area, and a bathroom (shower only). Rent: \$535/month.
- Multi-8: 16 eight-bedroom apartments on two levels (for eight people), large kitchen and large living room, 2 bathrooms (bath and shower), a toilet room. Rent: \$445/month/per room.
- Multi-3: 46 three-bedroom apartments (for three people) with kitchen and bathroom. Rent: \$505\*/month/per room.
- Multi-2: 8 two-bedroom apartments (for two), with kitchen, spacious living-working and bathroom. Rent: \$525/month/per room.

## 2) LE2662.COM

Furnished studio for rent near the National Centre.

<http://le2662.com>

- The accommodation is rented by the week or month.
- The property is conveniently located next to many tourist facilities in Montreal and next to the Metro Pie IX (15 minutes from downtown Montreal).
- Our studio is referenced 2 stars by the Corporation de l'Industrie Touristique du Québec, assuring you a quality and safety guarantee.