



NATIONAL TRAINING CENTRE

JUDO CANADA

OPERATIONS MANUAL

August 2019

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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 ten 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.
- 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, which is different for every sport.



judocanada.org

4141 avenue Pierre-De Coubertin
Montréal, QC H1V 3N7

II- Judo Canada National Training 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

There are three types of access to the National Centre:

1) Full-time Group:

- Access to all judo practises.
- Access to physical training sessions alongside physical trainers (see Annex 2).
- Coaching by a national coach (see Annex 3).
- Specialized services (nutritionist/sport psychologist/massage therapist/sports therapist/etc.) (see Annex 2).

2) Part-time Group: Tuesday & Thursday - Judo and Saturday morning

- Access to judo practises

3) Occasional Group:

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

You must fill out an application form to be eligible for one of the three groups above:

https://www.judocanada.org/ntc_cne/.

III- Membership Criteria

1. Competitive results

Results must demonstrate potential to become an international-level competitor.

2. Discipline in training

Ability to train full-time at the National Training Centre.
Compliance with minimum training requirements.

3. Long-term goals

Minimum objective: commit to a career in judo.

4. Physical Tests

A series of tests is proposed to assess the physical condition of judo athletes when they first enter INS Québec. These tests are divided in four categories: 1- anthropometric measurements, 2- strength and power (lower and upper body), 3- anaerobic capacity, 4- aerobic capacity. For more information, see annex 1.

IV- Training Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Strength & conditioning	Judo technique 9:30-11:00	Strength & conditioning	Judo technique 9:30-11:00	Strength & conditioning	Judo techniques 9:00-10:30	
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 31st as of noon
- January 1st

V- National Centre Operational Rules

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

- 1) Compliance with INS Québec rules;
- 2) Punctuality and attendance at practices, events and treatments;
- 3) Compliance with 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/



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 assessed 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 for each 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 hyperflexion. 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 on his stomach 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 the 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 and High Performance Director)

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 starting in 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.



Sasha Mehmedovic (Senior National Team Coach)

s.mehmedovic@judocanada.org

As a member of the national team for over 10 years, Sasha represented Canada at the Olympic Games in 2008 and 2012.

The highlight of his career remains his 7th place at the 2007 Senior World Championships in Brazil. He has medalled at numerous high-level events. After competing in the 2013 Senior World Championships, Sasha retired from the national team to become the junior team coach. In April 2015, he became the women's team assistant coach. In October 2019, his role changed again, this time to become the senior national team coach.



Jean-Pierre Cantin (U21 & U23 Coach)

jp.cantin@judocanada.org

9th at the Barcelona Olympic Games, Jean-Pierre was a member of the Canadian National Team for over 10 years. He was head coach of the junior national team from 2001 to 2009, and he headed a judo club in New Brunswick and was the provincial team coach from 2009 to 2015.



Janusz Pawłowski
(National Training Centre Coach)

j.pawlowski@judocanada.org

Janusz is of Polish origins and stood on several World podium. He has won two Olympic and three World Championships medals. Janusz has been the head coach in several judo clubs and federations since 1991. In 1996, he coached three Italian athletes at the Atlanta Olympic Games. From 1997 to 1999, he was the head coach of the Polish team, and two of his athletes were selected to compete at the Sidney Olympic Games. He was the head coach of the Bezigrad judo club in Slovenia from 2000 to 2004, and head coach of the Club Centro Ginnastico Torino in Italia from 2004 until his arrival in Canada.



Alexandre Émond
(National Training Centre Coach)

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 compete 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 (NTC) in Montreal on a part-time basis. His role then evolved to include all young athletes training at the NTC.



Marie-Hélène Chisholm
(High Performance Manager)
mh.chisholm@judocanada.org

National Team member for nearly 14 years, and 5th 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 women's national team from 2009 to 2013. She has been the High Performance Manager since 2013.



Tiffany Hunting
(Physiotherapist)
t.hunting@judocanada.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.



Émilie-Claude Leroux
(National Office and National Training Centre Coordinator)
ec.leroux@judocanada.org

After an impressive career as an athlete, during which she was a national team member for 8 years, Émilie-Claude was involved in judo on several levels. She is a certified dojo instructor and a member of Judo Canada Gender Equity Committee since 2013. She joined Judo Canada in 2015, and since January 2019, she has become the National Office and National Training Centre Coordinator.

Annex 3 – Recommended National Centre Education

Secondary School - French: Édouard Montpetit

6200 Ave Pierre-de-Coubertin
Montreal (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” 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
Vice-principal
SAPDÉ
cotejoc@csdm.qc.ca
École Édouard-Montpetit
(514) 596-4140, ext. 7274



Secondary School - French: Collège Mont-Royal

2165 rue Baldwin
Montreal (QC) H1L 5A7
514-351-7851
<http://collegemont-royal.qc.ca>

Judo sport concentration program with the National Training Centre
Collège Mont-Royal is a private francophone mixed high school delivering the classes prescribed by the Department of Education.

Tuition and teaching material: \$3550
For more information: Anne-Marie Blais (director general): amblais@collegemont-royal.qc.ca

Secondary School - English: Lester B. Pearson

11 575 rue P.M. Favier
Montréal-Nord (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 a public English 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

****Billing with host families***

*For information on host families, please contact:
Marie-Hélène Chisholm: mh.chisholm@judocanada.org



Alliance Sport-Études: Cegep and Universities

ADMISSION REQUIREMENTS

To be admitted to Alliance Sport-Études, you must:

Be admitted to an Alliance Sport-Études member college.

- A) Play in the Ligue de hockey junior majeur du Québec
OR
- B) Be identified as an **Excellence, Élite, Relève** or **Espoir** athlete by a federation recognized by the Direction du sport et de l'activité physique of the ministère de l'Éducation, du Loisir et du Sport.

IMPORTANT DATES

Applications for admission to Alliance Sport-Études must be completed online before **November 1** for the **winter semester** and before **March 1** for the **fall semester**.

ADMISSION FEES

A **\$40** (non-refundable) fee is charged for opening a student-athlete file at both the college and university level. There is a late application fee of **\$80**.

Application fees are only charged for the initial application and registration in Alliance Sport-Études is automatically renewed each semester.

ADMINISTRATION FEES

College:

To maintain their student-athlete status with the Alliance Sport-Études, college student-athletes are charged **\$46** per semester by the educational institution.

Espoir student-athletes are charged an additional administration fee of **\$70** per semester by Alliance Sport-Études.

University:

There are no administration fees for university student-athletes.



Cégep@distance: Fee per class

Student-athletes taking one or more courses with Cégep à distance are charged an additional administration fee of \$30 per course by Alliance Sport-Études to cover the individualized support for these courses. These fees cover accelerated registration services and course follow-up with Alliance educational consultants. For students **ONLY** following courses through Cégep@distance, an additional one-time request fee of \$30 is payable to Alliance Sport-Études. *Additional fees for educational material and tuition fees for each class.

Lien pour faire une demande d'admission à l'Alliance Sport-Études :

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

Nearby Cegeps offering Sport-Study programs:

Collège de Maisonneuve

3800 rue Sherbrooke Est
Montreal (QC) H1X 2A2
Phone: (514) 254-7131
1.2 km from the Olympic Stadium



Métro Pie-IX et Joliette

<https://www.cmaisonneuve.qc.ca/?accueil>

Collège Rosemont

6400 16^e Avenue
Montreal (QC) H1X 2S9
(514) 376-1620
1.5 km from the Olympic Stadium



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

<http://www.crosemont.qc.ca>

Universities (Alliance Sport-Études members)

Université du Québec à Montréal

<https://uqam.ca/english/about/>

Polytechnique de Montréal

<https://www.polymtl.ca/en>

TELUQ

<https://www.teluq.ca/site/en/>

Concordia University

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



Suggested accommodation:



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 students of any universities. The tenant must be enrolled full-time or part-time in an educational or research programs.

The prices vary between \$460 and \$960 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:

- Furnished rooms and units
- Full communication system (telephone, internet, community TV and antenna connections for personal computers)
- Some rooms suitable for disabled people
- 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
- Near the Berri/UQAM metro station

Available apartments:

219 one-room studios (bachelor type) for one, including a kitchenette, a work-room area and a bathroom. Rent: \$595*/month

8 couple studios with a closed bedroom and double bed for two, including a kitchenette, a work-room area and a bathroom. Rent: \$960*/month

41 two-bedroom apartments with single beds for two, including a kitchenette, a work-room area, a living room and a bathroom. Rent: \$575*/month/room

16 three-bedroom apartments with single beds for three, including a kitchenette, a work-room area, a living room and a bathroom. Rent: \$565*/month/room

15 four-bedroom apartments with single beds for four, including a kitchenette, a work-room area, a living room and a bathroom. Rent: \$550*/month/room



8 eight-bedroom apartments with single beds for eight, including a kitchenette, a work-room area, a living room, two bathrooms and two wash-up rooms.
Rent: \$500*/month/room

LE2662.COM

<http://le2662.com>

Furnished studio for rent.

Hochelaga neighbourhood, near the National Training Center.

- 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.

