

Ontario Fencing Association

Ontario Jr/Sr

Provincial Team

Program Guide

2011-2012



**ONTARIO
FENCING
ASSOCIATION**

**ONTARIO
PROVINCIAL JUNIOR/SENIOR
TEAM PROGRAM**

Ontario Canada Summer Games Program Guide
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Ontario Provincial Junior/Senior Team Program

This is an accelerated training and competition program for athletes in the Train to Compete and Train to Win stages of Long Term Athlete Development. Programs in this category are for Cadet, Junior and Senior Provincial High Performance Teams. Athletes are committed to a high performance training program with the goal of reaching international success.

Eligibility

Program athletes are selected to the program using the following criteria:

- Quest OAAP funded
- Canadian National High Performance ranking list
- Coach recommendation

To be invited to the Program:

- Athletes must be registered as Excellence members of the Ontario Fencing Association with a current CFF license.
- Athletes must have acquired minimum level Blue Armband skills (by program testing or coach assessment).

Ontario Provincial Epee Team Programs

Mission

- 1. Provide enhanced training environment for the best Ontario fencers to reach their maximum potential**
- 2. Increase opportunities for Provincial athletes to train together with a variety of coaches**
- 3. Identify and develop next generation National team fencers in Ontario**
- 4. Share coaching resources across the province**
- 5. Identify and develop coaches in Ontario**

Coaches

- **Provincial Coach lead**
- **Coaches with athletes on the National Selection Rankings or Quest funded athletes.**
- **Fencers who are ready for coach training**

Program Elements

Christmas, March Break, Summer and Pre-season camps

Mentorship for developing coaches in HP Camps

Competition supports to our athletes at CSC, National & NAC

Fencers

- **HPP Cadet, Junior and Senior epeeists**
- **Quest for Gold epeeists**
- **Coach identified athletes**

Provincial Epee Coach

Role of Provincial Coach

1. Develop camps for HP fencers
2. Provide support to HP fencers in competitions (NAC, CSC, World Cups)
3. Assist personal coaches or athletes to develop Annual Training Plan
4. Mentorship of program coaches

Camp Schedule

Camp C	Sept. 24-25 2011	TFC/PTC	
Camp D	Oct. 29-30 2011	TFC/PTC	
Camp E	Dec. 26-30 2011	TFC/PTC	
Camp F	Mar.17-18	TFC/PTC	

Competition Schedule

NAC A	Oct 28-31 2011		
CSC	Nov. 27 2011	Saskatoon	
NAC B	Nov 11-14 2011	Austin Texas	
CSC	Jan?? 2012	Montreal	
NAC C	Jan. 13 2012		
Jr. Worlds		Moscow	

Ontario Jr/Sr Sabre and Foil Team Programs

The Jr. and Sr. Team programs will develop over 2012-13 starting with a camp program during the Christmas break and the Kick-off to the Canada Summer Games program for Juniors. There have been many changes to this program so take a look and see if you or your fencer could qualify.

Athlete Funding

Athletes in this Program are eligible for funding support in the following areas:

Quest for Gold

Ontario Athlete Assistance Program 2011-2012 (OAAP) is funded by the Government of Ontario, through the Ministry of Health Promotion and Sport (MHPS), and operated through the Sport, Recreation & Community Programs Branch. The overarching goal of the Quest for Gold – OAAP is directly related to the Enhanced Excellence goals of the Canadian Sport Policy – to improve the performance and number of Ontario athletes performing at the national and international level; thereby contributing to the improved performance of Canada at international competitions. Specific objectives of the program are:

- a) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
- b) To encourage athletes to stay in Ontario to live and train;
- c) To compensate athletes for earnings lost while training;
- d) To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
- e) To increase athlete access to improved high performance coaching; and
- f) To enhance training and competitive opportunities available to athletes.

The Ontario Fencing Association has created an athlete selection process to identify next generation National Team athletes who will become eligible to receive Quest AAP funding. This season's qualification criteria to be announced by Oct. 1 2011.

World Championships Subsidy

Designated athletes who have qualified by meeting the standard to qualify for World Championships are eligible to receive half of the expense to attend these events up to \$1500, provided that they have been personally responsible to cover these expenses.

Athletes who have been invited as Development Team athletes are not eligible for this subsidy.

National Team athletes who are paid for by the NSO, Podium, or other programs are not eligible for this subsidy.

Provincial Team Camp Grants

Selected athletes are eligible to attend camps offered by the Ontario Provincial Epee Team Program without charge.

For the 2011-12 season the following athletes qualify for camp subsidies:

All athletes who received Quest OAAP in the 2010-11 season

All athletes in the top six of the CFF HP ranking 30 days prior to the camp date

Ontario Canada Summer Games Program

About the Canada Games

February 1967, in Québec City, the dream was finally realized. For the first time in Canada's history, 1,800 athletes from 10 provinces and two territories gathered to compete in 15 sports. Under the Games motto 'Unity through Sport', these first Canada Winter Games paved the way to what is now Canada's largest multi-sport competition for young athletes.

Held every two years, alternating between summer and winter, the Canada Games are a key event in the development of Canada's young athletes. As the best in their age group, these young competitors come to the Games having trained long and hard to be among those chosen to represent their respective province or territory and compete for the Canada Games Flag and Centennial Cup. With the Canada Games poised as a key step in the development of Canada's future stars, Canada Games athletes are Canada's next generation national, international and Olympic champions.

The Canada Games and their lasting legacies continue to be the catalyst for the growth of sport and recreation across the country.

Since 1967, over 100,000 athletes have participated in the Games with hundreds of thousands having engaged in try-outs and qualifying events. Over 100,000 coaches, officials and volunteers have been directly involved in the planning and staging of the Games. Cumulatively, \$300 million has been invested in the Canada Games, about half of it in capital projects in the various host communities. From the Saint John Canada Games Aquatic Centre (1985) to the Hillside Stadium and Aquatic Centre in Kamloops, B.C. (1993); from the Corner Brook Canada Games Centre and Annex (1999) to the TD Waterhouse Stadium in London, Ontario (2001), a legacy of sports facilities has been built in over 21 communities across Canada.

The Canada Games, a celebration of youth, sport, culture and community, are the product of ongoing collaboration between the Government of Canada, provincial/territorial governments, host municipalities, the private sector and the Canada Games Council.

Fencing at the Canada Games

Ontario has a long history of success at the Games taking the Flag (highest point total for all sports) 8 out of the last 11 Winter Games and 10 out of the last 11 Summer Games! Fencing has done its part to contribute to this success. At the last Winter Games in 2007 in Whitehorse, Yukon, fencing captured 13 medals, including 5 team medals .

In 2013, fencing will participate for the first time, in the Summer Games, in Sherbrook, Quebec. We will take a team of 12 athletes and two coaches, who will be selected over the next two seasons of training and competition. For the first time, as well, the team will be selected from the Jr. age group instead of Cadet. This will mean a much more competitive program, with more training demands than ever before.

The preparation and selection phases of the Canada Summer Games program are in the Train to Compete and Train to Win phases of LTAD, so program athletes have already competed nationally and internationally in most cases. This team will be comprised of our best young athletes who could go on to fence at the 2015 Pan American Games or the Moscow Olympics.

Canada Summer Games 2013 Ontario Fencing Program

Eligibility

The Ontario Canada Summer Games Program is for athletes who are:

- born in Dec. 31, 1993 or later
- Excellence members of the Ontario Fencing Association with CFF licenses in the current season
- Canadian citizens or permanent residents of Canada
- Registered participants in Ontario Provincial Junior Team Program

Orientation Period Identify CSG Squad

April 1 2011 – Nov. 1, 2011

A Squad

Those athletes who are currently on the National High Performance Selection Rankings born 1993 or later.

(see Appendix 1)

B Squad

- Train to Train
- born in 1993 or later
- testing at Green Refinement – Blue Acquired

Date	Location	Invited	Mandatory	Purpose
April 9	University of Toronto	Fencers born 1993 or later/Foil and Sabre	No	Orientation /informal testing and observation
April 9	Provincial Epee Centre TFC	Fencers born 1993 or later / Epee	No	Orientation /informal testing and observation
Sept. 24-25	Provincial Epee Centre TFC	Fencers born 1993 or later / Epee/Foil/Sabre	No	Orientation /informal observation

A Squad athletes will be announced in the fall of 2011.

B Squad athletes apply before Dec. 30, 2011. Applications will be accepted throughout the training period. No applications for Squad status will be accepted once the Selection Period has begun. Only CSG Squad athletes will be ranked for selection. No athletes will be automatically qualified.

Training Period**November 30 2011 – September 30 2012**

The training phase for the Canada Summer Games Ontario Fencing Team will begin in the winter of 2011-12. Three camps, one for each weapon, will be designated.

	Date	Location	Event	Purpose
EPEE TEAM	Dec. 26-30 2011	Toronto PTC	Camp	Blue Level Instruction
FOIL TEAM	Jan. 5-6 2012	Ottawa RA Centre	Camp/Competition	Blue Level Instruction
SABRE TEAM	Dec.	Hamilton Westdale Fencing Club		Blue Level Instruction
All Weapons	March 17-18 2012	Toronto	Camp	Blue Level Instruction
All Weapons	June 2012	Kingston	Camp	Blue Level Instruction
All Weapons	Aug. 2012 Testing/ Season Preparation	Toronto	Camp	Blue Level Test/ Refinement

At the end of this Training Period, B Squad athletes will move up to A Squad status after the Training Period if one or all of the following occurs:

- Athletes achieves a ranking on the National High Performance Ranking list
- Athlete achieves Refinement Status on the Blue Armband exam
- Coach recommendation for move up to A Squad (at least three Canada Games Coaching Squad coaches agree)

Only those athletes who are in this group will be ranked for selection during the selection period.

Selection Period**October 2012- July 2013 (Jr. Nationals)**

Date	Location	Invited	Event	Purpose
October 2012	TBD	CSG Squad	Skills Camp	Blue Armband Instruction
October/Nov	USA/ Europe	CSG Squad	International Camp/Competition	Experience team travel and performance under pressure

Dec	TBD	CSG Squad	Skills Camp Preparation	Blue Armband Instruction
Jan/Feb	TBD	CSG Squad	Selection Competition 1 CSC 2	Ranking Points
Mar	TBD	CSG Squad	Preparation Camp	Blue Armband Instruction
March/April	TBD	CSG Squad	Selection Competition 2 Jr. Provincials	Ranking Points
April/May	TBD	CSG Squad	Preparation Camp	Blue Armband Instruction/team Performance/ Team Captains trained
May	TBD	CSG Squad	Selection Competition 3 Jr. Nationals	Ranking Points
May/June	TBD	CSG Squad	Selection Camp	Blue Test/ Team Selection

Preparation Period**July 2013-Aug 2013**

Date	Location	Invited	Event	Purpose
July (full week)	TBD	CSG Team and Alternates	Camp 1	Intensive tactical/mental
July	In club practice and regional groups	CSG Team and Alternates	Lessons and intensive bouting	Build stamina and confidence
July (late)	TBD	CSG Team and Alternates	Camp 2	Recovery and Team Building
August 2-17 2013	Sherbrooke, QC	CSG Team	Canada Summer Games	Gold Medals

Ontario Canada Summer Games Coaching Squad

Identify CSG Coaching Squad and Apprentices –

- Squad coaches –Competition Development Certified or Level 3 NCCP plus (maximum 4)
- Apprentices - Competition Development Trained (or equivalent) (maximum 2)

The Ontario Canada Games Coaching Squad will be selected using the following criteria:

- NCCP Level

- Previous involvement in OFA programs
- Previous Major Games experience
- Ability to commit to the entire program and to potentially attend the Canada Summer Games

Duties

Squad coaches will be responsible for the planning of camps, assessment of athletes progress, armband testing, fitness testing, and if selected, attendance at the Canada Summer Games. Coaches will travel with athletes to some competitions during the selection stage and the preparation stage.

Canada Summer Games A Squad				
Womens Epee				
1994	C06-1981	POON Vivian	TFC	W
	C09-247	Hannah Beach	TFC	W
1995	C06-1633	PERC Anja	TFC	W
1995	C08-2084	UKOLOVA Natalia	SWP	W
	C06-239	Veronica Ibarra	NEW	W
1995	C08-2731	MARCIANO Andrea	KFC	E
1996	C06-0954	MCDONNELL Cecily	NEW	W
	C10-021	Luo Zhao (Lucy)	TFC	W
1995	C07-1155	GREEN Emily	KFC	E
1993	C07-0037	WAVRYK Amber	TFC	W
1993	C07-0038	WAVRYK Kristen	TFC	W
Womens Foil				
95	C06-0727	HARVEY Eleanor	TFC	W
94	C07-2200	CAZORLABAK Yasmin	OTT	E
95	C08-0130	VESKER Rena	DFA	W
97	C08-2635	LOH Zoe	TFC	W
93	C08-2851	CHISAMORE-HUM Amalissa	OTT	E
97	C08-2638	ZHAO Jenny	OTT	E
Womens Sabre				
94	C06-0420	GRODZINSKI Natasha	CUT	E
	C09-075	GAYOWSKY Tatiana	WFC	W
	C08-029	JEFFREY Katie	MKO	W
98	C09-0424	GORCZYCA-RANCMeganandree	KFC	E
Mens Epee				
94	C06-0587	HUTCHINSON Kerr	CUT	E
94	C06-1825	KHAMIS Ilyas	TFC	W
94	C06-0255	WRIGHT Joseph	OTT	E
94	C06-0361	LYSSOV Alexandre	TFC	W
96	C09-0570	LESZKO Thomas	SWP	W
96	C09-0570 Z	ZHOU Jerryxinhao	TFC	W
	C08-172	MARK Peter	CUT	E
	C09-249	GUO Rober	TFC	W
	C06-095	MCDONNELL Evan	NEW	W
97	C09-2433	BABLANI Sahil	TFC	W
93	C08-0502	LOW Adrien	SWP	W
93	C06-0256	WRIGHT Patrick	OTT	E
Mens Foil				
95	C07-0561	KEYES Alastair	OTT	E
95	C06-0953	MCCULLY Philip	OTT	E
94	C06-0446	PROVENCHER François	OTT	E
95	C09-0120	DEVANEY Geoffrey	OTT	E
95	C06-1125	LAYNE Elliot	OTT	E

Mens Foil (cont)				
94	C06-1251	VILLENEUVE Brandon	QFC	E
	C06-112	LAYNE Elliot	OTT	E
	C08-247	HERNANDEZWILSON Daniel	MYF	W
93	C06-0845	BROUGHTON James (Sam)	OTT	E
93	C07-0280	TURK Jean-Marc	OTT	E
Mens Sabre				
96	C08-0021	KINNEY William	WFC	W
95	C06-0173	FITZPATRICK Logan	WFC	W

Ontario Junior/Senior Provincial Team Registration Forms

NAME

CLUB

EMERGENCY PHONE #

EMAIL

Please include email address and make it legible. It is the key method of communication.

BIRTHDATE

WEAPON

ARMBAND LEVEL

COACH

OFA EXCELLENCE MEMBER

ONTARIO RESIDENT

CURRENT HP RANKING

CURRENT FIE RANKING

ATHLETES RELEASE:

IN CONSIDERATION OF ACCEPTANCE OF MY ENTRY into an OFA sanctioned event, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, parents or guardians:

(i) waive and release and forever discharge any and all rights and claims for damage which I may have or may hereafter accrue to me against the Club holding these tournaments, the Ontario Fencing Association, the Canadian Fencing Federation, the organizers of the athletic event or its or their respective officers, agents, representatives and/or assigns for any damages which may arise out of my traveling to or participating in and returning from said athletic event; and

(ii) consent and grant permission to the Ontario Fencing Association, the Canadian Fencing Federation, the organizers of the athletic event or its or their respective officers, agents, representatives and/or assigns to use (without, for greater certainty, any further consent or fee being required) any photograph, videotape or other electronic recording device of my image taken, filmed or recorded during, or in connection with, my participation in the OFA sanctioned tournament, for any promotional, news or other fencing related purpose

Signature parent**Date****Signature athlete****Date**

About Canadian Sport for Life (CS4L), Long Term Athlete Development (LTAD) and the Canadian Fencing Instructional Program (Armbands)

CS4L

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada through improved athlete training and better integration between all stakeholders in the sport system, including sport organizations, education, recreation and health. A key feature of CS4L is Long-Term Athlete Development (LTAD), a developmental pathway whereby athletes follow optimal training, competition, and recovery regimens from childhood through all phases of adulthood.

CS4L has been gathering momentum since the publication of the 2005 resource paper Canadian Sport for Life. Since 2005, every national sport organization in Canada has developed sport-specific LTAD guidelines for their athletes. Further work has been done by provincial organizations and governmental groups and agencies to promote CS4L in their jurisdictions.

The vision behind CS4L is to reshape how we support sport and train athletes at all levels in Canada – from children to adults, from towns to cities, from provinces and regions through to the National level. In realizing this vision, we aim to keep more Canadians active for life with recreational sport and physical activity, and at the same time help Canadians in all sports win more medals internationally.

LTAD

Children, youth and adults need to do the right things at the right time to develop in their sport or activity – whether they want to be hockey players, dancers, figure skaters or gymnasts or fencers. Long-Term Athlete Development (LTAD) describes the things athletes need to be doing at specific ages and stages.

Science, research and decades of experience all point to the same thing: kids and adults will get active, stay active, and even reach the greatest heights of sport achievement if they do the right things at the right times. This is the logic behind the Long-Term Athlete Development model (LTAD).

Our LTAD consultant, Patricia Howes, will be available at one of our camps to speak to coaches, athletes and parents about the fencing specific LTAD.

Canadian Fencing Instructional Program (Armbands)

By now most of you have heard about the Armband Program. This is a set of tools that allow athletes to develop skills in a systematic way to maximize learning during specific periods of sensitivity – doing the right things at the right times. This program will work with fencers who are in the Train to Train stage at the Orange, Blue, and Green levels. These fencers have learned the basic skills and can perform them in practice, in testing situations, and during practice competitions.

LTAD Levels

Ontario Youth Development	Train to Train	Developing the Fencer 1	Orange - Green
Ontario Cadet Development	Train to Train	Developing the Fencer 2	Green - Blue

If your club does not use the Armband Program, but the basic skills have been acquired, ask the program coach for an assessment to see if you are ready for these programs.