

Ontario Fencing Association

Ontario

Youth/Cadet

Development

Program Guide

2011-2012



**ONTARIO
FENCING
ASSOCIATION**

**ONTARIO YOUTH AND CADET DEVELOPMENT
PROGRAM**

OYD/OCD

OYD/OCD Program Guide
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**Ontario Youth/Cadet Development Programs
Eligibility**

The Programs are for age categories

Y11-14 and Y14- Y16/Cadet

Note: All athletes under 17 yrs are considered in the Cadet Category

Age Season	8	10	12	14 Y14	15	16 Cadet
2010- 2011	2002	2000	1998	1996	1995	1994
2011- 2012	2003	2001	1999	1997	1996	1995
2012- 2013	2004	2002	2000	1998	1997	1996
2013- 2014	2005	2003	2001	1999	1998	1997
2014- 2015	2006	2004	2002	2000	1999	1998

**Ontario Youth Development Program
Train to Train
Developing the Fencer 1**

This development program is for young fencers between the ages of 11 and 14 years who have completed the Yellow Armband Level of the CFF Instructional Program, and either have tested or are ready to do so. Fencers from clubs who do not use the Instructional Program will be evaluated to see if their skill level is suitable for this program. If you are not sure you can ask for an evaluation at the first camp.

Programs will be offered in two regions of Ontario; East and West.

East Region will encompass the Ottawa – Kingston area. Athletes in the mid-region of Peterborough – Cobourg can attend either Program. Events will be held in various locations TBD. The West region is from Ajax to London and will be based in the Provincial Training Centre in Toronto (Toronto Fencing Centre)

Primary skills taught:

- Orange/Green Armband technical
- Develop good training habits
- Basic tactics
- Basic mental skills- focus, memory, respect, self-control, self-discipline, positive attitude
- Develop advanced motor skills
- Introduce physical conditioning
- Introduce individual and team competition skills

Competitions

Fencers in this program will compete to qualify for the Ontario Summer Games – Y14.

Competitions will be age-group specific and are selected to ensure a balance of self-confidence and technical/tactical development. Most fencers will compete in the Ontario Provincial Youth Championships and some may attend the National Youth Championships.

Membership

You will require an OFA Excellence Membership with a CFF license to participate in this program. Upgrades are easy – email chajune@hotmail.com

**Ontario Cadet Development Program
Train to Train
Developing the Fencer 2**

This development program is for fencers between the ages of 14 and 16 years who have completed the Orange Armband Level of the CFF Instructional Program, and have either tested or are ready to do so. Fencers from clubs who do not use the Instructional Program will be evaluated to see if their skill level is suitable for this program. If you are not sure you can ask for an evaluation at the first camp.

Primary skills taught :

- Green/Blue Armband technical
- Consolidate and refine eye-hand coordination, agility and balance
- Consolidate and refine mental skills
- Develop sport specific flexibility, speed, strength, anaerobic and aerobic endurance
- Successfully implement and adapt performance skills in a variety of competitive situations
- Sport science
- Manage nutrition, sleep, warm-up, pre-competition, routine, travel, recovery, and regeneration
- Develop individual fencing style

Competition

Fencers in this program will compete to qualify for the Ontario Summer Games – Cadet. Competitions will be varied and will include Provincial, National and perhaps International events.

Membership

You will require an OFA Excellence Membership with a CFF license to participate in this program. Upgrades are easy – email chajune@hotmail.com

Ontario Youth/Cadet Development Program

The program will consist of a series of 3-5 camps and five competitions with points going toward a Provincial Youth or Cadet ranking. Other competitions may be recommended if they will further the development of these groups.

Athletes in this program are expected to train from 8 hours per week at Level 1 up to 14 hours per week by the end of Level 2.

Training should include bouts, footwork, group lessons, individual lessons, fitness, blade work and games and drills and can be done through club sessions, camps, training competitions, and private lessons.

Coaches

Head coaches for the Western Program are:

Epee Andrew Hu and Michael McDonnell

Foil Alice Lui, Josh McGuire, and Katya Belkina

Sabre Gordon Geringas

We are still setting up the Eastern region and will have information ASAP.

We attempt to maintain a ratio of 1 coach to 6-8 athletes. All personal coaches are welcome to attend the camps. Training coaches are also welcome to participate.

Camp Component

The purpose of the camps is to provide a variety of training experiences and an increase of potential training hours for program athletes. Camps also expose athletes to different coaches in addition to their personal coach.

Attendance at the camps is essential for success at this level and is also used as a talent identification tool that measures fitness, general progress in technical and tactical skill and commitment to a training program, and that will be used to determine readiness for a high performance program.

Camp Schedules

Unless numbers are too large, both Train to Train 1 and Train to Train 2 will attend the same camps. There will be attempts to hold camps in both sides of the province to reduce athlete's need for overnight travel. Currently we are working with the Eastern Clubs to set up a camp schedule.

Information and a schedule will be posted ASAP.

OYD/OCD Camp Program	West	Location	Location
Sat. Oct. 8, 2011	OYD/OCD Camp	fitness and footwork	TFC/ PTC
Sat/Sun. Oct. 30, 2011*	HP Camp D	with HP athletes	TFC/ PTC
Sun. Nov. 27, 2011	OYD/OCD Camp B	rules and refs	TFC/ PTC
Sun. Feb. 19, 2012	OYD/OCD Camp C	nutrition and injury prevention)	TFC/ PTC
Sun. Mar. 11, 2012	OYD/OCD Camp D	tactical training	TFC/

OYD/OCD Camp Program	East	Location
TBD		

What to bring to camp

- Bring a nutritional lunch – no junk.
- Please bring a complete fencing uniform, two weapons and body cords, shorts or track pants and t-shirt and court shoes (light soled) or fencing shoes.
- Repair kit for weapons
- Towel

**Nutritious snacks and water/juice will be provided.*

Camp Location

West - Provincial Training Centre – Toronto Fencing Club
50 Prince Andrew Place
Toronto ON
M3C 2H4

**Schedules and curriculum for the camps will be emailed closer to the date to registered athletes*

Registration

To register for the OYD or OCD Development Program use the form (Appendix A) and email or mail it to:

June McGuire
984 Main St W.
Hamilton, ON
L8S 1B2
Email- chajune@hotmail.com

Registration for each camp will open 30 days prior to the camp. Simply email that you will attend with name, weapon, CFF number, and birthdate. Camp fees will be collected at the door.

Ontario Youth/Cadet Development Program

Competition Component

Program competitions are selected to ensure a balance of self-confidence and technical/tactical development. Competitions are age-group specific for each Level

Competition Schedule for Ontario Youth/ Cadet Development Program Rankings

Event #	Dates	Event	Points	Location
1	Sat/Sun Nov. 12-13	Brock Open Y14 Cadet	OSG Y14, Cd Quest Cadet only NR Y14, Cd	St. Catherine's
2	Sat/Sun Dec. 3-4 2011	OTT Jr Y14 Cadet	OSG Y14, Cd Quest Cadet only NR ?	Ottawa
3	Sun. Dec. 18, 2011	Gingerbread Classic Cadet	OSG Y14, Cd Quest Cadet only NR Cadet	Hamilton
4	Sun. Jan. 27-29, 2012	CSC 2 Y14 Cadet	OSG Y14, Cd NR Y14, Cd	Montreal
5	Sat/Sun. Mar. 25, 2012	Prov. Champs Y14 Cadet	OSG Y14, Cd NR Y14, Cd	Toronto

NR – National Cadet Ranking Points

For Ontario Summer Games Ranking – best four out of five

For Quest Ranking – 1, 2, and 3 all count for points (Provisional on approval by Ministry of Health Promotion)

It is expected that there will be Y14 and Cadet events at all of these competitions except for Gingerbread Classic. Y14 results will count toward the Y14 ranking only. Cadet results will count toward Cadet rankings only.

**OYD/OCD Program Ranking System
Ontario Youth Rankings**

Ranking Type	Components	Purpose
Youth Y8-Y12 FUNdamentals Learn to Train	no rankings	positive learning environment physical literacy skills acquisition social bonding
OYD Program Y14 Train to Train	Best 4 out of 5 results from designated OYD Program competitions	Progress assessment Selection to Y14 OSG
OCD Program Y16 Train to Train	Best 4 out of 5 results from designated OCD Program competitions	Progress assessment Selection to Cadet OSG Quest Funding
Ontario Provincial Cadet Team Train to Compete	National HP Ranking	OSG Selection (pre-qualification) Quest funding HP Camps Selection Special Projects

Ranking Points Schedule

Position	Points
1	100
2	95
3	90
5 to 8	80
9 to 16	70
17-32	60
32- 64	50

In the case that there is a combined event fencers will be isolated and ranked separately. Y14 will collect Cadet and y14 points in combined events only.

RANKING	POINTS		FENCERS	AGE	Cadet Final Ranking	Cadet Points	Y14Final Ranking	Y14 Points
1	100		Joe Smith	16	John Gillis	100	Alex Chang	100
2	95		Jack Black	14	Alex Chang	95	Jack Black	95
3	90		Steve White	15	Pat Brown	90	Glen Henry	90
4	90		Larry Green	15	Larry Green	90	Bruce Tilly	90
5	80		Martin Shan	14	Jack Black	80	Mike Matt	80
6	80		Glen Henry	13	Glen Henry	80	Martin Shan	80
7	80		Bruce Tilly	12	Bruce Tilly	80		
8	80		John Gillis	16	Joe Smith	80		
9	70		Pat Brown	15	Steve White	70		
10	70		Alex Chang	14	Mike Matt	70		
11	70		Mike Matt	14	Martin Shan	70		

In the case of combined gender events, the same system will be used.

Special Projects and Funding Opportunities

1. Ontario Summer Games
2. Christian Vidoso National Championship Bursary
3. Quest Ontario Athlete Assistance Program
4. Cadet World Championship Subsidy

Please check here for special projects that are implemented later in the year.

Ontario Summer Games 2012

Eligibility

OSG 2012 Y14 born in 1997 or later
 Cadet born in 1995 or later

Must be resident of Ontario

Must be Train to Train stage athlete

Minimum Criteria

All Athletes

- Athlete must be registered as Excellence member of the Ontario Fencing Association with a current CFF license.
- Athlete must be an active member of the Ontario Youth or Cadet Development Program or the Ontario Provincial Cadet Team Program
- Athlete must have attended at least 3 of the scheduled Ontario Youth or Cadet Development Program camps or two Cadet Provincial Team camps

Automatically Qualified Athletes

Qualify by the following

- All Quest funded athletes who qualify by age (born 1995 or later) to be announced on January 7 2012
- Top ranked Ontario athlete on the National Cadet Domestic Ranking as of April 1, 2012, in each weapon (Maximum 6)

Qualification Pathway for Other Athletes

- Attend identified competitions to acquire a total of four out of five best results for Ontario Youth or Cadet Development Program ranking.
- Selection events will be identified in the 2011-2012 OYD and OCD Program Guide
- Y14: top three in each weapon from Ontario Y14 Provincial Ranking
- Cadet: top 6 in each weapon from Ontario Cadet Provincial Ranking

Qualified athletes announced by April 5, 2012

Athlete Quota

Quest	up to 8
National Ranked	6
<u>Provincial Selection</u>	<u>54</u>
Total	68

Wild Cards

Any unfilled spots up to 72 will be decided by Ontario High Performance Committee by:

1. ranking from proportionally larger weapon pools
2. special application from coaches (for injured athletes or athletes who have been out of Province for reasons of education or family commitments)

Note: Athletes must be registered for the programs in order to be ranked. Unregistered fencers may fence in the competitions but will not be ranked. All athletes must register including pre-qualified athletes.

Event #	Dates	Event	Points	Location
1	Sat/Sun Nov. 12-13	Brock Open Y14 Cadet	OSG Y14, Cd Quest Cadet only NR Y14, Cd	St. Catherine's
2	Sat/Sun Dec. 3-4 2011	OTT Jr Y14 Cadet	OSG Y14, Cd Quest Cadet only NR ?	Ottawa
3	Sun. Dec. 18, 2011	Steel City Gingerbread Classic Cadet	OSG Y14, Cd Quest Cadet only NR Cadet	Hamilton
4	Sun. Jan. 27-29, 2012	CSC 2 Y14 Cadet	OSG Y14, Cd NR Y14, Cd	Montreal
5	Sat/Sun. Mar. 25, 2012	Prov. Champs Y14 Cadet	OSG Y14, Cd NR Y14 , Cd	Toronto

NR – National Ranking Points

It is expected that there will be Y14 and Cadet events at all of these competitions except for Gingerbread Classic. Y14 results will count toward the Y14 ranking only. Cadet results will count toward Cadet rankings only.

Christian Vidosa National Championship Bursary

The Christian Vidosa Bursary Award was created in 2006 by the Ontario Fencing Association, in partnership with the Beaches Sabre Club, to honour our friend and mentor Christian Vidosa who died of pancreatic cancer in 2004.

The Award recognizes the Ontario winners of the Ontario Provincial Cadet Championships each year by subsidizing their expenses to the Canadian National Championships.

Policy

- a. In all cases, the Vidosa Bursary will only be awarded to:
- Athletes who are registered in the Ontario Fencing Association and fencing for the Province of Ontario in the current year
 - and
 - Athletes who are current members in good standing of the Ontario Cadet Development Program or the Cadet Provincial Team

If the winner of the event does not meet the minimum standards (a registered Ontario athlete in good standing and a member of the Ontario Cadet Development Program or the Cadet Provincial Team) no award will be given for that event.

- b. In order to be eligible for the Bursary in each weapon, there must be a minimum of six athletes competing, in that weapon.
- c. In order to receive the Vidosa Bursary, the athlete must attend the current season's Canadian National Championships in any event.
- d. Exceptions may be made to "C" by petitioning the OFA Board of Directors for reasons of injury, illness, or other special circumstances.
The decision of the OFA will be final and no further appeal will be accepted. Letters must be received by electronic or regular mail not more than 10 days after the end of the Canadian National Cadet Championships.
Appeals may include:
- athlete was ill or injured and could not attend Nationals
 - other emergency
- Since attendance at National Championships is basic to any achievement for fencers, school exams and family obligations will not be accepted as a reason for not attending Nationals. Those athletes who qualify for Junior or Senior National Championships may claim the Bursary for attendance at this event.

Procedures

To claim their Bursary, athletes simply mail receipts for any expenses related to Nationals to a total of \$500. including, transportation, hotel, entry fees, preparation training, equipment, meals etc. to the OFA office within 10 days of the end of their event.

Ontario Fencing Association
984 Main St. W. L8S 1B2

Quest Ontario Athlete Assistance Program

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 program will provide direct financial assistance to Ontario junior-aged athletes through an “Ontario Card” designation. “Junior-aged athlete” is defined as those athletes who fall within the eligible age range for the Canada Games - 11 to 22 years of age. A PSO/MSO with a NSO-approved Long Term Athlete Development Model (LTADM) that identifies older athletes in the “Train to Train” and “Train to Compete” categories may apply to MHPS for a variation to this 11-22 age range. A PSO/MSO may choose to allocate a maximum of 30% of its carding allotment to athletes older than 22 years of age who have been identified as a potential next generation national team athlete by the PSO/MSO’s selection process.

The intent of the OAAP is to provide funding to individual athletes based on their demonstrated commitment to high performance sport, allowing them to pursue athletic excellence at the highest levels of national and international competition.

Important Information

In 2011-12 we will be using the Ontario Cadet Development Rankings to select eight athletes who will receive funding through the Quest OAAP program. The amount is never revealed by the Ministry until the cheques are mailed but past amounts have been from \$2700 to \$3000.

The full program will be published on the Ontario Fencing website by October 28, 2011. Brock will be the first competition on the list so be sure to attend. Those of you who have registered for the North American Cup may apply to have those points substituted for Brock. This is the only substitution that will be allowed.

Cadet World Championship Subsidy

Cadets who qualify as National Team members and attend the 2012 Cadet World Championships are eligible to receive up to \$1500 in subsidies from the Ontario Fencing Association (or half of personal expenditures)

Only National Team athletes who have qualified by the program are eligible for funding. Development Team athletes are not eligible.

Ontario Youth /Cadet Development Team Registration Forms

NAME _____

CLUB _____

EMERGENCY PHONE # _____

EMAIL _____

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

BIRTHDATE _____ Fencing Experience (years) _____

Armband Level _____

Request assessment? _____

Coach _____

- *If you do not know your armband level, you can request an assessment at the camp*

I am eligible to qualify for the Ontario Summer Games

OFA Excellence Member _____

Ontario Resident _____

T-SHIRT SIZE Youth S M L XL

I will attend the following camps

West Region

Camp A _____

Camp B _____

Camp C _____

Camp D _____

Camp E _____

East Region

Camp A _____

Camp B _____

Camp C _____

Camp D _____

Camp E _____

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 _____

Appendix B

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.