

Newfoundland and Labrador Judo Association

Strategic Plan

My recommendations for a Strategic Plan in further Developing High Performance (HP) judo in Newfoundland and Labrador would be to follow Judo Canada's Long Term Athlete Development (LTAD) model throughout the province. There was a large number of research and expertise put in to the designing of this systematic judoka development model. As you see throughout the report I have made some general recommendations of how we can adapt and implement these programs within our clubs. Please note those general comments are made at the end of each stage in bold under the heading of "**Recommendations**".

My recommendations for the implementation of this Strategic Plan are as follows:

CLUB DEVELOPMENT

- Hold a Judo Specific LTAD model clinic to introduce and educate all interested club coaches to Judo Canada (JC) LTAD.
- Aid and assist clubs wanting to convert their current training philosophies to align with the JC LTAD philosophies and outlines.
- Create criteria and distribute the criteria necessary to be named an HP Center.
- Identify HP centers willing to follow the philosophy and basic outline in their training programs to align with the LTAD recommendations.
- Should a region not have a club capable of fulfilling the volume of training needed in the "Training to Train" or "Training to Win" stage of the LTAD it is suggested that two clubs within the region work together to supply the necessary volume of training needed at those stages.
- Once the centers are identified and the program running inter-center exchanges will be recommended.

COACH DEVELOPMENT

- Create a pool of qualified coaches to work as provincial coaches on needs basis, preferably from these HP Centers.
- Encourage NCCP training to become a priority, as well as Professional Development (PD) opportunities to be developed so as to maintain their NCCP status
- Develop PD opportunities for the local club and HP Center coach's in conjunction with to competition/events and camps.

TEAM DEVELOPEMENT

- Develop a ranking system to create a HP Team based on accepted parameters.
- Develop Team identity
- Give PD opportunities for the team
- Encourage team to take NCCP and training courses (*to further their personal understanding of their own training program*).
- Create an appropriate out of province competition and training camp schedule

ORGANIZATIONAL DEVELOPMENT

- Agree upon and support one strategic Plan
- Ensure there is a liaison between the PSO – Provincial government in regards to PD opportunities for our members and to become aware of current with granting opportunities.
- The liaison will work directly with the HP coordinator to develop in and out of province training and competition opportunities for identified HP players
- As well annually bring in either an appropriate team or clinician to run clinics or training opportunities

NEXT STEPS

Should the board accept this Strategic Plan I would like direction to start looking for funding opportunities to fund a program to introduce and train our club coaches in Judo Canada LTAD model under the Club Development Stage of the Strategic Plan.

- Look for funding to start to implement the education process of club coaches.
- Create criteria for HP Centers to be sent to board for acceptance
- Create a package to assist clubs in the benefits and practical necessities of hosting simulation matches in their club to help increase the number of much need appropriate match experience. It is recommendation that we ask the refereeing committee to endorse this project as a learning tool for potential upcoming referees.
- Create a Judo Specific Conditioning model so that the highly motivated competitive judoka can perform by on their own or in tandem with one other judoka. This would include use of Uchi-komi, nage-komi and ne-waza drills.
- Design a Specific Training Program on the development of the U16-U20 athletes. This would include but not be limited to stabilization exercises and agility exercises to aid

and assist the young athletes through the negative effects of their final growth spurt as mentioned in this report.

- Look into the possibility of special funding for identified HP candidates to train out of Province for short periods of time.

Inclosing I would like to thank the NFLJ board for the opportunity to give input into the development of a HP Program for our competitors.

Should you have any questions concerns or comments about this program I would be very happy to answer them.

Sincerely,

Tracy Angus *ChPC*