



2016-2017

Technical Package



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MBA High Performance Overview

The Manitoba Badminton Association High Performance (HP) Program is designed to provide our athletes with opportunities to receive the training, support and experiences they need to excel in National Competitions.

The intent of this program is to support our nationally competitive athletes to continue their competitive aspirations and represent Manitoba in Inter-Provincial competitions. Athletes in all levels of the High Performance Program are also able to earn funding to aide in the expenses of National/International competition.

Athletes in the HP programs are expected to be a positive role model within the badminton community and represent the Manitoba Badminton Association (MBA) to the best of their abilities at events throughout Manitoba and Canada.

The High Performance Program is meant to compliment a player's training. Athletes are fully expected to be consistently training outside of the High Performance Program.

Programs

High Performance - A1

This is the highest tier HP group comprised of the very best badminton players in the province including open level senior players, top U19 and U17 juniors. High Performance A1 is considered the entry point into the 'Train to Train' & 'Train to Compete' stages of the LTAD.

Athletes in HPA1 are learning variations of the basic shots from overhead, underhand and neutral locations. Movement should be proficient in this category and should be faster paced and more powerful. Athletes in this level have a good understanding of how to move their opponent and exploit their weakness and maximize their strengths at a basic to advanced level.

Note: *An athlete in HPA1 can be reassigned/moved down to HPA2 at the High Performance Committee's discretion. Any appeals would be handled according to the MBA's Appeals Policy.*

High Performance - A2

The HPA2 is a developmental group (Learn to Train LTAD Stage) for the HPA1 comprised of developing players who are promising players in their age categories. Additional spots in HPA2 may be filled by other qualified athletes. An athlete from HPA2 can be invited to be part of HPA1 (providing there is room), at the discretion of the Provincial Coach and High Performance Committee.

Athletes in HPA2 are able to consistently execute the basic overhead, underhand and neutral strokes. These athletes also have consistent movement at a slower pace and are able to move backwards on court proficiently. These athletes understand tournament structure and the basic positioning for singles and doubles (including rotation) but may be inconsistent.

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IDENTIFICATION & SELECTION

The 2019 Canada Winter Games is the marquee event by which most athletes for the HP programs (HPA1 & HPA2) will be selected.

Spots in HPA1 will also be available for senior players returning to HPA1. These senior players must be fully committed to national competitions including National Championships, within the year they are invited to the HP program.

Note:

****Players who do not receive an invitation for one of the HP programs may still apply or be invited to join. (see below on how to apply)***

****All athletes in the HP programs are subject to the 'Athlete Agreement', 'Code of Conduct' & 'Expectations of the Athletes' (see page 13).***

WHY IS CANADA WINTER GAMES IMPORTANT?

One of the goals of the High Performance Program is to prepare athletes for the next Canada Winter Games in 2019. Canada Winter Games is the premier multi-sport athletic event in Canada. It can be seen as a spring board to higher level International Competitions such as Summer Olympics, Common Wealth Games and Pan American Championships.

ENTRY INTO HP THROUGH APPLICATION

Although the roster will more than likely be full for most levels, applications will still be accepted for High Performance Programs and will be reviewed by the HP Committee. Some applications will be put on a waiting list in order of most eligible and will be accepted if room in the program becomes available.

All applications must be made in writing by the applicant stating why the athlete feels he/she deserves to be in the specified HP program. The letter should be accompanied by:

- List of most recent results, both Provincially and Nationally (2015/16)
- List of short term and long term badminton goals
- A letter of support from the player's club coach (if he/she has one)

All applications must be submitted to ryan@badminton.mb.ca or mailed/delivered to 323-145 Pacific Ave. Winnipeg MB. R3B 2Z6. Once submitted to the Manitoba Badminton Association, the applications will be forwarded to the HP Committee who will review the application and come to a verdict. The player will be notified within 3 weeks of receipt of the application by the HP Committee. Any appeals will be handled according to the MBA's Appeals Policy.

HP STAFF

Head Coach	Justin Friesen 204 228 3210 justin@badminton.mb.ca
Strength & Conditioning (S&C) Trainer	Brent Lohmer 204 801 8995 brentlohmer@gmail.com
Performance Center Manager	Adam Decker 204 299 7071 adam.decker@sportmanitoba.ca

TRAINING LOCATIONS

ON COURT – Changes for each camp.

OFF COURT – Strength and Conditioning (S&C) – Performance Center - 2nd floor of Sport 4 Life building (145 Pacific Avenue)

PROGRAM FEE

High Performance A1- \$600.00*

High Performance A2 - \$600.00*

- All cheques must be received in the MBA office by July 1st, 2016 in order to participate in any HP activities including Off Court Training. Parent/Guardians are welcome to include full payment in first cheque. (see Payment Schedule below)
- The program fee (once paid) is non-refundable unless a valid reason is provided (in writing) and approved by the HP Committee
- *Program fee does not cover \$90 High Performance Assessment. Assessment is covered by most insurance plans and more information can be found on page 7

LIVE IN ANOTHER PROVINCE

This player must make all attempts to practice on court and maintain a Strength and Conditioning program. The player's club coach and contact information must be given to the MBA so that the Provincial Coach may contact them to help them monitor the players' progress.

Out of town athletes still have full access to our Strength and Conditioning specialist and programming.

PAYMENT SCHEDULE

Payment will be accepted as below:

- July 1st - \$300
- October 1st - \$300

WHAT THE COST COVERS

- 6 Camps (ranging from 3 to 5 days in length)
 - Camps include guest coaches & players, specialized training (nutrition, sport psych, etc.), cross training opportunities and group activities
- Strength & Conditioning - 2 Group Session and up to 3 individual times per week (must attend 1 of the 2 group sessions/week if within 30 km of Winnipeg)
- Access to High Performance Assessments through Sport Manitoba Clinic
- Shuttles
- Court rental
- Coaching at National Championships & select National Circuit events
- Access to High Performance Funding opportunities
- High Performance Clothing
- Optional small group/individual sessions offered throughout the year

EXPECTATIONS OF THE ATHLETE

During training sessions, the attitude of athletes is very important to ensure that we create an environment that will facilitate the progression of our athletes. It is our expectation that our athletes display the following attributes:

- Enthusiasm toward group activity / training
- Focus and attention to coaching
- Acceptance of individual responsibility
- Responsive to constructive criticism
- Punctuality
- Respect for members of the Badminton Community
- Team Player
- Ability to work independently
- Be a member in good standing with the Manitoba Badminton Association Inc.
- Have signed and adhere to the Team / Athlete Agreement & Code of Conduct
- Maintain a training log that is available to personal Coaches and the Provincial Coach, upon request
- Assist with promotional exhibitions
- Wear Team Manitoba uniform at the opening ceremonies and medal presentations at the National and Provincial level
- Submit a sport performance plan (upon request) to the Provincial Coach & High Performance Committee for review

HP & COMPETITION/TOURNAMENTS/TEAM EVENTS

Competition is the truest measure of an athlete's progression with regard to their peers within the larger community. Players are expected to compete in their age appropriate National Championships. It is expected that all of our High Performance Athletes also compete in the following tournaments:

Provincial

Herb Richard Manitoba Open
Manitoba Provincial Closed
Manitoba Junior Open
Manitoba Junior Closed

National

Junior Nationals
Senior Nationals
One or more Junior Elite Circuit Events
One or more Senior Elite Circuit Events

Note: *Other Provincial Tournaments count towards Provincial Rankings*

Note: *HPA1 athletes are expected to compete in their age appropriate Nationals. The Provincial Coach will advise A2 athletes whether or not it would be appropriate for them*

Note: *If unable to attend one of these tournaments athletes must notify the Provincial Coach at least 2 weeks in advance*

LOGIT ATHLETE MONITORING

Athletes in the HP – A1 program will be required to use the LOGIT Athlete Monitoring System. The program allows for great integration between athletes, coaches and services providers. It is easy to use and allows coaches to more closely monitor issues like burn out and better work on injury prevention. Athlete in HPA1 will not be required to submit log books as all information will be accessible online.

LOGIT will be available for HPA2 athletes for the subsidized rate of \$100 for the year.

This program is used by the Badminton Canada National Team and will be important part of athletes training if they have aspirations on becoming a National Team member.

HIGH PERFORMANCE ASSESSMENTS

All athletes in the High Performance program are required to complete a High Performance Assessment with the Sport Manitoba Clinic at the beginning of the season. These assessments take 90 minutes with a sports specialized physiotherapist and work with athletes to get a detailed injury history. All athletes will be required to have this completed prior to the first training camp in July.

The session's main purpose is to educate parents and athletes and examine an athlete readiness to train and to develop a treatment plan for injuries before they happen. The session is \$90 and is not included in the High Performance Program fees, but it is billed as physiotherapy and is covered by insurance.

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For athletes under the age of 18 parents are required to attend the assessment. For athletes over 18 parents' attendance at the assessment is encouraged.

FUNDING

Funding provided by the Manitoba Badminton Association is meant to help offset the cost of our top athletes competing in national level tournaments. Funding is available for all High Performance athletes. Funding will be released to athletes who have participated in at least 1 national level tournament outside of Manitoba, no receipts will be required, and all funding will be paid by cheque.

Funding is awarded based off of four (4) categories.

1) Training – Maximum \$300

Top athletes take great pride in their training and show dedication and commitment. Athletes who wish to receive “Training” funding exhibit these characteristics. Training funding will be awarded towards the end of the junior competitive season (beginning of April). In order to receive this funding, athletes must complete the “Athlete Training Evaluation Tool” (copy can be found in the Appendix) three times throughout the season with the Provincial Coach. Each athlete will receive a cumulative score across all three (3) evaluations and this score will be compared to the minimum cumulative score required to receive funding. Training funding will be obtainable in \$100, \$200 and \$300 increments based off of the cumulative score at the end of the season. See the attached Athlete Training Evaluation Tool for further detail.

Any questions about the Athlete Training Evaluation Tool and how it applies to the program can be directed towards the Provincial Coach.

2) Tournament Results - \$25-\$75 per Identified Tournament

The Manitoba Badminton Association wants to support the athletes that are most likely to achieve national results. In order to provide funding to these athletes, funding will be awarded based off of tournament results at the following tournaments:

- Herb Richard Open
- Junior Closed
- Junior Open
- Provincial Closed

Athletes will be awarded \$75 for each event (Singles, Doubles and Mixed) that they win in each of these tournaments. Athletes will receive \$25 in each event that they are runner-up at any of the above listed tournaments.

Note: *These funding opportunities only apply to the U17 and U19 events for junior level tournaments.*

Note: *Results funding will only be distributed to athletes in the High Performance program.*

3) Sport Manitoba Results Funding - \$250-\$500

Athletes who medal at a major national competition (Nationals, Junior Nationals [U23 event], Canada Winter Games) are eligible for funding from Sport Manitoba. This funding is meant to cover the costs of training and competitions and will require receipts to be submitted to Badminton Manitoba before the funds can be released.

4) Bingo Credits - \$50 for Each Volunteer Spot Filled

The Manitoba Badminton Association receives a large portion of its funding through bingos. In order to fill these volunteer spots High Performance athletes and/or representatives will be reimbursed a value of \$50 for each volunteered bingo session. These payments will be issued quarterly throughout the year.

Bingo Dates and availability will be issued via email approximately one month prior to each quarter.

FUNDRAISING

In order to continue offering the High Performance Program at a low cost, fundraising is an important part. The Provincial Coach will organize at least one fundraiser each season. These fundraisers will need the support of the entire High Performance athlete pool to be successful and are mandatory to support. A secondary goal of the fundraising will be to build a better team bond among the athletes and a stronger sense of community between everyone involved; athletes, parents, coaches and badminton enthusiasts Manitoba wide.

Note: Athletes that do not participate in the fundraising activities will be required to pay \$50.

ON COURT PRACTICES

Technical – Our coaching staff will give advice and ‘polish’ technical skills where they feel their advice may help the athlete progress to the next level. This will be done in a constructive manner with the support of the player’s coach. Athletes are encouraged to discuss technical concerns with the HP coach.

Tactical – As our athletes progress and mature, the tactical aspect of the game will become increasingly important and the training outlined for them during practices will reflect this. Match analysis and discussion will become increasingly important.

On court practice will take place through two methods:

1) CAMPS

The High Performance will consist of at least six (6) intensive training camps ranging from 3 to 5 days in length. The camps will be strategically placed to take advantage of scheduling opportunities, facilitator availability and desired learning outcomes related to the Yearly Training Plan. Camps will have on-court elements as well as various team building activities, cross-training, community outreach, sport psychology, nutrition, fitness testing and other areas.

Dates for the 2016/17 camps are as follows:

- a. Camp 1 – July 4th – 8th (5 days)
- b. Camp 2 – August 30th – September 2nd (4 days)
- c. Camp 3 – October 29th – 31st (3 days)
- d. Camp 4 – January 5th – 7th (3 days)
- e. Camp 5 – March 29th – April 2nd (4 Days)
- f. Camp 6 – May 11th – 13th (3 days)

2) OPTIONAL SMALL GROUP PRACTICES

In conjunction with Developmental Winter Programs, 1 Court from select programs will be allocated to Optional High Performance Small Group Sessions. The sessions will be limited to 4 athletes per 1 hour session and will be individualized to each athlete's needs. These sessions will only be available when the Developmental Winter Program is running (October to March). If the demand for these sessions is greater than the court time available, a rotational system will be used.

TOURNAMENT COACHING SUPPORT

Provincial Coach will be attending (as long as MB entry permits):

- **Quebec Senior Elite** (September 16-18)
- **Prairie Junior/Senior Elite** (September 23-25/October 7-9)
- **Alberta Junior Elite** (November 4-6)
- **National Championships** (February 1-4)
- **Junior/U23 National Championships in Moncton** (May 16 to 21)

OFF COURT STRENGTH & CONDITIONING

Brent Lohmer – Strength & Conditioning Trainer

Training Philosophy

1. Safety in training
2. Injury prevention
3. Performance and athleticism
4. Fun

General session structure

1. Foam roll
2. Warm-up
3. Agility and Speed work
4. Strength and power work
5. Mobility and injury prevention exercises throughout
6. Core
7. Metabolic conditioning
8. Cool-down and flexibility

Warm-up

1. Activate
 - a. glutes (produce powerful lower body movements)
 - b. upper and lower traps (allows safe overhead motions)

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- c. serratus anterior (allows safe overhead motions)
 - d. rotator cuff (decelerates the arm after hitting the bird)
 - e. nervous system (allows the body to move quickly and efficiently)
2. Mobilize
- a. split pattern for defensive stance
 - b. lunge pattern
 - c. hips and upper back for rotation

Speed and Agility

1. Neuromuscular training - teaching the mind-muscle connection to be faster and more efficient
2. Increasing the rate of force development (how quickly one can generate maximum forces)
3. Applying strength and power developed in the gym into a sport-specific context

Strength and Power

1. Strength: maximum amount of force developed in a muscle or group of muscles
 - a. Strength lays the foundation for power
2. Power: Quick application of power
 - a. Power is what improves performance

Mobility

1. Ability to take joints through sport-specific ranges of motion safely and effectively
2. Differs from stretching in that stabilization is involved
3. Lends itself to sport-specific situations where range-of-motion and stability are required

Injury prevention

1. Train to
 - a. safely move through split and lunge ranges of motion
 - b. perform safe overhead motions
 - c. perform safe lower body motions and prevent low back strains
 - d. perform safe motions through the trunk
 - e. for example, rotation from the upper back and hips

Core training

1. Train to
 - a. provide stabilization to the lower back
 - b. prevents energy leaks from the lower to upper body

Metabolic conditioning

1. Able to sustain force and power throughout entire match or practice
 - a. more consistent performance in matches
 - b. train at a greater intensity for longer durations in practice

Cool-down and flexibility

1. Functions to
 - a. return body to pre-exercise state
 - b. alleviate tension in tissues that are either chronically tight or tight from playing

OFF COURT TRAINING DATES & TIMES

Two weekly sessions (June 2016 – August 2016):

Mondays – 5:00 pm – 6:30 pm

Thursdays – 6:00 pm – 7:30 pm

(September 2016 – May 2017):

Mondays – 4:30 pm – 6:00 pm

Thursdays – 7:30 pm – 9:00 pm

Note: *Athletes within the city limits are expected to attend at least one (1) of the two (2) training sessions each week.*

Note: *Athletes outside of Winnipeg are expected to work with the Strength and Conditioning Specialists to get a plan that meets their needs.*

Drop-ins

Throughout the year, drop in times are also available outside of the dates/times listed. Please contact Adam Decker or Brent Lohmer for details (see page 5).

Training will be conducted on the 2nd floor - Sport Manitoba Sport Performance Centre, within the Sport 4 Life Center @ 145 Pacific Ave.

Note: *All athletes are expected to train off court between 2-3x/week, depending on stage of the season*

Note: *If an athlete-member of the HP program wishes to train with an alternate Strength and Conditioning trainer, the trainer must be at minimum a Certified Strength and Conditioning Specialist (CSCS), and the decision has to be approved by the HP Committee.*

Please direct any questions, comments or concerns to the High Performance Committee via email to ryan@badminton.mb.ca with the subject *Attention: High Performance Committee.*



High Performance

Athlete Agreement and Code of Conduct

2016/17

The Manitoba Badminton Association wants to help consistently produce nationally competitive athletes. That is our goal and as a result we spend a significant amount of our annual budget trying to help Manitoba's best athletes reach their potential. We do this to ensure that we have a strong group of athletes to send to Inter-Provincial competitions and represent Manitoba to the best of our abilities.

To ensure that we can continue to help our top athletes pursue their competitive goals in the future it is important that we make it as clear as possible what is expected of our athletes and illustrate how our funding will be distributed; so that it is fair to all parties.

A Code of Conduct is important because it attempts to remove grey areas and illustrate what is expected of both parties that are involved in a mutually beneficial partnership. Furthermore it is important that we distinguish when the Code of Conduct is in place. All Manitoba athletes are expected to abide by the *Athlete Code of Conduct*.

The Code of Conduct is in place when you are on the property of a Badminton Club anywhere in Canada. Remember you are our representative within the community and as a result your actions within the Badminton community directly reflect upon the Manitoba Badminton Association. Your conduct outside of the Badminton community will also be

subject to review by the High Performance Committee if another athlete or their legal guardian submits an objection to the High Performance Chair in writing.

All members of the High Performance Program must:

- Understand and respect the rules and perform to the best of their ability.
- Participate in all Program activities.
- Come prepared to work hard and be a positive influence on others.

You are Manitoba's ambassadors for Badminton

As a member of the Manitoba Badminton Association High Performance Program you are an ambassador of the Association, and its membership, throughout the Country. At Competitions within Manitoba and throughout Canada your behaviour is a direct reflection of our association and as a result you are expected to behave in a way that all members of the Manitoba Badminton community can be proud of.

It is our expectation that at all times you show respect for others, including but not limited to different cultures, beliefs, sexual orientation and religion. When you are on a funded trip to a competition, your first priority is to compete to the best of your ability.

Expectations for participation:

1. Participate in local tournaments as described in the HP Technical Package (Herb Richard Open, Junior Open, Junior Closed and Provincial Closed)
2. Consistently attend at least 1 of the 2 off court training sessions that occur once each week if within 30 km radius of Winnipeg.
3. Attend a minimum of 4 of the 6 camps offered and participate in all elements of the camps attended.
4. Attend at minimum 1 national level tournament, if in A1 must attend the National Championships or Junior Nationals.

Removal from High Performance by the High Performance Committee is subject to approval by the Manitoba Badminton Association Board of Directors.

Expectations for behaviour:

1. I will conduct myself in a responsible and honourable manner.
2. I will treat all others with respect.
3. I will demonstrate a spirit of sportsmanship and fair play.
4. I will exercise self-control.
5. I will follow appropriate badminton etiquette.
6. I will respect property at all times.
7. I will observe all rules and regulations of any tournament(s), tournament venue(s), etc.

8. I will be cooperative and will respond appropriately to direction/requests from the tournament officials, coaches, managers and parent volunteers.
9. I will not be in possession of, use, or provide to others any illegal substances (including providing alcohol to minors)
10. I will not commit any act which is considered an offence under the law and I understand that being found in the company of any individuals participating in such activities is considered a serious offence.
11. If under the age of 19 (18 in Alberta/Manitoba/Quebec), I will not possess or consume alcohol or tobacco in any form during the event or at any social activities related to the event. I will not be present at any establishment where minors are not permitted.
12. In addition, as a Manitoba athlete travelling/staying with the Manitoba Group I agree that:
 - a. I will abide by the age-designated curfew, room assignments and guidelines for behaviour set by the coach(s) and manager(s). Please note: the curfew/guidelines will be customized to the age category of the athletes and under no exceptions will younger athletes be given permission to fall under the curfew/guidelines of an older athlete age group.
 - b. If a junior athlete, I will not leave the tournament venue, the hotel, or any other 'team' location such as a restaurant without the direct permission of a coach or manager. I will keep the coaches and managers apprised of my whereabouts and activities at all times.
 - c. If an Under 23 athlete, out of consideration for the 'team', I will keep coaches and managers aware of my whereabouts and activities and will inform them when leaving the tournament venue, the hotel, etc.
 - d. I will be accountable for any costs incurred for any wilful damage to hotel rooms or other property I am responsible for.

A breach of any part of the *Athlete Code of Conduct* is sufficient grounds for disciplinary action to be taken. I understand that any violations may result in one or more of the following:

- Parent(s) notified during event.
- Withdrawal from the event and sent home at own expense.
- An official Letter of Reprimand sent from the Badminton Manitoba Board of Directors.
- Suspension from eligibility for financial support from Badminton Manitoba and/or participation in Badminton Manitoba sponsored events, training or competition opportunities for a designated period of time.

During Training sessions the Attitude of Athletes is very important to ensure that we create an environment that will facilitate the progression of our athletes. It is our expectation that our Athletes display the following attributes:

- Leadership and cooperation in a group situation
- Enthusiasm toward group activity / training

- Focus and attention to coaching
- Acceptance of individual responsibility
- Responsive to constructive criticism
- Punctuality
- Respect for members of the Badminton Community
- Team Player, identification that this is a team environment
- Ability to work independently

DISCIPLINARY ACTIONS

These attributes will be constantly monitored by our Training session facilitators. Any sub-standard behaviour or inability to follow these expectations will be submitted to the High Performance Committee for review and the following course of action will be taken:

- 1st submission to the Committee - Verbal expression of our expectations
- 2nd submission to the Committee - Written expression of our expectations
- 3rd submission to the Committee - removal from the HP program

Once the HP Committee has received a 3rd submission

- All funding will be withheld for the remainder of the season
- The player will be ineligible from the High Performance Program for a period of not less than 12 months

When dealing with serious offences, the High Performance Committee reserves the right to increase the severity of the punishment as it deems necessary, subject to approval by the Manitoba Badminton Association Board of Directors.

PLEASE PRINT, FILL OUT & SUBMIT THE FOLLOWING PAGES
TO THE MANITOBA BADMITON ASSOCIATION

Athlete Consent:

I, _____ (please print), have read and understand the Team / Athlete Agreement and code of conduct and agree to abide by the expectations of the High Performance Program, as stated. I am fully aware of the behaviour infractions and the coinciding disciplinary actions.

I would like to be considered for the Manitoba Badminton Association High Performance Program, effective immediately.

Date

Participant Signature

Personal Coach's name

Personal Coach's Signature

For each participant under the age of 18 the following must be completed by his/her parent or guardian:

I, as the parent/legal guardian of the participant named herein, agree to assume the full responsibility to instruct my child of the risks involved, and to inform him/her of the importance of abiding by the rules, regulations and Code of Conduct of the Manitoba Badminton Association Inc.

I, as the parent/legal guardian of the participant named herein, hereby declare that I have read, understood and agree to the contents of this Waiver and Release of Liability in its entirety.

Printed name of Legal Guardian

Signature of Legal Guardian

Witness

Date



Manitoba High Performance Athletes

WAIVER AND RELEASE OF LIABILITY

In consideration of the Manitoba Badminton Association Inc. (Hereafter referred to as Badminton Manitoba or MBA) accepting my registration and allowing participation in the High Performance Program, I (participant name) _____ participating in the sport of Badminton, for myself, my heirs, executors, administrators and assigns hereby agree to:

RELEASE the Manitoba Badminton Association Inc., its volunteers, servants, agents, employees and other participants in the program (all of whom are hereinafter referred to as "Releasees"), from any and all claims, actions, costs, demands and expenses arising out of or in consequence of any loss, injury or damage to my person or personal property incurred while attending at or participating in High Performance Program activities or functions, notwithstanding that any such loss, injury or damage may result from the negligence of the Releasees. **In addition, permission is granted to administer medical treatment that may be required.**

WAIVE ANY AND ALL CLAIMS that I, my heirs, executors, administrators, insurers, successors and assigns have or may have in the future against the Releasees.

GRANT to the Manitoba Badminton Association Inc. the right to use, without payment of any fee, charge, or compensation of any kind, including royalties, any and all written information (not including information contained on the Medical Form), and/or any and all photographs, video tape or other visual media of myself taken during the competition for non-commercial, promotional purposes, and I also agree to waive any right to approve such use.

I understand that the rules and regulations are designed for the safety and protection of participants and hereby agree to abide by the rules, regulations and expectations of the Team / Athlete Agreement & code of conduct as set by the MBA High Performance Program.

I have read the release of liability and assumption of risk agreement, and fully understand its terms. I understand that I have given up substantial rights by signing it, and sign freely and voluntarily, without any inducement.

Witness Signature

Participant Signature

For each participant under the age of 18 the following must be completed by his/her parent or guardian:

I, as the parent/legal guardian of the participant named herein, agree to assume the full responsibility to instruct my child of the risks involved, and to inform him/her of the importance of abiding by the rules, regulations and Code of Conduct of the Manitoba Badminton Association Inc.

I, as the parent/legal guardian of the participant named herein, hereby declare that I have read, understood and agree to the contents of this Waiver and Release of Liability in its entirety.

Printed name of Legal Guardian

Signature of Legal Guardian

Witness

This information is being collected in accordance with the Municipal Government Act and is protected by the privacy provisions of the freedom of Information & Protection of Privacy Act (R.S.A. 2000, c. F-25). If you have any questions about the collection and use of information, please contact the Executive Director of the Manitoba Badminton Association Inc. at (204) 925-5621.

Personal Information

Own Name_____

Guardian's name_____

Gender_____

Own Email _____

D.O.B. (D/M/Y):_____/_____/_____

Mom's Email _____

Shirt Size:_____ (XS, S, M, L, XL)

Dad's Email_____

Street Address_____

Personal cell_____

Postal Code_____

Mom's cell_____

City/Town_____

Dad's cell _____

Club Name/School_____

Home phone_____

Mom's name_____

Name of Person to Receive Funding

Dad's name_____

Cheques _____