



Team Manitoba

2022-2023

Technical Package



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MBA Team Manitoba Overview

The Manitoba Badminton Associations Team Manitoba 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 Team Manitoba are also able to earn funding to aide in the expenses of National/International competition.

Athletes on Team Manitoba 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.

Team Manitoba is meant to compliment a player's training. Athletes are fully expected to be consistently training outside of Team Manitoba.

IDENTIFICATION & SELECTION

Please refer to the Team Manitoba Selection Criteria listed on the Badminton Manitoba website Programs->Team Manitoba.

WHY IS CANADA WINTER GAMES IMPORTANT?

One of the goals of Team Manitoba is to prepare athletes for the next Canada Winter Games in 2023. 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.

TEAM MANITOBA STAFF

Head Coach	Justin Friesen 204 228 3210 justin@badminton.mb.ca
Strength & Conditioning (S&C) Trainer	Brent Lohmer brentlohmer@gmail.com

TRAINING LOCATIONS

ON COURT – Depends on athlete/coach availability and preference

OFF COURT – Highlight Reel Performance, Unit 2 – 275 De Baets Street (Twice weekly based off athlete schedule and training plan)

PROGRAM DETAILS

- Private and/or semi-private lesson at least once every 4 weeks.
- Monthly video discussion with Provincial Coach regarding training, schedule, tournament preparation etc.
- Collaborative Yearly Training Plan created by Provincial Coach, Strength and Conditioning Specialist and personal coaches.
- All Canada Winter Games Training Camps for 2021/22 Season;
 - Camp December 28-30 or January 2-4
 - Camp includes guest coaches & players, specialized training (nutrition, sport psych, etc.), cross training opportunities and group activities
- Strength & Conditioning – 2 small group training sessions per week
 - (if within 30 km of Winnipeg)
- Nutrition program and follow-up throughout season with Brent
- Shuttles
- Coaching at key national events
- Tournament Results-Based Funding opportunities
- CWG Team Specific Clothing

PROGRAM FEE

Team Manitoba – \$600

- Once program forms have been submitted an invoice will be sent through email that can be paid online or a cheque can be submitted to our office
- The program fee (once paid) is non-refundable unless a valid reason is provided (in writing) and approved by the Canada Winter Games Selection Committee.

LIVE IN ANOTHER PROVINCE

323-145 Pacific Ave. Winnipeg MB R3B 2Z6

P 204.228.3210 | F 204.925.5703 | E justin@badminton.mb.ca | W www.badminton.mb.ca

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. Typically, these athletes will attend a few group sessions to learn the exercises and train within their own community as well.

PAYMENT SCHEDULE

Payment will be accepted as below:

- September 20th - \$300 + GST (\$315 Total)
- December 1st - \$300 + GST (\$315 Total)

Note: Team Manitoba members must hold a National Membership

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 & Canada Winter Games Selection Committee for review

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

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National Championships. It is expected that all our Team Athletes also compete in the following tournaments:

Provincial

Herb Richard Manitoba Open (Must play doubles events with other CWG Athletes)

Manitoba Provincial Closed

Manitoba Junior Open

Manitoba Junior Closed

National

Junior Nationals

Senior Nationals

Prairie Junior & U23 Elite in Saskatoon

BC Senior Elite

Note: *Other Provincial Tournaments count towards Provincial Rankings*

Note: *Team Manitoba athletes are expected to compete in their age-appropriate Nationals.*

Note: *If unable to attend one of these tournaments' athletes must notify the Provincial Coach at least 8 weeks in advance*

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 Team Manitoba 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 two (2) categories and athletes already on Team Manitoba will only receive results funding from one of the programs.

1) Provincial 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 tournament results at the following tournaments:

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

Athletes will be awarded \$75 for each event (Singles, Doubles and Mixed). Athletes will receive \$25 in each event that they are runner-up.

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 Canada Winter Games Team or Team Manitoba.

2) National Tournament Results - \$50-\$200 per Identified Tournament

The Manitoba Badminton Association wants to support the athletes that are successful at National level tournaments and have the potential to make the Junior or Senior National Team. Funding will be awarded based off tournament results at the following tournament levels:

- Junior Elite Series
- Elite Series
- Junior Nationals
- Nationals

Athletes will be awarded \$200 for each event (Singles, Doubles and Mixed) that they win. Athletes will receive \$100 in each event that they are runner-up, and \$50 for a semi-final result (athletes must have won a match prior to semi-finals in order to receive funding).

ON COURT PRACTICES

Each athlete on Team Manitoba will work with the Provincial Coach, Personal Coach(es), and off-court trainer to create a comprehensive periodized training plan for the season. This training plan ensures that the coaches and athletes are all working on the same shared vision of improvement for each athlete and that the off-court training works to amplify an athlete's on-court efforts and not against them. A sample training plan can be found at the end of this document.

On court practice will take place through three methods:

1) Individualized Training Sessions or Small Group

These training sessions will be planned independently with athletes on Team Manitoba at a time that is convenient for both the athletes and the coach. Sessions will be at least monthly with increased frequency closer to key competitions. Athletes on Team Manitoba with similar training goals may be paired together for increased efficiency.

The Provincial Coach will also work with each athlete to create a schedule monthly meetings/reviews. These meetings will be both a reflection on the training that occurred over the previous month and a coordination of the training in the month ahead. This will allow for the Provincial Coach and athlete to keep training as productive as possible and keep athletes accountable to their goals and training.

2) Winter Training Camp – December 28-30, 2022 or Jan 2-4, 2023 - Winnipeg

The camp will focus on event specific and partner specific preparation for the upcoming tournaments in January & February.

TOURNAMENT COACHING SUPPORT

Provincial Coach will be attending strategic National tournaments as discussed with the members of Team Manitoba and selected as key National tournaments for their training schedules.

OFF COURT TRAINING

Strength & Aerobic Training

Strength training will be provided by Highlight Reel Performance (Brent Lohmer). The schedule for the training is expected to be two times per week in person and one time per week self-guided. With Canada Winter Games Training Team athletes having a variety of life and training schedules these sessions will be coordinated between the athletes, Brent and the Provincial Coach. This frequency of off-court training will change based off the training plan and which training cycle the athlete is in.

Training will take place with Brent using his system for choosing workout times. An onboarding session will take place to outline the strength & aerobic training.

Fitness Testing

Will occur three times throughout the season. These tests will be shared with personal coaches and the off-court trainer to monitor training outcomes and assess key physical weaknesses to improve upon during training.

Fitness testing will be twice a year out of Sport Manitoba and will vary based off ideal training block of the season for each individual athlete.

Nutrition

“Exercise is king. Nutrition is queen. Put them together and you’ve got a kingdom.”

Jack Lalanne

As training frequency increases the nutrition aspect of an athlete’s life becomes increasingly important to maintain energy, properly recover from training and prevent injury.

Lead by Brent Lohmer and assisted by the Provincial Coach nutrition will be an additional cornerstone of Team Manitoba. The patterns around nutrition (lean protein, vegetable intake, macro and micro nutrients, hydration, etc.) will be analyzed on an individual basis. This will help athletes fulfill their potential and give them a good nutritional base to carry forward throughout their lives.

This will include a monthly phone call to review and set nutrition goals and a weekly informal check-in.

Additional Services

Sport Manitoba currently organizes a Peak Performance Speaker Series with varying topics from Sport Psychology and Mental Skills to Scholarship Resources for future university hopefuls. Athletes on Team Manitoba may attend any of these sessions that they desire and the Provincial Coach will encourage athletes to attend specific sessions. While Sport Manitoba does charge for these presentations, the cost will be covered for those on Team Manitoba.

Badminton MB will submit an application for each member of Team MB to receive additional Sport Development Funding Services from the Canadian Sports Centre of Manitoba (CSCM). If successful, this may include additional resources in the areas of Strength and Conditioning, Nutrition, Psychology, and Exercise Physiology.

Please direct any questions, comments or concerns to the Canada Winter Games Selection Committee via email to cwg@badminton.mb.ca with the subject *Attention: Canada Winter Games Selection Committee*.



Team Manitoba

Athlete Agreement and Code of Conduct

2022/23

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 Canada Winter Games Selection Committee if another athlete or their legal guardian submits an objection to the Canada Winter Games Selection Committee Chair in writing.

All members of Team Manitoba 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 Team Manitoba 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 too; 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 Team Manitoba Technical Package (Herb Richard Open, Junior Open, Junior Closed and Provincial Closed)
2. Attendance of on-court training sessions with Provincial Coach.
3. Attendance of Canada Winter Games Training Camps listed above.
4. Attendance of off court training sessions that occur (offered twice/week)
5. Make every effort to communicate and work with the Provincial Coach in a timely manner.
6. Attend national level tournaments as discussed in collaboration with Provincial Coach and personal coaches outlined in the Yearly Training Plan.

Removal from Team Manitoba by the Canada Winter Games Selection Committee 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 or Open level athlete) I will, 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 the 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
- Being a team player
- 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 Canada

Winter Games Selection 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 Team Manitoba

Once the Canada Winter Games Selection Committee has received a 3rd submission

- All funding will be withheld for the remainder of the season
- The player will be ineligible for Team Manitoba and associated funding for not less than 12 months

When dealing with serious offences, the Canada Winter Games Selection 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 Team Manitoba, 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's Team Manitoba, 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



Team Manitoba 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 Team Manitoba, 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 Team Manitoba 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 Team Manitoba.

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_____

Dad's name_____