



NATIONAL TRAINING CENTRE

JUDO CANADA

OPERATIONS MANUAL

January 2022

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I- L'Institut national du sport du Québec

L'Institut national du sport du Québec (Québec National Sports Institute; INS Québec) is an organization whose mission is to provide all Québec high-level athletes and coaches with structured and integrated services, on par with the world's best practices, to help them achieve excellence. INS Québec plays a fundamental role in the pursuit of excellence for high-level athletes and coaches which emanates onto the Canadian and international scene.

With the financial support of the Québec government, INS Québec now hosts ten resident sports under one roof and allows high-level athletes and coaches to benefit from priority access to international-calibre sports facilities, as well as a range of cutting-edge technology and sports medicine services. INS Québec's foremost priority is the training of high-level athletes identified by their national federations, with secondary attention given athletes identified as "Élite" (Elite) or "Relève" (up-and-coming) by their respective provincial federations.

INS Québec Rules:

- Athletes must always be accompanied by a coach or service worker.
- Athletes, coaches, and staff may be asked to participate in promotional and media activities.
- INS reserves the right to refuse access to athletes who have not attained "Excellence" status.
- For visitors, a list of names is to be submitted in advance and available at the activity entrance.
- Athletes are to respect the pre-established schedules.
- Athletes identified as "Excellence" have access to private locker rooms with sauna and showers situated at the 100 level, accessible from 6:30 am to 10 pm. Each athlete will receive a locker in his name, where equipment can be stored permanently.
- Access to the hydrotherapy lab is by reservation only. An INS representative must be present.
- Training rooms and gyms: access to these rooms is to be determined in accordance with an established schedule and only under supervision of an INS representative.

Service Plan

As well as access to training facilities and shared spaces, INS Québec offers a range of sports medicine, scientific, training and personal development services targeted at athletes and coaches from resident training groups. The service plans are adapted for the number of athletes, the national federation's financial capabilities and INS priority level, which is different for every sport.



II- Judo Canada National Training Centre Mandate

Judo Canada's objective is to produce extended podium performances at the Olympic Games, Senior World Championships, Junior World Championships, and Cadet World Championships.

The objective of the National Training Centre is to offer athletes the coaching and training necessary to achieve these goals.

National Centre Access and Advantages

There are three types of access to the National Centre:

1) Full-time Group:

- Access to all judo practises.
- Access to physical training sessions alongside physical trainers (see Annex 2).
- Coaching by a national coach (see Annex 1).
- Specialized services (nutritionist/sport psychologist/massage therapist/sports therapist/etc.) (see Annex 2).

2) Part-time Group: Monday & Tuesday & Thursday

- Access to judo practises

3) Occasional Group:

- Limited-time access to judo practises only (ex.: national camp)

You must fill out an application form to be eligible for one of the three groups above:

https://www.judocanada.org/ntc_cne/.

III- Membership Criteria

1. Competitive results

Results must demonstrate potential to become an international-level competitor.

2. Discipline in training

Ability to train full-time at the National Training Centre.
Compliance with minimum training requirements.

3. Long-term goals

Minimum objective: commit to a career in judo



4. Physical Tests

A series of tests is proposed to assess the physical condition of judo athletes when they first enter INS Québec. These tests are divided in four categories: 1- anthropometric measurements, 2- strength and power (lower and upper body), 3- anaerobic capacity, 4- aerobic capacity. For more information, see annex 1.

IV- Training Schedule

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Physical Preparation	Judo -Technical 9:30-11:00 JC group – Full time	Physical Preparation	Judo -Technical 9:30-11:00 JC group – Full time	Physical Preparation	Judo - Technical 9:30-11:00 JC group – Full time
	Judo Sport-Études 2 :15-3 :45		Judo Sport-Études 2 :15-3 :45		
Judo - Drill & Randori 5:00-7:00 Group 1 & 2 Open to partial time group	Judo- Drill & Randori 5:00-6:30 Group 1: Women & U16 & Men light & Sport-Études & Open to Partial time group	Judo - Drill & Randori 5:00- 7:00 JC group full time	Judo- Drill & Randori 5:00-6:30 Group 1: Women & U16 & Men light & Sport-Études & Open to Partial time group	Judo - Drill & Randori 5:00- 7:00 JC group full time	
	Judo- Drill & Randori 6 :30-8:00 Groupe 2: Men Mi- heavy & heavy Open to partial time group		Judo- Drill & Randori 6 :30-8:00 Groupe 2: Men Mi- heavy & heavy Open to partial time group		

* Training sessions in blue are open to part-time athletes

Statutory Holidays (Training Centre is closed):

- December 24 as of noon
- December 25
- December 31st as of noon
- January 1st

V- National Centre Operational Rules

For carded athletes: compliance with the Athlete Agreement signed with Judo Canada will be used to evaluate the athlete's status.

For non-carded athletes, national Centre athlete's status will be evaluated monthly. The evaluation criteria are the following:

- 1) Compliance with INS Québec rules.
- 2) Punctuality and attendance at practices, events, and treatments as established by the coaches and the practitioners.
- 3) Performance in practice and in competition.
- 4) Respecting judo's core values (respect, politeness, sincerity, modesty, emotional control, self-discipline, friendship, honour, and courage).

Athletes will be evaluated on a monthly basis by National Centre staff, and if necessary, provincial staff. The following measures are to be taken in the case of a negative evaluation (depending on severity):

- 1) Probation period;
- 2) Reduction of status;
- 3) Expulsion from the National Centre.

VI- National Training Centre Application Form

All applications must be completed online:

http://www.judocanada.org/ntc_cne/



Annex 1 - Coaches and Support Staff



Nicolas Gill (CEO and High Performance Director)

n.gill@judocanada.org

The Montreal native is the most prolific judoka in Canadian judo history, Nicolas won two Olympic medals and three World Championship medals. He competed in four Olympic Games and was the flag bearer for the Canadian delegation at the opening ceremony of the Athens Games, in 2004. After retiring as an athlete in 2005, Nicolas chose to dedicate himself to the development of high-level judokas. He has been National Team Coach starting in 2005 and performed the dual functions of High Performance Program Director for Judo Canada as well as National Team Head Coach from 2009 to 2016. Since 2016 Nicolas has taken on new challenges within the Canadian judo federation as CEO, although he continues to perform the functions of the HPD.



Marie-Hélène Chisholm (High Performance Manager)

mh.chisholm@judocanada.org

National Team member for nearly 14 years, Marie-Hélène was a very successful competitor. She placed 5th at the Athens Olympic Games, which was the best female result in the history of Canadian judo at the time. The following year she also placed 5th at the 2005 World Championships in Egypt. Marie-Hélène is a certified NCCP level 5 judo instructor. After retiring from competing, she worked at Judo Québec as a provincial coach from 2008 to 2009. She joined Judo Canada in 2009 as the Assistant Coach of the women's national team. Marie-Hélène kept that position until 2013 and then pursued other opportunities as Judo Canada High Performance Manager. She is also the founder and the chair of the Judo Canada Gender Equity Committee.



Tiffany Hunting
(Physiotherapist)
t.hunting@judocanada.org

Tiffany Hunting joined Judo Canada in 2016. She holds a degree in Physiotherapy from McGill University, as well as a master's degree in Human Nutrition. She is a registered member of the International Federation of Sports Physiotherapy (RISPT) and is also a Fellow of the Canadian Academy of Manipulative Therapy (FCAMPT). A passionate athlete herself, Tiffany has always enjoyed being involved with all types of sports. For Tiffany, her job is to help the athlete reach their sports goals. In addition to working as a physiotherapist, she is involved in the planning and management of medical staff at Canadian tournaments. She also provides tireless support to her fellow coaches and nutritionists and is involved in the search for new partners.



Antoine Valois-Fortier
(National coach- Senior)
a.valoisfortier@judocanada.org

Antoine started practising judo at the age of four at the *Club de judo de Beauport*. In 2008, Antoine moved to Montreal to train at the Shidokan Judo Club (former Judo Canada National Training Centre). It was during the 2012 London Olympic Games, where he won a bronze medal, that the world got to know Antoine's exceptional talent. In 2014, Antoine Valois-Fortier won his first medal, silver, at the World Championships, followed by two bronze medals in 2015 and 2019. Along with his athletic career, Antoine graduated with a bachelor's degree in Intervention in Physical Activity from the Université du Québec à Montréal and a Specialized Graduate Diploma in Sport Management from HEC Montréal. In December 2021, at 31 years old and after a remarkable career of more than 12 years on the national team, Antoine retired from competition. In January 2022 Antoine joined Judo Canada as the Senior National Coach.



Sasha Mehmedovic
(U23 & Junior assistant-national coach)

s.mehmedovic@judocanada.org

Sasha was born in Pancevo, Serbia, and came to Canada in 1993, when he was eight years old. He got into judo by following in the footsteps of his father, a judoka himself. A fan of contact sports and martial arts, Sasha chose to dedicate himself to judo as a way to pursue his Olympic dream. As a member of the national team for over 10 years, where he fought in the under 66 kg category, Sasha represented Canada at two Olympic Games in 2008 and 2012. Throughout his career, he won several medals in World Cups and Grand Prix competitions. The highlight of his career is a 7th place at the 2007 World Championships in Brazil. In September 2013, soon after retiring from competing, Sasha joined the Judo Canada coaches team.



Daniela Krukower
(Junior/U23 assistant-national coach)

d.krokower@judocanada.org

Daniela was born in Buenos Aires, Argentina and at an early age moved with her family to Israel where Daniela was introduced to Judo. Since 1999 she represented her birth country, Argentina, while competing at the highest levels. The highlight of Daniela's career came at the World Championships in Osaka in 2003 where she was crowned World Champion in the under 63 kg category. The following year she placed 5th at the Athens Olympic Games. She retired soon after winning gold at the 2009 Pan American Championships. In addition to her great experience in judo, Daniela is also specialized in teaching Krav Maga and is an Expert 2 military and civilian instructor. She developed and teaches the Judo Canada self-defence for women programme, and she is also an instructor for the IJF academy. In January 2022 Daniela relocated to Montreal to become Judo Canada U23 assistant-national coach.



Janusz Pawłowski
(Assistant National Coach)
j.pawlowski@judocanada.org

Janusz Pawlowski was born in Sopot, Poland. The former Polish national team member attained remarkable success in his judo career, fighting in the under 65 kg category. Throughout his career, he was six-time Polish national champion, won three European Championship medals, was two-time Olympic medallist and won three World Championship medals. Janusz holds a master's degree from the Academy of Physical Education in Gdansk, Poland, with a specialization in Judo Coaching. Since 1991, Janusz has been training athletes from various backgrounds and from different countries. Janusz is also fluent in five languages. He lived in Poland, Kuwait, Slovenia, and Italy before arriving in Canada in 2014, where he holds the position of Assistant National Coach at Judo Canada National Training Center in Montreal.



Alexandre Émond
(National Training Centre Coach)
a.emond@judocanada.org

Alexandre started judo at the age of 6 at the Club de judo de Varennes. From an early age, Alexandre took part in several Canadian championships. He became a member of the national team at the age of 20 and competed in the London Olympic Games in 2012. The 2-times Pan-American Champion holds a bachelor's degree in Intervention in Physical Activity from the Université du Québec à Montréal. Since January 2017, he has joined the national team as a coach for young athletes transitioning to the Judo Canada National Training Centre (NTC) in Montreal. His role has since evolved to oversee all young athletes training at the NTC.

Annex 2 – Recommended National Centre Education

Secondary School - French: Édouard Montpetit

6200 Ave Pierre-de-Coubertin
Montreal (QC) H1N 1S4
514-596-4140
<http://edouard-montpetit.csdm.ca>

Yearly Admission Criteria:

- Maintain a general average of 75%;
- Maintain a minimum grade of 65% or equivalent for those with descriptive report cards, with codes, in the two basic subjects: French and Math;
- Achieve a passing grade in all subjects;
- Demonstrate the motivation and attitude required to achieve outstanding results;
- Be recommended by a sports federation as an “Excellence”, “Élite”, “Relève”, or “Espoir” athlete.

Required Documents:

- Birth certificate (original);
- Report card from the previous school year as well as a copy of the current school year’s report card;
- Latest government-issued transcript (students in grades 11 and 12);
- Proof of residence (Hydro, Bell);
- Sports organization recommendation.
- The Sport-Study program is open to grades 11 and 12.

To register in this school, book an appointment with the Program Manager:

Jocelyn Côté
Vice-principal
SAPDÉ
cotejoc@csdm.qc.ca
École Édouard-Montpetit
(514) 596-4140, ext. 7274



Secondary School - French: Collège Mont-Royal

2165 rue Baldwin
Montreal (QC) H1L 5A7
514-351-7851
<http://collegemont-royal.qc.ca>

Judo sport concentration program with the National Training Centre
Collège Mont-Royal is a private francophone mixed high school delivering the classes prescribed by the Department of Education.

Tuition and teaching material: \$3550
For more information: Anne-Marie Blais (director general): amblais@collegemont-royal.qc.ca

Secondary School - English: Lester B. Pearson

11 575 rue P.M. Favier
Montréal-Nord (QC) H1G 6E5
514-328-4442
514-328-4443 (Fax)
<http://www.emsb.qc.ca/lesterbpearson/>

Yearly Admission Criteria:

- Meet academic requirements;
- Be recommended by a sports federation as an “Excellence”, “Élite”, “Relève”, or “Espoir” athlete;
- Be eligible to attend a public English school;
- The Sport-Study program is open to grades 11 and 12.

To register in this school, book an appointment with the Program Manager: 514-328-4442
lesterbpearson@emsb.qc.ca

****Billing with host families***

*For information on host families, please contact:
Marie-Hélène Chisholm: mh.chisholm@judocanada.org



Alliance Sport-Études: Cegep and Universities

ADMISSION REQUIREMENTS

To be admitted to Alliance Sport-Études, you must:

Be admitted to an Alliance Sport-Études member college.

- A) Play in the Ligue de hockey junior majeur du Québec
OR
- B) Be identified as an **Excellence, Élite, Relève** or **Espoir** athlete by a federation recognized by the Direction du sport et de l'activité physique of the ministère de l'Éducation, du Loisir et du Sport.

IMPORTANT DATES

Applications for admission to Alliance Sport-Études must be completed online before **November 1** for the **winter semester** and before **March 1** for the **fall semester**.

ADMISSION FEES

A **\$40** (non-refundable) fee is charged for opening a student-athlete file at both the college and university level. There is a late application fee of **\$80**.

Application fees are only charged for the initial application and registration in Alliance Sport-Études is automatically renewed each semester.

ADMINISTRATION FEES

College:

To maintain their student-athlete status with the Alliance Sport-Études, college student-athletes are charged **\$46** per semester by the educational institution.

Espoir student-athletes are charged an additional administration fee of **\$70** per semester by Alliance Sport-Études.

University:

There are no administration fees for university student-athletes.



Cégep@distance: Fee per class

Student-athletes taking one or more courses with Cégep à distance are charged an additional administration fee of \$30 per course by Alliance Sport-Études to cover the individualized support for these courses. These fees cover accelerated registration services and course follow-up with Alliance educational consultants. For students **ONLY** following courses through Cégep@distance, an additional one-time request fee of \$30 is payable to Alliance Sport-Études. *Additional fees for educational material and tuition fees for each class.

Lien pour faire une demande d'admission à l'Alliance Sport-Études :

<https://alliancesportetudes.ca/en/student-athletes/application-for-admission/>

Nearby Cegeps offering Sport-Study programs:

Collège de Maisonneuve

3800 rue Sherbrooke Est
Montreal (QC) H1X 2A2
Phone: (514) 254-7131
1.2 km from the Olympic Stadium



Métro Pie-IX et Joliette

<https://www.cmaisonneuve.qc.ca/?accueil>

Collège Rosemont

6400 16^e Avenue
Montreal (QC) H1X 2S9
(514) 376-1620
1.5 km from the Olympic Stadium



Métro Rosemont and Langelier and bus 197 (East or West)

<http://www.crosemont.qc.ca>

Universities (Alliance Sport-Études members)

Université du Québec à Montréal

<https://uqam.ca/english/about/>

Polytechnique de Montréal

<https://www.polymtl.ca/en>

TELUQ

<https://www.teluq.ca/site/en/>

Concordia University

<http://www.concordia.ca/>



Suggested accommodation:



Résidences universitaires UQAM

<http://www.residences-uqam.qc.ca/univ/>

Two locations:

Résidence Est: 303 René Lévesque/Résidence Ouest: 2100 St-Urbain

The University Residences are accessible to students of any universities. The tenant must be enrolled full-time or part-time in an educational or research programs.

The prices vary between \$460 and \$960 per month*. This pricing includes all taxes, high-speed internet, all charges for electricity, heating and basic phone (voice mail included).

The residential complex of UQAM is a safe place subject to regular monitoring.

***Price subject to change**

Partial list of services:

- Furnished rooms and units
- Full communication system (telephone, internet, community TV and antenna connections for personal computers)
- Some rooms suitable for disabled people
- 9-month lease autumn/winter and 3 months for the summer
- Ready material such as iron, vacuum cleaner, etc.
- Student Lounge
- Individual post office box
- Convenience store and restaurant café
- Laundry rooms
- Near the Berri/UQAM metro station

Available apartments:

219 one-room studios (bachelor type) for one, including a kitchenette, a work-room area and a bathroom. Rent: \$595*/month

8 couple studios with a closed bedroom and double bed for two, including a kitchenette, a work-room area and a bathroom. Rent: \$960*/month

41 two-bedroom apartments with single beds for two, including a kitchenette, a work-room area, a living room and a bathroom. Rent: \$575*/month/room

16 three-bedroom apartments with single beds for three, including a kitchenette, a work-room area, a living room and a bathroom. Rent: \$565*/month/room

15 four-bedroom apartments with single beds for four, including a kitchenette, a work-room area, a living room and a bathroom. Rent: \$550*/month/room



8 eight-bedroom apartments with single beds for eight, including a kitchenette, a work-room area, a living room, two bathrooms and two wash-up rooms.
Rent: \$500*/month/room

LE2662.COM

<http://le2662.com>

Furnished studio for rent.

Hochelaga neighbourhood, near the National Training Center.

- The accommodation is rented by the week or month.
- The property is conveniently located next to many tourist facilities in Montreal and next to the Metro Pie IX (15 minutes from downtown Montreal).
- Our studio is referenced 2 stars by the Corporation de l'Industrie Touristique du Québec, assuring you a quality and safety guarantee.

