

# **2018-2019 SEASON “PERFORMANCE PATHWAY”**

## **POLICY**

- **Provincial Squads Training Program  
(Including “Team 2019”)**
  - **Hopefuls Training Program**
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**SECTION A: Overview of Squad / Hopefull’s Program**

**SECTION B: Principles & Participation Requirements**

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**APPENDIX A: Practice Requirements**

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**APPENDIX E: Athlete Goals & Objectives Chart** (To be completed by coach & athlete)

**APPENDIX F: Year Plan**

completed by:

**Arvin Tronco, Athlete Development Director**

**Ron Edwards, Executive Director**

*(AT/RE: 10/03/2018)*

## SECTION A

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### 2018 – 2019 Provincial Squads and Hopefuls Training Programs

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**OBJECT:** To prepare **Manitoba's Senior and Junior Provincial teams** for achieving **best ever results** in **MAJOR** (1/2) table tennis **Competitions**.

**PROGRAM CONTENT:**

- ▶ **TRAINING SESSIONS** (Including Sport Science) with team 2-6 times a week from Sept. 2018 to July 2019; (Canadian Senior Championships in March & Junior Championships in July). Traditionally, end July, August and early September are "off-season" for most athletes: they train 1-3x per week on own and participate in other sports. But, during "off-season", TT Canada often schedule events & camps where top Manitoba athletes could be invited to; this includes the "Hopes" week. In the future, M.T.T.A. may move towards provision of some structured summer camps to be held in the latter half of August. (T.B.C.)
- ▶ **MAJOR & MINOR TOURNAMENTS** (3) in Winnipeg and neighboring provinces/states as outlined in "**Program Brochure**" and Appendix B - "**2018-2019 Calendar of Events**";
- ▶ **WEEKLY LEAGUE NIGHT:** Winnipeg & District Table Tennis League;
- ▶ **TRAINING CAMPS** as follows:
  - **Day Camps** - "**Team 2019**": (T.B.C)
  - **X-Mas Camp** – "**Team 2019**": Dec. 26-28 Wed-Fri.
  - **New Year's Camp** – "**Team 2019**": Jan. 2-4 Wed-Fri.
  - **Spring Break Camp** – Mon.-Fri. March 25-29.
  - **Summer Camp:** ~June/July 2017 (T.B.C.). Specific preparation camp for Nationals, Junior Nationals.
  - **Summer Camp:** ~ August, I.T.T.F. "Hopes" Week (T.B.C.)

#### TEAM

**PRACTICES:**

- Mondays: Blocks 2 & 3 (T.B.C)
- Tuesdays 6:00-8:00 and/or 7:30-10:00 pm, Darwin School (4) ;
- Wednesday 6:30-8:30 CWG/ELITE Training / 8:30-9:30 Strength and Conditioning, Qualico Training Centre (4) ;
- Thursdays 6:00-8:00 pm and/ or 7:30-10 pm Darwin School (4) ;
- Fridays 6:30-9:30 pm Squad & older Hopeful's@ Daniel MacIntyre.- match play (League) (4/6) ;

#### TRAINING SQUAD

**SELECTIONS/ GROUPINGS:**

- Initial selection to the training squads and camp sessions will be based on the following factors:
  - i) Desire to improve and work ethic;
  - ii) Current ability and future potential;
  - iii) Age - should other things prove equal, the emphasis will be placed on training younger players and those that are required to fill teams for major events;
  - iv) The return of the Participants Agreement and all other registration forms and fees by the designated deadlines.

List of reserve players/ alternates will be kept.

Selected players should note that being selected does not guarantee your spot in any given session for the following block. Every effort will be made to be clear with the athletes on what is expected of them in the training group they are part of. If the player doesn't fit well in the training group, as deemed by Head Coach Tronco, said player could be dropped from the training group and replaced by a player selected from the reserve list as outlined in footnote (5) or the group may operate without replacement.

**“Team 2019:”** “Team 2019” is a target group of boys and girls based upon current level of play. These athletes are expected to participate fully in the above outlined Program Content as selected by Head Coach Tronco; weekly practice requirements defined by age, Chart “A”. These athletes were targeted to attend the Team 2019 Training Camp and Canada Winter Games Trials #1 in Thompson March 7-10, 2018 as part of the Manitoba Games. This list is not static, Coach Tronco has the authority to replace “named” players with alternates. The object is to prepare a high level, dedicated, unified team to represent Manitoba in 2019.

#### **FEES & REGISTRATION:**

Athletes should fill in: a) M.T.T.A. **Membership form**, b) Squad or Hopeful's **Invitation letter/form** and c) P.S.T.P. **Participants Agreement**. Payments of this year's fees are made in 3 installments based on which program you are selected for. Players are invited to train on a block by block basis.

#### **TOURNAMENT SELECTION PHILOSOPHY:**

**Athletes selected for major events (1) will generally be the best we have.** They will be chosen based primarily upon factors such as competition results, rating/ranking level and by evaluation by the P.S.T.P. Head Coach. For **Minor Tournaments (3)**, the P.S.T.P. Head Coach, in conjunction with the Executive Director and the Athlete Development Committee, will **select athletes based upon level of play and commitment to table tennis**. This commitment is demonstrated through participation in the Provincial Squads or Hopefuls training program including league and tournament play.

It is understood that players often participate in more than one sport or have other interests. Players for years have missed practices for one reason or another throughout the season. For **Major events**, it is a **program objective** (dependant upon budget) to **send full teams of our best players**. However, **these best players must have been participating at some MINIMALLY ACCEPTABLE LEVEL**. A player demonstrates their commitment to training by scheduling other activities (community club sports, driver education lessons, music lessons etc.) around the table tennis practices. If players do miss practices but still participate at a “MINIMALLY ACCEPTABLE LEVEL”, they may still make the Manitoba team for a MAJOR event, because it is MTTA's desire to field full teams of our best players. However, players **who do not participate fully may not be selected for MINOR events**; i.e. **“IF YOU ARE NOT DOING ALL YOU CAN IN MANITOBA TO BECOME AS GOOD AS YOU CAN BE, WHY SEND YOU OUT OF PROVINCE FOR EXPERIENCE THAT YOU COULD OBTAIN IN PROVINCE?”** (6)

**Program philosophy is expanded in Section B - Principles & Participation Requirements.**

**COACHING STAFF:**

**Head Coach –Arvin Tronco:** 925-5943(b); 290-5547 (c); [925-5916\(fax\)](tel:925-5916); email: [mtta.coach@sportmanitoba.ca](mailto:mtta.coach@sportmanitoba.ca)

Coach Tronco is in charge of the micro programming parameters associated with our athlete development programs. He oversees all the regular practices and camps. He also scouts players at Friday night league play, the “Active 4 Life”/ Recreational Clubs, the Junior Developmental Coaching Program sessions as well as at Fundamentals clinics at schools and community centers. Arvin had six years of competitive coaching experience in the Philippines plus he is also enrolled in Canadian N.C.C.P courses and has completed Level 3 Competition Development by Table Tennis Canada.

**Other M.T.T.A Coaches  
& Resource Personnel:**

**Ron Edwards:** 925-5690(b); 788-4877(r); email: [table.tennis@sportmanitoba.ca](mailto:table.tennis@sportmanitoba.ca)

Ron may fill in as a substitute coach for Coach Tronco or others as situations demand. Ron is in charge of overall M.T.T.A. macro-structural program design and implementation parameters. These programming requirements tie in various philosophies of sport as passed down from Sport Canada to Table Tennis Canada and to Sport Manitoba. Ron has completed his Level 3 Technical Course (2 different formats), his level 3 practical. He needs to update his Level 3 Theory as this was done over 20 years ago. Ron has also completed the I.T.T.F. High Performance Coaching Course and was Prov. Team Head Coach from 1986-1999/2000.

**Terry “Tian” Zhang:** Has been one of Manitoba’s top players for the past 10-15 years. Terry is now enrolled at the University of Manitoba and he will be assisting Coach Tronco whenever he can. He also started up the Winnipeg Table Tennis Training Centre and will be offering private lessons for beginner level players as well as for Hopefuls & Squad players that don’t conflict with **Team Practices** as outlined on page 1.

**Phuong Nguyen:** Phuong has completed her R.I.S., Community Initiation and Intro to Competition Technical Coaching courses. She has also completed numerous Theory courses. This season Phuong will be assisting Coach Tronco wherever she can with the Junior Developmental, Hopefuls & Squad programs. She is the Manager of the Team for 2019

**Matthew Lehmann:** is a multi-time Manitoba Provincial Champion and was a part of Team Canada at the 2018 World Table Tennis Championships in Sweden. He has trained and competed around the world including China and Europe and spent the past two years playing table tennis full-time in Austria and Sweden. Matthew is Intro to Competition trained and Respect in Sport certified and is looking forward to passing on his knowledge to the next generation of Manitoban players. He will be assisting Coach Tronco every Tuesday and Thursday for with the Squad and Hopefuls Program.

**Myong Lee:** Myong is a lawyer by profession who also loves table tennis. This season she will be assisting Coach Tronco every Tuesday with the Junior Developmental Program. RIS completed.

**Fhebie Kaye Quinico:** Is a new volunteer coach from the Philippines. She is working to complete her R.I.S. She will be enrolling in N.C.C.P Technical and Theory courses. Fhebie will be assisting Coach Tronco every Tuesday & Thursday practice and will run the Saturday Crescentwood Junior Developmental Program. She will be both coaching and a sparring partner for JDP and Hopefuls.

**ON THE PART OF  
THE COACHING STAFF:**

As indicated by recent results at Canadian Championships and Games events, as well as by the number of athletes that we are placing on Canadian teams, we are holding our own against other provinces. However, after reviewing the whole of last year’s program, some problem areas have been identified and are being addressed

by the coaching staff and Executive. The main improvement this season will be partnering with the W.T.T.T.C. to deliver top level integrated coaching sessions.

With the 2019 Canada Winter Games fast approaching, we will access Sport Manitoba's P.E.P. (Performance Enhancement Program) in several areas such as physical conditioning, sport psychology and sport nutrition.

## *SECTION B*

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# Principles and Participation Requirements

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### **PRINCIPLES:** (7)

- 1.) Program that allows athletes to become as good as they want to become.
- 2.) Program that produces athletes to represent MB. & Canada at major tournaments:  
Short-Medium Term: a). Canada Winter Games, Red Deer, AB, Feb. 15-23<sup>rd</sup>, 2018;  
b). Canadian Senior Championships, Markham, ON, March 7-10.  
Medium Term: a). Canadian Junior Championships, Summerside, PEI, July 4-7.
- 3.) Some athletes participate in other activities besides table tennis.
- 4.) M.T.T.A. have requirements, goals to meet, and more programs to run than only P.S.T.P. Therefore, cannot throw unlimited funds at all P.S.T.P. participants. Rather, **the level M.T.T.A. assists athletes must depend upon the relative level of the athlete's commitment & dedication to table tennis and their past achievements & future potential.**

### **SELECTIONS FOR TRAINING & TOURNAMENTS:**

#### **DESIGNATIONS:**

**Squad:** Top athletes (by level of play) for each of the age/sex teams that we must select and send to the major events;

**Hopefuls:** Next athletes (by level of play and future long-term potential) for each of the age/sex teams which we must select and send to the major events. Focus here is generally on younger athletes to build for the future. (8)

**Team 2019:** Top male and female players by rating at start of season. These players were initially targeted to attend the Team 2019 Training Camp & MB. Games Trials # 1 in Thompson. Trials #2 & 3 are open to all players in Manitoba.

#### **MAJOR TOURNAMENTS:**

- a) **Canada Winter Games:** We must field full teams to these events. Level of play and ability to provide results are key selection factors.
- b) **Canadian Junior Championships & Hopes Week:** It is a program objective to try to field full competitive teams provided athletes meet certain minimum training requirements and be of a certain minimum level of play. These minimum requirements are dependent upon age of athlete. Refer to Chart "A" that outlines the 2018/2019 season training requirements.
- c) **Canadian Senior Championships:** It is a program objective to try and field competitive male and female teams. However, athletes must meet certain minimum training requirements and be of a certain minimum level of play.
- d) **Selection for Major Events:** First 2 spot(s) for each age/ sex team is determined by level of play as measured by results in competitions and ratings/ ranking level. The last spot(s) for any

team will be selected by the Head Coach in conjunction with the Executive Director and vetted by the Athlete Development Committee.

**2019 Canada Winter Games Selections:** Team will consist of three boys and three girls born on/ > Jan.1, 2001. Male Coach/Manager: Arvin Tronco, Female Coach/Manager: Phuong Nguyen.

**SELECTION TRIALS:** Three trials will be held: **Trial #1**, March 7-10, 2018 coupled with training camp as part of Manitoba Games in Thompson. **Trial #2** at Red River Closed Saturday November 17<sup>th</sup>, 2018. **Trial #3** at Manitoba Closed, Saturday December 15<sup>th</sup>, 2018. Top 2 boys and top 2 girls selected based upon results of the three trials. Third player selected as per (d) above.

**MINOR (or "DEVELOPMENTAL")  
TOURNAMENTS:**

These are tournaments that are identified by coaches as events to which athletes are sent in order to improve their performance at major ones.

**PRINCIPLE:**

Only send those who are meeting the commitment level that is outlined for minor events. Dedicated Squad and Hopeful athletes may be selected by the Head Coach and sent to these events. MINOR TOURNAMENTS, as identified by the Head Coach, will be geared towards developing athletes for the MAJOR events.

**P.S.T.P.  
"CANADIAN TEAM":  
LEVEL:**

Those athletes who are truly dedicated to table tennis and are "trying to become as good as they can be". Accordingly, these athletes commit more to table tennis than the minimum levels established for the P.S.T.P. The levels of required commitment will be based upon T.T.C. guidelines for junior athletes...move towards LTAD/ CS4L standards...these standards outline training volumes required by junior athletes of various ages in order to allow them to reach the International level in senior play. M.T.T.A. athletes given this designation must be in the top 8 in Canada for their age/sex class and meet the relevant minimum training/program requirements as outlined in CHART A:

In addition to events targeted by the M.T.T.A., Table Tennis Canada may select Manitoba players for participation in other national or international events. These events say called "Canadian Team Developmental Events", could be international in nature. Examples could be I.T.T.F. or North American training camps, tournaments etc. Players selected/ funded for these events by the M.T.T.A. must meet the P.S.T.P. "Canadian Team" level training standards or qualify through T.T.C.'s regulations.

## CHART "A"

<b>MAJOR TOURNAMENTS: MANITOBA PROVINCIAL SQUADS SELECTION &amp; TRAINING STANDARDS:</b>			
1) <b>C.W.G.</b> : Minimal participation levels, ie. MUST FIELD TEAMS, but ideally train as for #2. 2.) <b>Canadian Championships:</b> -Ideally train:			
<b>U-11 YEARS</b>	<b>U-13 YEARS</b>	<b>U-15 YEARS</b>	<b>U-18 YEARS</b>
(4-6 hours/week) -2 practices per week with Squad or Hopefuls.	(6 - 9 hours/week) -minimum 2 practices per week with Squad or Hopeful's plus league.	(9-12 hours/week) * -minimum 2-3 practices per week with Squad or Hopefuls plus league.	(12-15 hours/week) * -minimum 3 practices per week with Squad or Hopefuls +1 league night per week.
<b>Chart A cont:</b>			
<b>MINOR TOURNAMENTS &amp; CANADIAN TEAM LEVEL SELECTION &amp; TRAINING STANDARDS:</b>			
a) <b>Regular "DEVELOPMENTAL EVENTS":</b> -For Selection, meet training requirements as outlined in Chart above, under #2. "Canadian Championships". b) <b>"CANADIAN TEAM DEVELOPMENTAL EVENTS":</b> -Athletes must be in Top 8 in Canada for age/sex category (or be named to a Canadian Team) plus train as follows:			
<b>U-11 YEARS</b>	<b>U-13 YEARS</b>	<b>U-15 YEARS</b>	<b>U-18 YEARS</b>
(7½-9 hours/week)  - minimum 2 practices per week with Squad plus 1 more practice per week or league.	(9-12 hours/week)  -minimum 3 practices per week with Squad +1 league night per week.	(12-15 hours/week)  -minimum 4 practices per week with Squad +1 league night per week.	(15 plus hours/week)  -minimum 5 practices per week with Squad + 1 league per week or 1-2 more practices.

### GENERAL POINTS:

- a). All P.S.T.P. athletes must adhere to conditions as outlined in the "PARTICIPANTS AGREEMENT".
- b). All selections will depend upon M.T.T.A budget constraints.
- c). **Financial contributions** by athletes may vary from event to event depending upon # of athletes selected to event, # of events in the year (ie. budgetary restrictions) and level of parent/athlete involvement in MTTA volunteer activities. These parameters are **outlined in Section C "Athlete Financial Contributions for Out of Province Events"**.
- d). Above selection requirements for "CANADIAN TEAM DEVELOPMENTAL EVENTS" may be waived if an athlete is selected by Table Tennis Canada to attend an event. If athlete in question is not meeting M.T.T.A. minimum participation requirements, athlete could still attend but would fund himself/herself, i.e. whatever portion is not paid for by T.T.C., the athlete would cover himself/herself.
- e). Athletes supplementing their Squad and Hopeful's training with either private lessons or those provided by the Winnipeg Table Tennis Training Centre should have these classes coordinated by their

coach(s) with Head Coach Tronco; they MUST NOT CONFLICT WITH TEAM PRACTICES!

## SECTION C

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### **Athlete Financial Contributions for Out of Province Events**

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This section outlines the financial contributions to be paid by athletes selected to represent Manitoba at out of Province events such as tournaments, training camps etc.

#### **CONTRIBUTION PARAMETERS:**

For each trip or event, the Executive Director sets a contribution level of "X" % of the total budgeted per person amount (9 & 10). This is the "base trip contribution amount" that all players start at. This base amount is then **added to or subtracted from**, according to the following **schedule of "Credits" and "Penalties"**,<sup>11</sup> in order to arrive at the final contribution level. Regardless of the final sum of the penalties and credits, the **minimum contribution to be paid by any athlete will be 30% and the maximum 80%**.

#### **1. CREDITS: LEVEL OF PLAY**

##### **a) LEVEL OF PLAY CREDITS-JUNIORS/ YOUTH. Any Junior or Youth: (10)**

- |         |  |
|---------|--|
| X – 5%  | a) Named as a "Aspiring Athlete" on the Canadian team lists; or<br>b) At tournament selection time is ranked in top 16 in Canada for their age/sex event; or<br>c) At prior season's Hope's week had a top 4 singles finish.   |
| X – 10% | a) At prior season's Junior Nationals (or Senior Nationals for Youth) had a top 8 singles finish; or<br>b) At tournament selection time is ranked in Top 8 in Canada for their age/sex event.  |
| X – 15% | a) Named to Canadian Youth, Junior or Cadet teams (latest list);<br>b) At prior season's Junior Nationals (or Senior Nationals for Youth) had a top 4 singles finish; or<br>c) At tournament selection time is ranked in Top 4 in Canada for their age/sex event;<br>or<br>d) At prior season's C.W.G event won BRONZE in Singles. |
| X – 20% | a) At prior season's Junior Nationals (or Senior Nationals for Youth) won SILVER in singles; or<br>b) At tournament selection time is ranked in Top 2 in Canada for their age/sex event; or<br>c) At prior season's C.W.G won SILVER in singles or won GOLD in W.C.S.G singles.  |
| X – 25% | a) At prior season's Junior Nationals (or Senior Nationals for Youth) won GOLD in singles; or<br>b) At tournament selection time is ranked in first in Canada for their age/sex event; or  |



c) Any Junior who at prior season's C.W.G won GOLD in singles.

**b) LEVEL OF PLAY CREDITS: Players for Senior Events: (10)**

- X - 5%      - WOMEN: 5% discount for any player who is ranked in top 50 in Canada as of selection date.  
                  - MEN: 5% discount for any player who is ranked in top 100 in Canada as of selection date.
  
- X - 10%     - WOMEN: 10% discount for any player who is ranked in top 25 in Canada as of selection date.  
                  - MEN: 10% discount for any player who is ranked in top 50 in Canada as of selection date.
  
- X - 15%     MEN & WOMEN:  
                  a). 15% discount for any player who is ranked in top 16 in Canada as of selection date; or  
                  b) 15% discount for any player who is named to the Canadian Men's or Women's team (latest list always used).
  
- X – 20%     MEN & WOMEN:  
                  a) 20% discount for any player who at prior season's Senior Nationals had a top 8 singles finish; or  
                  b) 20% discount for any player who at tournament selection time is ranked in Top 8 in Canada.
  
- X – 25%     MEN & WOMEN:  
                  a) 25% discount for any player who at prior season's Senior Nationals had a top 4 singles finish; or  
                  b) 25% discount for any player who at tournament selection time is ranked in Top 4 in Canada.

**b) RATIONALE FOR LEVEL OF PLAY CREDITS:**

Rewards the effort, dedication and concentration displayed by those players who achieve the indicated levels. **NOTE:** Medals achieved in doubles or team events will be looked at on a case by case basis, i.e. "How many teams or pairs were involved in the event in question" etc.

**2. PENALTIES- LACK OF PARTICIPATION: SENIOR & JUNIOR PLAYERS**

**NOTES:**

a). Chart "A" in Section B outlines the training requirements that are expected of Manitoba's junior aged high-performance athletes. The practice requirements are outlined in Chart "A", under number 2, according to the age category of the player. Players are also expected to participate in M.T.T.A hosted events such as tournaments and leagues. This is further explained in footnote 6.

b). Players are expected to meet these requirements >80% of the time. The same principle applies to tournaments and number of events entered in tournaments; i.e. over the course of time, players are expected to be participating and competing in practices and tournaments 8 out of every ten times. Players

who are not adhering to these requirements will pay the outlined penalty should they be selected for an out of province event.

c). Players who do not meet the requirements in Chart “A” are not even supposed to be selected for “minor” events. However, sometimes, due to varying circumstances, an athlete might be selected despite their clearly not meeting the minimum participation requirements for selection. An athlete might also be selected for a “major” event-such as the Canadian Junior Championships- based on their being the best player for their age despite their lack of participation. In these cases, the selected athlete would again pay the outlined penalty.

d). Senior players, (anyone who is not eligible for under 18 or Youth events), are expected to be meeting the same training requirements as for the U18 year olds: i.e. train 3X/ week plus league night for 80% of the time (12).

e). These notes pertain primarily to athletes who live in Winnipeg or very close to Winnipeg. Athletes who train out of province or who reside in rural Manitoba will be handled on a case-by-case basis although the basic principles still apply.

### **JUNIOR & YOUTH PENALTIES:** (13)

X+5% For any junior or youth who is only training (14) between 70-80%.

X+10% For any junior or youth who is only training (14) between 60-70%.

X+15% For any junior or youth who is only training (14) between 50-60%.

X+20% For any junior or youth who is training (14) less than 50%.

X+25% For any junior who is training (14) less than 40%.

### **SENIOR PENALTIES:**

X+5% For any senior who is only training (14) 3X per week, 80% of the time.

X+10% For any senior who is only training (14) 2X per week, 80% of the time.

X+15% For any senior who is only training (14) 1X per week, 80% of the time.

X+20% For any senior who is selected based on level of play or tournament results but is seldom active in practicing at any of the clubs or league.

### **RATIONALE:**

Even though table tennis is an individual sport, our athletes also compete as part of larger teams. Athletes must pair together to form doubles teams at events such as the Canadian Senior and Junior Championships and Winter Games events. They must also form teams to represent Manitoba in team play at the Canadian Senior and Junior Championships and Games events. Points from all individual, doubles and team events are also totaled towards determining who is overall winner at all of the above championships. So although athletes may compete as an individual, they are always part of the larger team and as such are expected to be out to train with and support their fellow teammates. Similarly, they are expected to be out to compete against their teammates in M.T.T.A hosted contests. The lack of participation of some athletes can have an adverse effect on the rest!

Similarly, the M.T.T.A receives funding based upon the scope and complexity of our athlete development programs. The Provincial Squads and Hopefuls programs are the two major ones to develop our top

athletes. They are also entwined with the Canada Winter Games program. Lack of participation on the part of individuals thus may also adversely effect M.T.T.A. funding.

Thirdly, the penalties are in place for fairness to the athletes. If dedicated athlete A is in the gym 3-5 times a week and plays most events at our tournaments, should athlete B, who plays only once a week, play the odd event at one or two tournaments, pay the same amount as athlete A? ... assuming of course that they are lucky enough to be selected to represent Manitoba in the first place.

## **FOOTNOTES:**

- (1) **Major Tournaments** are those where results count for World, North American, Canadian, or Western Canada Games titles. Results at these events could have a bearing on funding received from external sources and are the tournaments which athletes dedicate themselves to train towards.
- (2) **2018/2019 Major Tournaments:** 2018/ 2019 Canada Cups, 2019 Canadian Senior Championships, 2019 Canadian Junior Championships and "Hope's Week." (Note: It remains to be seen whether the Hope's Week evolves into a true high-performance-type event.) National Top 12's, Canada Cup events and other T.T.C. hosted "selection-type-events" are also "Major" but athletes must be selected or qualify under T.T.C. guidelines. Refer to attached M.T.T.A. "Programs Brochure" and "2018-2019 Calendar of Events" for tournament dates and locations.
- (3) **"Minor" Tournaments** are those that are **developmental** in nature, i.e. those events to which athletes may be sent in order to prepare for MAJOR events. Results generally have little or no effect on external funding.
- (4) **Hours are the maximum times**, i.e. we have gyms booked for these periods. Training session lengths may vary depending upon where we are in Season Plan. Parents of younger players should notify the coach if earlier athlete pick up times are necessary on school nights.
- (5) a) The **year is broken into 3 training "blocks"**: Sept.-Dec./ Jan.-end March/ April- July. Selections for each block of training will be based upon performance in the previous block and upon such factors as the availability of space, new athlete identification etc.; i.e. for the Canadian Junior Championships and Hope's Week, we could have 8-10 age/sex teams to try and fill: B & G U-18, U-15, U-13, U-11 & U-9? We need minimally 2-3 b/2-3 g for each category. In some categories, we have >2/3 and some we have fewer. Therefore, in those age/sex categories where we are carrying more than the minimal number, cuts may have to be made if there are players of a suitable caliber moving up from the Hopefuls group (or directly out of the Junior Developmental Club ranks) into age/sex groupings where we are short players. Long-term athlete requirements for events such as the 2019 Canada Winter Games must also be kept in mind! Reference "Athletes Inventory" for listing of known/potential squad athletes.  
  
b) It should be noted that the size of a facility and number of tables located at the given facility restrict the number of athletes that can be invited out.
- (6) **For Match experience, all Squad players (and most Hopefuls) are expected to play in the Winnipeg & District Table Tennis League and are expected to play in a minimum of 3 events at each of our tournaments: 2 singles and a doubles.**
- (7) Much of the following is geared towards Junior aged players but the same basic philosophic principles apply to Youth & Senior aged players.
- (8) Designations are made at the start of a program year and may be modified for successive blocks. "Squads" and "Hopeful's" are designations on paper similar to Table Tennis Canada's "Olympic", "World", "Shadow" squads etc. "Squad" fees slightly higher as these athletes are more likely to receive coaching from top level coaches and have higher likelihood of being selected to represent Manitoba.
- (9) **Per person budgeted amount** is the total expected trip costs (excluding food for those tournaments where food is not included as part of a package deal) for all players, coaches, managers, divided by the total # of players.
- (10) **X% may vary from tournament to tournament** (i.e. it may be higher for "minor" events as opposed to "major" ones), year-to-year etc. However, "X" will generally be in the 50-65% range and depends greatly upon the number of and location of tournaments in a season, the number of players selected for each event and the M.T.T.A.'s overall budget for the season.\*  
  
\*Traditionally, the M.T.T.A has heavily subsidized its players when they travel to out of province tournaments and camps. However, the M.T.T.A can only handle so many thousands of \$ of trip costs in a given year. The more events and the more athletes sent to these events-as recommended by the Provincial Team Head Coach (Athlete Development Director) - the higher this base "X"% must be.
- (11) Players **cannot accumulate more than one discount** within the Senior or Junior/ Youth "Level of Play" credit categories; they take their best credit category. Junior/ Youth performance discounts count only towards payment for selection to Junior/ Youth aged events/tournaments, i.e. they do not apply if a Junior/ Youth is selected for our Senior team; to get discounts for senior events, juniors/ youths must meet the senior discount ranking requirements.

- (12) Senior players who are on shift work-or juniors who are writing exams- **can batch practices** during weeks when they are not working/studying to maintain the 80% practice threshold. Players must phone the Head Coach to advise of any extra attendances at Squad practices, i.e. any days that they are not scheduled to practice. .
- (13) Calculations of penalties will be based upon attendance records of coaches, club coordinators, league coordinators and tournament organizers. It is understood that records may not be 100% accurate, and, as such, when determining penalties, an athletes record will be compared to that of his/her peers.
- (14) Training here refers to “overall participation” in practices, tournaments and league play. These expectations are also outlined in Chart #A.

## Appendix A

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### Provincial Squads Training Program (& Hopefuls) Practice Requirements

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#### 1. PRACTICE DAYS AND TIMES: (4)

- |   |   |
|---|---|
| Session 1: Mondays: Block 2 & 3 (T.B.C) |   |
| Session 2: Tuesdays 6:00–8:00 PM.       | - Darwin (Younger aged JD, H'pfill's & some Squad)  |
| Tuesdays 7:30–10:00 PM.                 | - Darwin (Older aged and/or higher level Sq'd & H'fills)                                      |
| Session 3: Wednesdays 6:30-8:30 PM.     | - Sport Manitoba (CWG 2019 and ELITE)   |
| Wednesdays 8:30-9:30 PM                 | - Strength and Conditioning at Sport Manitoba (Older aged and/or higher level Sq'd & H'fills) |
| Session 4: Thursdays 6:00-8:00 PM.      | - Darwin (Younger aged JD, H'pfill's & some Squad)  |
| Tuesdays 7:30 –10:00 PM.                | - Darwin (Older aged and/or higher level Sq'd & H'fills)                                      |
| Session 5: Fridays 6:30-9:30 PM         | - Daniel MacIntyre League (Jr. Dev./ H'pfill's/ Squad)  |

#### 2. ATTENDANCE:

- a) Selected players are expected to attend all sessions for which they are invited.
- b) If unable to attend must provide advance notification (preferably 24 hours in advance) in order that substitute may be invited;
- c) Continual unjustified absences and non-notification will result in player(s) being removed from Training Squad. These person(s) may be placed on Reserve List or moved down to the Junior Developmental or Hopefuls Programs;
- d) Exceptions to the above rules may be made for extreme circumstances.

#### 3. TARDINESS:

- a) Players are expected to show up on time for the start of their practice.
- b) If players know they are going to be late they should attempt to provide an early notification of such;
- c) Continual tardiness will result in removal from the Training Squad and placement on the Reserve List or moved down to the Junior Developmental or Hopefuls Programs;
- d) Exceptions to above rules may be made for extreme circumstances.

#### 4. BEHAVIOR:

- a) Players will be expected to:
  - i) engage in all group activities, i.e. warm-up;
  - ii) practice with assigned partners;
  - iii) practice designated drills.

- iv) practice with a high level of intensity
- b) The following will not be tolerated:
  - i) taking unauthorized breaks;
  - ii) harassment of other players;
  - iii) foul language;
  - iv) stealing of and damaging M.T.T.A. equipment;
  - v) showing lack of respect to coaching staff or team-mates.
- c) Nonconformance to these behavior guidelines may result in removal from Training Squad.

5. SAMPLE PRACTICE SESSION:

- a) Athlete and coach arrival 5 minutes before practice start time
- b) Table set up
- d) Group warm-up - off table
- e) Questions/Announcements
- f) On table warm-up
- f) Partner pairing and drill explanation
- g) On table practice
- h) Break 5-10 minutes
- i) On table practice
- j) Clean up.

6. ATHLETE REQUIREMENTS:

- a) Bat
- b) Towel
- c) Water Bottle
- d) Skipping Rope
- e) Running Shoes
- f) Table Tennis Shoes, Shorts etc.
- g) Binder/Clipboard/Paper & Pen/Pencil.

**MANITOBA TABLE TENNIS ASSOCIATION**

**CALENDAR OF EVENTS 2018 - 2019**

<b>No.</b>	<b>DATE</b>	<b>TOURNAMENTS / EVENTS</b>	<b>LOCATION</b>
1	November 17	<b>RED RIVER CLOSED and CWG TRIALS #2</b>	Daniel MacIntyre, Winnipeg
2	December 15	<b>MANITOBA CLOSED and CWG TRIALS #3</b>	Daniel MacIntyre, Winnipeg
3	December 26-28	<b>MTTA &amp; WTTC X-MAS CAMP (3days)</b>	WTTTC CENTRE
4	January 2-4	<b>CWG ATHLETES TRAINING CAMP (3days)</b>	Cornerstone Alliance Church
5	January 26-27	<b>QUEBEC CIRCUIT #4</b>	Laval, Quebec
6	February 2	<b>GOLDEN BOY OPEN CHAMPIONSHIPS</b>	Daniel MacIntyre, Winnipeg
7	February 15-22	<b>CANADA WINTER GAMES 2019</b>	Red Deer, Alberta
8	March 2-3	<b>MANITOBA OPEN</b>	Daniel MacIntyre, Winnipeg
9	March 7-10	<b>CANADIAN SENIOR CHAMPIONSHIPS 2019</b>	Markham Pan Am Centre, ON
10	March 25-29	<b>SPRING BREAK CAMP (5days)</b>	PCCM 737 Keewatin
11	April 13	<b>TOURNAMENT OF CHAMPIONS</b>	Daniel MacIntyre, Winnipeg
12	April 20	<b>COMMUNITY INITIATION COACHING COURSE</b>	PCCM 737 Keewatin
13	May 18-20	<b>SITCO TOURNAMENT</b>	TBC
14	June-July (TBC)	<b>NATONAL'S PREPARATION TRAINING CAMP</b>	PCCM 737 Keewatin
15	June (TBC)	<b>OUT OF PROVINCE PREPARATION FOR NATIONAL</b>	TBC
16	July 4-7	<b>CANADIAN JUNIOR CHAMPIONSHIPS 2019</b>	Summerside, PEI

**Notes:**

*1. Players should refer to Calendar of Events on M.T.T.A website. Known club closures are listed here and updated on a regular basis.*

*2. Head Coach / M.T.T.A may add tournament or camp dates as opportunities identified, i.e. as*

*Table Tennis Canada complete their calendar etc. Could be join camp with Sask or WTTC*

*3. Sports Science components not yet confirmed.*

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### Provincial Squads Training Program Participants Agreement

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**A. ATHLETE RESPONSIBILITIES:** As a member of the Provincial Squads Training Program /Hopefuls/ Team 2019 it is my intention to train hard and participate fully in order to win the right to represent the Manitoba Table Tennis Association (M.T.T.A.), and the Province of Manitoba in major table tennis competitions. If I qualify for out of province events, I will represent the M.T.T.A. and the Province with dignity and a positive image both in and out of the gymnasium. With this in mind, I understand and agree to abide by the following code of conduct:

1. Members will at all times abide by the rules and regulations of Table Tennis Canada and the Manitoba Table Tennis Association.
2. Members will conduct themselves at all times in an exemplary manner. Clean and neat appearance and attire is essential. Members will wear Team uniforms when requested to do so by the Head Coach or Manager. Such official clothing and uniforms shall not contain any lettering, trade names, or trademarks that have not been approved by the Manitoba Table Tennis Association. Members will not trade or sell any equipment or clothing provided by the Provincial Squads Training Program without permission of the Head Coach or Manager.
3. Respect and consideration towards the public, Coaches, Manager, support staff, volunteers and other squad members and table tennis players is a must. Abusive language and behavior in or out of the gymnasium will not be tolerated. Members shall remember they are representing the Manitoba Table Tennis Association and their behavior is a reflection on all table tennis players as well on the Province of Manitoba.
4. Members shall attempt to cooperate with the press and shall refrain from making statements against the Manitoba Table Tennis Association, Table Tennis Canada or other Manitoba Table Tennis Association officials or players.
5. While with a Team representing the Manitoba Table Tennis Association or the Province of Manitoba, drinking in public places or place of temporary residence needs the approval of the Head Coach or Team Manager. In any case, except for at designated social functions, drinking will not be allowed during the competition or while an athlete is still actively involved in play. Where drinking is permitted, excessive consumption of alcohol to the point of intoxication will not be tolerated and athletes guilty of such shall face immediate suspension from the competition and may be subject to additional penalties. Athletes under the legal drinking age are not to consume alcohol; such consumption may result in immediate suspension from the competition and Squads Program.
6. Squad members shall respect the rules of all facilities used for squad practices and activities; i.e. gymnasiums, hotel and residence accommodations, etc. Members will also respect all equipment used that belongs to the Manitoba Table Tennis Association or any other host association or club. Squad members shall be liable for any charges resulting from damage caused by them to such equipment or facilities.
7. As previously outlined, meeting the participation requirements is required in order for members to be considered for full travel or program assistance. Members must notify the Provincial Coach if they are unable to attend training sessions, camps, competitions or other Provincial Squads Training Program/ Hopeful's designated activities. Members may be excused for educational or vocational reasons as previously outlined. Exceptions may also be made in cases of illness, injury and other unforeseen circumstances. Failure to comply with any of the above may result in not being picked for tournaments outside the province.
8. Members will be expected to put in their best efforts to achieve their personal goals and objectives as determined in consultation with the coaching staff. These are to include not only competition results but also tactical, technical, psychological and physiological goals.

9. All members must possess a minimum of Club Umpire status in order to travel as a Provincial Team representative.
10. While traveling a reasonable curfew shall be set by the Head Coach or Team Manager and all Team members shall be required to observe said curfew or risk suspension.
11. The Head Coach and Manager are in full charge of the representative Teams and shall use their discretion as to compliance with the rules of conduct as outlined in this Participants Agreement and the Manitoba Table Tennis Association Travel Policy.
12. If a serious breach of conduct occurs, the Head Coach or Team Manager will contact the parents of the athletes and may arrange for immediate transportation home at the expense of the Team member.
13. The Head Coach and/or Manager may be required to submit a report to the Manitoba Table Tennis Association following each event represented by the Manitoba Team; such report to contain an evaluation of each athlete's performance and conduct.

**B. FINANCIAL RESPONSIBILITIES:** Financial subsidies to cover part or all of the travel expenses related to the Provincial Squads Training Program/ Hopefuls/ Team 2019 may be available to members through the Manitoba Table Tennis Association, (source of funds for the Team can be T.T.C., the Manitoba Table Tennis Association, Sport Manitoba, Manitoba Lotteries, the Province of Manitoba, city, town, or club). Members agree to conform to any and all regulations, which may relate to the provision of financial aid. Should an athlete cease to be a member of the Provincial Squads Training Program he will forfeit any right to further financial aid for the remainder of the year.

**C. M.T.T.A. TECHNICAL RESPONSIBILITIES:** The Manitoba Table Tennis Association, through the Provincial Squads Training Program/ hopefuls/ Team 2019, agrees to provide coaching, training, testing and related services to Team members through the Coaches and support staff. It is the responsibility of the Manitoba Table Tennis Association to organize and conduct formal training camps, informal training seminars and related sessions and meetings aimed at educating all Squad members.

**D. UNIFORMS:** Players selected to represent Manitoba at major tournaments such as the Senior or Junior Canadian Championships, Canada Winter Games & Western Canada Summer Games will be provided with one Provincial Team competition uniform, consisting of 1 track suit and 2 competition shirts. Frequency of distribution of uniforms will depend upon M.T.T.A budget, i.e. a new uniform may not be distributed for each event or every single season. Rather, such distribution may be bi-annual or tri-annual. Financial contributions towards these uniforms may be required depending upon the M.T.T.A's budget and the amount could be tied to the athlete's- or athlete's parent's- participation in M.T.T.A fundraising and other volunteer activities. It is expected that players will keep these uniforms in good condition, i.e. wear at tournament events only. All selected Provincial Squads Training Program players may purchase extra uniforms or pieces at cost.

**E. WAIVER:** The Manitoba Table Tennis Association accepts no liability or responsibility for breach of custom or other laws or for injury or accident to a Provincial Squads Training Program/ Hopeful's member who hereby acknowledges same and agrees to indemnify and save harmless the Manitoba Table Tennis Association from any claim or demand whatsoever arising there from. Further, the Team member waives and releases all right and claim for damages that he may have against the Manitoba Table Tennis Association, its officers, and coaches, for all injuries suffered by him.

**F. TRAVEL & MEDICAL AUTHORIZATION & GUARDIANSHIP:** By signing this agreement, all athletes and their parents (or legal guardians) where appropriate, authorize travel for M.T.T.A activities. Where appropriate, this document authorizes the listed child to travel with the representative coach, manager or chaperone of the M.T.T.A. This document is authority for the M.T.T.A coaches, managers and chaperones to act as legal guardian for any M.T.T.A related activity or travel by minors and specifically the minor listed below.

This document is authority for the representative coach, manager or chaperone of the M.T.T.A to be the medical proxy for the adult or child listed below when at an M.T.T.A activity including travel, whether out of province or in province, and where the participation in the activity requires the M.T.T.A representative to accompany the adult or child to seek medical care. All medical professionals and institutions are instructed and authorized to release medical information to the medical proxy (representative of the M.T.T.A) and to take instructions from the medical proxy relating to medical decisions.



**AGREEMENT & ATHLETE INFORMATION: (To be signed by Athlete, Parent(s) & M.T.TA representatives)**

This agreement shall be in effect as long as I am a member in good standing of the Manitoba Table Tennis Association for the period from:  
September 2018 to July 31<sup>st</sup> 2019; i.e. 2018-2019 Season)

I UNDERSTAND THAT THE INTENT OF THE SQUADS/ HOPEFUL'S/ TEAM 2019 IS TO PREPARE ATHLETES FOR MAJOR EVENTS; SPECIFICALLY THE 2019 CANADIAN CHAMPIONSHIPS AND THE 2019 CANADA WINTER GAMES.

YES, I WILL PAY THE BLOCK TRAINING FEES AND WILL PARTICIPATE IN ALL DESIGNATED PROGRAM ACTIVITIES IN EACH BLOCK FOR WHICH I AM SELECTED/ EXPECTED TO PARTICIPATE IN. THIS SHALL INCLUDE DAILY PRACTICES, MAJOR AND MINOR TOURNAMENTS, WEEKLY LEAGUE PLAY AND TRAINING CAMPS.

I UNDERSTAND THAT IF I CANNOT COMMIT, THAT I CAN DROP DOWN TO THE JUNIOR DEVELOPMENTAL LEVEL OF PROGRAMMING AND STILL ATTEMPT TO QUALIFY FOR MAJOR EVENTS BY VIRTUE OF COMPETING IN THE MANITOBA CIRCUIT EVENTS. IF I CHOOSE THIS ROUTE, I REALIZE THAT I MIGHT NOT BE SELECTED FOR SOME OF THE MINOR DEVELOPMENTAL EVENTS.

**FEES: ENCLOSED:**

Squad Block 1: \$200.00 \_\_\_\_\_ Hopefull's Block 1: \$150.00\* \_\_\_\_\_ (\* + \$50 if invited to P.E.P.)

Accepted by:

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Y/M/ D)

ADDRESS: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_ (R) \_\_\_\_\_ (B) \_\_\_\_\_ (C)

PARENT/GUARDIAN: \_\_\_\_\_

PH: \_\_\_\_\_ (R) \_\_\_\_\_ (B) \_\_\_\_\_ (C)

Parent Email address: \_\_\_\_\_

Player Email address: \_\_\_\_\_

**MEDICAL # and HEALTH INFORMATION/ CONCERNS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Member Provincial Squads Training Program

\_\_\_\_\_  
Head Coach

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (if under 18)

\_\_\_\_\_  
High Performance Athlete Development Chairperson

Date \_\_\_\_\_ Date \_\_\_\_\_

**MANITOBA TABLE TENNIS ASSOCIATION  
PROVINCIAL SQUADS TRAINING PROGRAM  
MEDIA & SPONSORSHIP INFORMATION SHEET**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ (Y/M/D)

Age: \_\_\_\_\_ Club Affiliation: \_\_\_\_\_

Coach: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Numbers: Res: \_\_\_\_\_ Cell: \_\_\_\_\_

Number of years playing table tennis: \_\_\_\_\_

Events Won:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Skill Awards Level (Rating/MB Ranking): \_\_\_\_\_

Other achievements in table tennis:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Table Tennis Dreams/ Goals:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Interests & Hobbies:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

