

2011-2012 SEASON “DEVELOPING TALENT”

GUIDELINES

- **Provincial Squads Training Program**
 - **Hopefuls Training Program**
-

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SECTION A

2011 - 2012 Provincial Squads and Hopefuls Training Programs

- 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. 2011 to July 2012; (Canadian Senior & Junior Championships are in July). End July, August and early September, 2012, are "off-season" for most athletes: they train 1-3x per week on own and participate in other sports. Also during "off-season", TT Canada often schedules events & camps where top Manitoba athletes could be invited to.
 - ▶ **MAJOR & MINOR TOURNAMENTS** (3) in Winnipeg and neighboring provinces/states as outlined in "**Program Brochure**" and Appendix B - "**2011-2012 Calendar of Events**";
 - ▶ **WEEKLY LEAGUE NIGHT:** Winnipeg & District Table Tennis League;
 - ▶ **TRAINING CAMPS** as follows:
 - **Day Camps:** Sunday November 13th & Sunday February 12th.
 - **X-Mas Camp:** December 27-30.
 - **Spring Break Camp:** March 26-30.
 - **Summer Camp:** ~June/July 2012 (T.B.C.). Specific preparation camp for Nationals.
- PRACTICES:**
- (Refer also to 2011/2012 Facility & Club Chart)
- Mondays 6:30-9:30 pm, Daniel MacIntyre Collegiate (4) ;
 - Tues. 6:30-10 pm, Laura Secord School & 6-10 pm Darwin School (4) ;
 - Wednesdays 6:30-9:30 pm Squad @ Daniel.Mac.- match play (League) & Hopefuls/ younger players at Laura Secord 6:30-10 pm (4/6) ;
 - Thursdays 6-10 pm, Darwin School & younger girls at Laura Secord 6:30-10 pm (4);
 - Fridays 6:30-9:30 pm, Daniel MacIntyre Collegiate (4) ;
 - Saturdays 9-12 noon, University of Winnipeg, Duckworth Centre (4).
- TRAINING SQUAD SELECTION:**
- 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 will be kept.
 - Selected players will be dropped from program for non-adherence to guidelines and replaced by players selected from the reserve list as outlined in footnote (5).

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 as well as in 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 will 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 –George Damianov:** 925-5943(b); 775-8611(r); 925-5916(fax); email: mtta.coach@sportmanitoba.ca

Coach Damianov is in charge of the overall program and conducts the Monday, Tuesday (Laura Secord), Thursday (Laura Secord), Friday and Saturday Squad practices. He also scouts players at Wednesday night league play and at the other "active 4 Life"/ Recreational Clubs & Junior Developmental Coaching Program sessions. George is only one task away from full Level 5 N.C.C.P. Certification and was the National Team Coach of Bulgaria, Cyprus & Seychelles.

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

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

Ron may fill in as substitute coach for George or others as situations require. Contact Ron regarding all administrative and financial issues related to training. Ron has completed his Level 3 Technical Course (2 different formats) and his level 3 practical. He needs to update his Level 3 Theory. Ron has also completed the I.T.T.F. High Performance Coaching Course and was Prov. Team Head Coach from 1986-1999.

Gregory Chan: 935-0116 (pager), email: gottabegreg@hotmail.com

Greg regularly assists Coach Damianov with the younger aged athletes as part of our Coaching Apprenticeship Program. He is also in charge of the coaching sessions held Tuesday nights at Darwin School. Greg is fully certified at Level 3 and has a wealth of National and international experience. He is currently enrolled at the National Coaching Institute of Manitoba completing his level 4 and 5 coach requirements.

Jiayun “Jia Jia” Du: 962-3158 ©; email: jiayun.du@gmail.com

Jia Jia was a familiar face in the gym last year apprenticing under Coach Damianov. This year Jia Jia is working with athletes at Laura Secord School on Wednesday & Thursday nights; Thursdays we will try a new “Girls Only” night. Jia Jia has completed her Community Initiation to Table Tennis Course as well as her Introduction to Competition Course and will be looking to add to her credentials this year.

Frederick Eng/ Norman Tran/ Gerardo Makinano/ Amy Wang/ Mitchell Billinkoff:

These coaches have completed the Respect In Sport Coaching Course as well as the Community Initiation to Table Tennis Course. They will be assisting the above coaches with the various programs for the upcoming year. Gerardo Monday nights, Amy Tuesday nights, Frederick Friday nights and Norman at Crescentwood on Saturday’s running the Leisure Guide Junior Developmental Coaching Program. Mitchell is the Athlete’s Representative to the Executive.

**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, good improvements in the level of play are being steadily achieved. However, after reviewing the whole of last year’s program, some problem areas have been identified. Some of these issues are being dealt with at the Executive level but most of them are on an individual-by-individual basis. The coaches will be addressing these concerns as part of individualized training programs. Efforts will also be made to attract and retain more female players...so we will try the Thursday “Girls Only” practices. The M.T.T.A. Staff will continue to access Sport Manitoba’s P.E.P. (Performance Enhancement Program) resources when and if required and will assist the athlete’s with their Athlete Assistance Applications. The same can be said for the resources provided by the Canadian Sports Centre Manitoba with whom we are affiliated with.

SECTION B

Principles and Participation Requirements

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-Term: Canadian Olympic Qualifier's-December and February
 - Medium-Term: 2012 Canadian Senior & Junior Championships
 - Long-Term: 2015 Canada Winter Games
- 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 1-4 athletes (by level of play) for each of the age/sex teams that we must select and send to the major events;

Hopefuls: Next 1-4 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.

MAJOR TOURNAMENTS:

- a) **Canada Winter Games and Western Canada Summer Games:** We must field full teams to these events. Level of play and ability to provide results are a key selection factors.
- b) **Canadian Junior Championships:** It is a program objective to try to field 8 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 2011/2012 season P.S.T.P. training requirements.
- c) **Canadian Senior Championships:** It is a program objective to try and field competitive male and female teams. We also hope to field athletes into the age restricted events; i.e. into the >40, > 50 years, >60 years events etc. However, athletes must meet certain minimum training requirements and be of a certain minimum level of play.
- d) **Selection for Major Events:** First spot(s) for each age/ sex team is determined by level of play as measured by results in Manitoba competitions and ratings/ ranking level. The last spot for any team will be determined by the coach in conjunction with the Executive Director and the Athlete Development Committee.

MINOR (or "DEVELOP MENTAL") 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"

MAJOR TOURNAMENTS: MANITOBA PROVINCIAL SQUADS SELECTION & TRAINING STANDARDS:			
1) C.W.G. & W.C.S.G.: Minimal participation levels, ie. MUST FIELD TEAMS, but ideally train as for #2. 2.) Canadian Championships: -Ideally train:			
U-11 YEARS	U-13 YEARS	U-15 YEARS	U-18 YEARS
(5-6 hours/week) -minimum 1 practice per week with Squad or Hopefuls plus 1 more practice per week (could be with Junior Dev. or 2nd day with Squad/ Hopefuls).	(7½ - 9 hours/week) -minimum 2 practices per week with Squad or Hopefuls plus 1 more practice per week or league. Third practice could be with Junior Dev. or 3rd day with Squad/ Hopefuls).	(9-12 hours/week) -minimum 3 practices per week with Squad or Hopefuls +1 league night per week.	(12-15 hours/week) -minimum 4 practices per week with Squad or Hopefuls +1 league night per week.

Chart A cont:

MINOR TOURNAMENTS & CANADIAN TEAM LEVEL SELECTION & TRAINING STANDARDS:

- a) **Regular "DEVELOPMENTAL EVENTS":** -For Selection, meet training requirements as outlined in Chart above, under #2. "Canadian Championships".
- b) **"CANADIAN TEAM DEVELOPMENTAL EVENTS":** -Athletes must be in Top 8 in Canada for age/sex category (or be named to a Canadian Team) plus train as follows:

U-11 YEARS	U-13 YEARS	U-15 YEARS	U-18 YEARS
(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) Attendance at other programs/clubs must be supported by training log, signed by club coordinator/coach or verified by facility representative. Athlete must take the initiative to hand personal training log into Head Coach at month's end.
- c) All selections will depend upon M.T.T.A budget constraints.
- d) **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"**.
- e) 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.

SECTION C

Athlete Financial Contributions for Out of Province Events

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 (8 & 9). 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"**,¹⁰ 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 25% and the maximum 75%.**

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
b) At tournament selection time is ranked in top 16 in Canada for their age/sex event. |
| X – 10% | a) At prior season's Junior Nationals (or Senior Nationals for Youth) had a top 8 singles finish; or
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);
b) At prior season's Junior Nationals (or Senior Nationals for Youth) had a top 4 singles finish; or
c) At tournament selection time is ranked in Top 4 in Canada for their age/sex event;
or
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
b) At tournament selection time is ranked in Top 2 in Canada for their age/sex event;
or
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
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.

c) 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 4X/ week plus league night for 80% of the time (11). Two of the four practices a week must be with the P.S.T.P. The other 2 practices can occur at either of the M.T.T.A’s “Active 4 Life”/ recreational practice nights or private clubs providing that practice documentation is provided.

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: (12)

X+5%	For any junior or youth who is only training (13) between 70-80%.
X+10%	For any junior or youth who is only training (13) between 60-70%.
X+15%	For any junior or youth who is only training (13) between 50-60%.
X+20%	For any junior or youth who is training (13) less than 50%.

SENIOR PENALTIES:

X+5%	For any senior who is only training (13) 3X per week, 80% of the time.
X+10%	For any senior who is only training (13) 2X per week, 80% of the time.
X+15%	For any senior who is only training (13) 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 Canada Summer 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 Regional High Performance Training Centre, Canada Winter Games and Western Canada Summer Games programs. 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, plays 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) **2011/2012 Major Tournaments:** 2012 Canadian Senior Championships & Canadian Junior Championships. 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 "2011-2012 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 we have 8 age/sex teams to try and fill: B & G U-18, U-15, U-13 & U-11. We need minimally 2 b/2 g for each category. In some categories we have >2 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 2015 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 some Hopefuls) are expected to play in the Winnipeg & District Table Tennis League and are expected to play in 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) **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.
- (9) **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.
- (10) 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.
- (11) 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. .
- (12) 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.
- (13) Training here refers to "overall participation" in practices, tournaments and league play. These expectations are also outlined in Chart #A.

Appendix A

Provincial Squads Training Program (& Hopefuls)

Practice Requirements

1. PRACTICE DAYS AND TIMES: (4)

- | | |
|--|---|
| Session 1: Mondays 6:30-9:30 PM. | - Daniel MacIntyre Collegiate (all players) |
| Session 2: Tuesdays 6:30–10:00 PM. | - Laura Secord (older age/ higher level Squad) |
| Tuesdays 6:00–10:00 PM. | - Darwin (Hopefulls & younger/ lower level Squad) |
| Session 3: Wednesdays 6:30-9:30 PM. | - League match play for older, higher level players at Daniel Mac. Hopefuls & younger Squad practice at Laura Secord School |
| Session 4: Thursdays 6:00-10:00 PM | - Darwin (older age girls & all boys) |
| Thursdays 6:30–10:00 PM. | - Laura Secord (“Girls Only”, Hopefulls & Squad) |
| Session 5: Fridays 6:30-9:30 PM | - Daniel MacIntyre Collegiate (all players) |
| Session 6: Saturdays 9:00 AM- 12:00 noon | - Auxiliary Gym, University of Winnipeg (older age/ higher level Squad) |

2. ATTENDANCE:

- Selected players are expected to attend all sessions;
- If unable to attend must provide advance notification (preferably 24 hours in advance) in order that substitute may be invited;
- 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;
- Exceptions to the above rules may be made for extreme circumstances.

3. TARDINESS:

- Players are expected to show up on time, i.e. by 9:00 am. on Saturdays, and at 6:00 or 6:30 PM. sharp on week-nights;
- If players know they are going to be late they should attempt to provide an early notification of such;
- 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;
- Exceptions to above rules may be made for extreme circumstances.

4. BEHAVIOR:

- Players will be expected to:
 - engage in all group activities, i.e. warm-up;
 - practice with assigned partners;
 - practice designated drills.
 - practice with a high level of intensity
- The following will not be tolerated:
 - taking unauthorized breaks;
 - harassment of other players;
 - foul language;
 - stealing of and damaging M.T.T.A. equipment;
 - 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) Group arrival 5 - 10 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.

Appendix B

MANITOBA TABLE TENNIS ASSOCIATION CALENDAR OF EVENTS 2011 – 2012

1.	Sat. & Sun. Oct. 22- 23	Saskatchewan Open	Saskatoon, SK
2.	Sat. Nov. 12	Manitoba Closed	Daniel MacIntyre, Winnipeg
3.	Sun. Nov. 13	Training Camp & Umpire Seminar/ Exam	Daniel MacIntyre, Winnipeg
4.	Sat. & Sun. Dec. 10-11	Red River Open & President's Cup	Winakwa Community Centre, Winnipeg
5.	Tues.– Fri. Dec. 27-30	X-Mas Training Camp	Daniel MacIntyre (T.B.C.), Winnipeg
6.	Fri.-Sun. Feb. 3-5	National Team Challenge/ Canadian Olympic Qualifier	Ottawa (T.B.C.)
7.	Sat. Feb. 11	Golden Boy Open Championships	Daniel MacIntyre, Winnipeg
8.	Sun. Feb. 12	Training Camp	Daniel MacIntyre, Winnipeg
9.	Wed. Feb. 29–Fri. March 2	Frontier Games	Cranberry Portage, MB
10.	Fri.-Sun. March 2-4	I.T.T.F. North American Cup (T.B.C.)	To Be Confirmed
11.	Sat. & Sun. Mar. 17-18	Manitoba Open Provincial Championships	Daniel MacIntyre, Winnipeg
12.	Mon.-Fri. March 26-30	Spring Break Training Camp	Daniel MacIntyre (T.B.C.), Winnipeg
13.	Fri. & Sat. April 6-7	Big Bang Quebec Circuit Event	Montreal, QC (T.B.C.)
14.	Thurs.-Fri. April 12-13	Frontier High School Championships	Pine Creek, MB
15.	Thurs. April 12	5 th Annual “Get Off The Couch” Schools Championships	Hedges Middle School
16.	Sat. April 28	Tournament of Champions	Winakwa Community Centre, Winnipeg
17.	April-May (T.B.C.)	Introduction to Competition Coaching Course	Daniel MacIntyre (T.B.C.), Winnipeg
18.	May 2012 (T.B.C.)	Western Canada Open (T.B.C.)	Nunavut (T.B.C.)
19.	June/July 2012	National's Preparation Training Camp	Daniel MacIntyre (T.B.C.), Winnipeg
20.	July 2012 (T.B.C.)	Canadian Senior & Junior Championships	British Columbia

Provincial Squads Training Program Participants Agreement

A. ATHLETE RESPONSIBILITIES: As a member of the Provincial Squads Training Program (or Hopefuls), it is my intention to represent the Manitoba Table Tennis Association (M.T.T.A.), and the Province of Manitoba 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. Smoking will be actively discouraged while participating in Squad Program activities. In particular, smoking in rented vehicles used for travel for competitions and in hotel and residence accommodations shall not be permitted except where all the participants in the vehicle or room are smokers. The right of non-smoking athletes to a smoke free environment shall be respected wherever possible.
7. 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.
8. 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.

9. 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.
10. Members are encouraged to supplement the training received through the Provincial Squads Training Program by obtaining additional training and practice in their own clubs wherever possible. The Manitoba Table Tennis Association will provide a copy of each athlete's Training Program to his or her private Coach to co-ordinate training activities.
11. All members must possess a minimum of Club Umpire status in order to travel as a Provincial Team representative.
12. 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.
13. 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.
14. 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.
15. 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 expenses related to the Provincial Squads Training Program 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 Corporation, 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, 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, 2 pairs of shorts 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 and will depend upon 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 any and all right and claim for damages that he may have against the Manitoba Table Tennis Association, its officers, and coaches, for any and 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.T.A 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 2011 to July 31st 2012; i.e. 2011-2012 Season)

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:

2011/2012 M.T.T.A. P.S.T.P./HOPEFULS
ATHLETE INVENTORY-TOP 5
2012 Canadian Championships

AGE GROUP & CUTOFF DATE	BOYS	Rating	(Birth Year)	Squad/ Hopeful/	GIRLS	Rating	(Birth Year)	Squad/ Hopeful/
JR. U-18 (born on/ > Jan 1, 1994)	1. Terry Zhang 2. Alan Huang 3. William Liu 4. Sergiu Buda 5. Jerome Tan	2712 2092 1962 824 673	1994 1996 1995 1995 1996	Sq Sq Sq H H	1. Yilin Tian 2. Xichi Yang 3. Rene Wilson (Norman) 4. Kayla Duke (Norman) 5. Sheila Mogg	851 515 236 212 186	1996 1994 1994 1996 1994	Sq Sq H H H
CADET U-15 (born on/> Jan 1, 1997)	1. Matthew Lehmann 2. Manuel Zaki 3. Peter Jiang 4. Angus Morin 5. Brian Zhang	1432 813 446 247 245	1997 1998 1998 1998 1998	Sq Sq Sq H H	1. Jacie Liu 2. Phuong Nguyen 3. Jade Sharpe 4. Deidre Catchewey (Parkland) 5. Izabella Robak	789 575 263 236 215	1998 1997 1998 1997 1997	Sq Sq H H H
UNDER 13 (born on/> Jan 1, 1999)	1. Joseph Akadriz 2. Adam Azarov 3. Kieran Ursel 4. Derek Tu 5. Shveta Kshahiya	582 302 239 227 218	2000 1999 1999 1999 1999	Sq H H H H	1. Tina Liu 2. Naomi Tran 3. Beixi Jia 4. Rachel Koniuk 5. Tiffany Tantakoun	490 405 371 241 168	2000 2000 1999 1999 2000	Sq Sq Sq H H
UNDER 11 (born on/> Jan 1, 2001)	1. Jeremy Tran 2. Nichol He 3. Yunyang Deng 4. Euwe Makinano 5. Anwyl Chang	457 145 100 100 100	2001 2001 2001 2002 2001	Sq Sq Sq Sq H	1. Carol-Jean Wong 2. Alison Wong 3. Shaelynn Su 4. Victoria Wong 5. Elaine Wang	100 - - - -	2002 2001 2001 2005 2001	Sq H H H H
Senior Teams & Sparing Partners: (Excludes top juniors who are listed above)	1. Mitchell Billinkoff 2. Ryan Szajkowski 3. Michal Rybak 4. Don Kokan 5. Jerzy Kusal	2139 1992 1532 1498 1363		- - - - -	1. Jiayun Du 2. Yu Tian 3. Lucy Liu (Ont.) 4. Amy Wang	1790 1364 1232 1028		- - - -

NOTES: 1. All players from Winnipeg unless otherwise noted.

RE/GD:11/09/26