



# 2018 NATIONAL TEAM ATHLETE APPLICATION

*Ring Sports*

*Junior and Senior National Teams*

*CANADA VS SOUTH AFRICA  
WAKO PANAM CHAMPIONSHIP  
WAKO JUNIOR/CADET WORLD CHAMPIONSHIP  
WLF CANADA VS CHINA  
CANADA vs USA  
EAST vs WEST II*

**Ontario Training Camps:**

*Junior Camp Time – 10 am – 1 pm*

*Senior Camp – 1 pm – 4 pm*

Camp #1	Feb 25
Camp #2	April 22
Camp #3	May 27
Camp #4	June 10
Camp #5	August 25/26 (Juniors) August 26 (Seniors)
Camp #6	September 9

***Training Camps Registrations are due one week before each camp (no exceptions)***

*Western Canada, Quebec and Athletic Canada dates to be finalized*



International Federation

## **BUREAU NATIONAL / NATIONAL OFFICE**

5008 South Service Road, Burlington, Ontario, CANADA, L7L 5Y7  
Phone: 905-681-9815 - Email: [nhq@kickboxingcanada.org](mailto:nhq@kickboxingcanada.org)





February 2<sup>nd</sup> 2018

Dear Club Owners/Coaches,

The 2018 competitive year for WAKO Canada has many domestic events for all levels of athletes. For our elite level athletes looking to excellence on the international stage WAKO Canada is focusing on the following events:

WAKO South Africa vs Canada –	Junior and Seniors	Oakville	April 14
WAKO PANAM Championship –	Junior and Seniors	Mexico	October 24-27
WAKO WORLD Championship –	Juniors and Cadets	Italy	September 15-27
WLF Canada vs China –	Senior Prestige	China	November TBD
WAKO Canada vs USA –	Junior and Senior Prestige	USA/CAN	TBD
East vs West II –	Senior Prestige	Toronto	October 13

The selection of National Team coaches is an involved process that involves four components:

### 1. Participation in National Team Camps

The primary selection onto any National Team event is based on participation in our NT camps. The primary selection criteria that will be used will be registration and participation at the camps. For athletes in Ontario the camps are all mandatory. For athletes residing in Western Canada, Quebec and Atlantic Canada separate camps will be organized. Details will be provided shortly on the WAKO Canada website.

**Please note** – the registration fee for training camps goes to cover coaching costs at international competitions. Failure to attend camps will result in your dismissal from a National Team position. There will be no exceptions.

### 2. Sport Specific Conditioning Results

All athletes will be provided 5 sport specific conditioning parameters (exercises) that will be used to rank athletes and will be part of the selection protocol. These parameters will be detailed at the first camp.

### 3. Training Logbook

All athletes will be required to follow a very specific guideline for logging/evaluating their training program. The template will be provided at the first camp. Athletes will bring their log books to each camp for coaching review.

### 4. WAKO Canada Competitions

Athletes will be expected to enter tournaments as well as many club shows as possible endorsed by WAKO Canada. A point system will be used to track participation and success. The following 3 tournaments are considered mandatory: *East West Qualifier II, South Africa vs Canada Tournament, Canadian Nationals*

If you have any questions on the selection process, please contact the WAKO Canada office.

**WAKO Canada Board**



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