

BC Team Application & Qualification Requirements – All must be met

1. **Karate BC Membership** – up to date
2. **BC Team Registration** – Registered by the deadline - Fees \$225
3. **Participation as Per Team Schedule** – see Team Schedule
 - a. attend ALL mandatory team training sessions in your region and team events
 - b. compete at the Canada Open in the elite categories in which they hope to compete at the Canadian National Karate Championships,
 - c. attend the BC Team Selection tournament. (Athletes with automatic invites to the Canadian National Karate Championships can attend but shall not compete at the BC Team Selection tournament, however, you will be required to participate in the training event held on Day 2)
4. **Valid Canadian Passport** (not expired) - All athletes wishing to be considered for the BC Team must be Canadian citizens. It is also possible to be considered for the team if you can prove you are in the process of acquiring your Canadian Citizenship, but a Canadian passport must be provided by the time of the Team Selection Tournament.
5. **Participation Fees**: once an athlete has been selected for the BC Team, they will then be notified about how to pay these fees. (These are fees related to items such as registration fees for Nationals for each event, team uniforms, hotel rooms, etc.) – see Financial Responsibilities.
6. **Year Training Plan (YTP)** - Each athlete will create a YTP as a collaborative effort between the athlete, club instructor, BC Team coach, BC Team fitness test coach, and sometimes even the athlete's zone coach. "A well designed YTP will successfully develop an athlete through the off season straight through to the competitive season, peaking the athlete for one or two major competitions per year."

7. **Squad Training Attendance and Financial Obligations** - Athletes must attend the entirety of all mandatory training sessions from start to completion. They must also maintain a high level of team commitment, values and attitude as well as meet all financial & paperwork requirements on time.
8. **Regular Dojo Training** - Athletes must maintain adequate training standards at their club as endorsed by their instructors.

There are no excuses.

- a. U14: a minimum of 2 times per week of technical and tactical training in the dojo, with karate specific supplemental training an additional 1 time per week.
- b. 14-15 years: a minimum of 3 times per week, technical and tactical training in the dojo with karate specific supplemental training an additional 2 times per week.
- c. 16 years and up: a minimum of 3-4 times per week with additional training in karate specific strength and conditioning 3 times per week.