



HIGH PERFORMANCE NATIONAL TRAINING CENTRE

OPERATION MANUAL

(APRIL 2020)

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SECTION 2 – INTRODUCTION

As a part of Boxing Canada’s High Performance Strategy implemented after the High Performance review in 2016, the High Performance National Training Centre (HPNTC) at the Institut du Sport du Québec (INS Québec) in Montreal, became home of excellence for boxing in Canada since April 2017. The daily training environment will accelerate learning and technical development to better prepare athletes for long-term, high-performance boxing careers with a goal to convert identified boxers onto international success.

SECTION 3 – L’INSTITUT NATIONAL DU SPORT DU QUÉBEC

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

With the financial support of the Québec government, INS Québec hosts ten resident sports under one roof and allows high-level athletes and coaches to benefit from priority access to international-calibre sports facilities, as well as a range of cutting edge technology and sports medicine services.

INS Québec’s foremost priority is the training of high-level athletes identified by their national federation, with secondary attention given athletes identified as “Élite” (Elite) or “Relève” (up-and-coming) by their respective provincial federations.

Service Plan

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

SECTION 4 – BOXING CANADA HIGH PERFORMANCE TRAINING CENTRE MANDATE

The objective of Boxing Canada’s High Performance Program is to produce sustainable podium performances at the Olympic Games, Elite World Championships and Youth World Championships. The objective of the High Performance National Training Centre is to offer athletes the daily training environment (DTE) necessary to achieve these goals.

SECTION 5 - HIGH PERFORMANCE NATIONAL TRAINING CENTRE ACCESS AND ADVANTAGES

There are four types of access to the High Performance National Training Centre:

1) High Performance Group 1 – Full Time: Carded athletes

- Access to all boxing practices
- Coaching by National Team Coaches
- Access to all physical training sessions alongside physical trainers
- Access to specialised services (nutritionist, sport psychologist, massage therapist, sports therapist, etc.)

2) High Performance Group 2 – Part Time to Full Time:

- Access to boxing practices as assigned by the High Performance Director (HPD)
- Coaching by National Team Coaches
- Access to physical training sessions as assigned by the HPD
- Access to specialised services as assigned by the HPD (nutritionist, sport psychologist, massage therapist, sports therapist, etc.)

3) Next Gen Group:

- Limited-time access to boxing practices (ex.: National Team Youth Camp, invitational camp)
- Limited-time access specialised services (ex.: Seminar during National Team Youth Camp)
- Access to visit the High Performance National Training Centre

4) Occasional Group:

- Limited-time access to boxing practices (ex.: National camp, Provincial camp, sparring partners)

To be eligible for one of the four High Performance National Centre Groups above, an application form must be filled out. See Annex 1.

SECTION 6 – HIGH PERFORMANCE TRAINING CENTRE CRITERIA OF ELIGIBILITY

To be eligible for membership to the High Performance Training Centre, an athlete must:

- a) Be in good standing with Boxing Canada;
- b) For High Performance Group 1 and 2 make a security deposit of \$500 to Boxing Canada. Once the yearly contract is over between Boxing Canada and the athletes, Boxing Canada will refund the amount of the deposit less any penalties for missing appointments, broken equipment, leaving the HPTC before the end of the contract, etc...;
- c) Demonstrate potential to become an international level competitor;
- d) Ability to train full-time or respect minimum training requirements of your group in the High Performance National Training Centre;
- e) Have done the National Team physical testing;
- f) Meet physical testing standards;
- g) Sign a fully executed Athlete Agreement as required by Boxing Canada and Sport Canada carded athletes;

SECTION 7 – HIGH PERFORMANCE NATIONAL TRAINING CENTRE SCHEDULE EXAMPLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 – 11:30	Boxing	Cardio	Boxing	Cardio	Boxing	Boxing	OFF
15:00 – 16:30	Strength & Conditioning	Boxing	Strength & Conditioning	Boxing	Strength & Conditioning	OFF	OFF

***For the Tuesday, Thursday and Saturday training scheduled could change based on the availability of Sparring Partners when sparring is organized.**

SECTION 8 – RULES AT HIGH PERFORMANCE NATIONAL TRAINING CENTRE

INSQ Rules:

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

Boxing – Specific Training Facility Rules:

- Athletes must be accompanied at all times by a National team staff.
- Athletes, coaches, and staff may be asked to participate in promotional and media activities
- For visitors, a list of names is to be submitted in advance and available at the activity entrance and as to be approved by the High Performance Director (HPD)
- Athletes are to respect the pre-established schedules.

High Performance National Centre athletes in the High Performance Group 1 and 2 are to be evaluated two times a year:

Each athlete's status will be re-evaluated at these times. The evaluation criteria are the following:

- 1) Respect INS Quebec and Boxing-Specific facilities rules.
- 2) Punctuality and attendance at practices, events and treatments.
- 3) Respect the Athlete Agreement signed with Boxing Canada.
- 4) Performance in practice and in competition.
- 5) Respect of Boxing Canada's code of conduct.

Athletes will be evaluated by the High Performance Director and the National Team Coach. The following measures are to be taken in the case of a negative evaluation (depending on severity):

- 1) Probation (30 days)
- 2) Reduction of status
- 3) Loss of carding, National Team status or Provincial Team status
- 4) Expulsion from the High Performance National Training Centre

SECTION 9 - FREQUENTLY ASKED QUESTIONS (FAQS)

What is provided at High Performance National Training Centre?

- Access to National Team Coaching
- Access to a range of Sports Science/Sports Medicine services
- Home travel to commence/conclude the training at the High Performance National Centre for High Performance Group 1
- Holistic support in the Daily Personal Excellence (DPE). This includes a significant focus on the area of Personal Excellence (PE) in education, employment and personal development

What is not provided at High Performance National Training Centre?

- Accommodation
- Competition travel, accommodation, meals and meet entry expenses to the National Championships
- Competition travel, accommodation, meals and meet entry expenses to the designated National Team event
- Medical expenses outside of what is covered by the INS or Boxing Canada
- Home travel during the vacation period
- Education expenses
- Daily travel to High Performance National Training Centre, educational institution or workplace
- Incidentals (mobile phone etc.)

Is relocation mandatory for every athlete?

- No. Only the carded Elite National Team members must relocate to the Boxing Canada High Performance Training National Centre (HPTNC). “Relocating” means that an athlete commits to train full-time at the Boxing Canada HPTNC in Montreal. Relocated athletes are encouraged to maintain strong relationships with their previous clubs and coaches but must be coached and trained only by the National Coaching staff under the direction of the High Performance Director. This includes all HPNTC based daily boxing training sessions, other types of training (e.g. strength training, mental training etc.), performance tests, medical exams, tournaments, training camps or training periods that may take place in Canada or abroad, as approved by the National Coaching Staff and High Performance Director.

When must a carded athlete relocated at the High Performance Training National Centre

- Carded athletes have two months maximum after carding nomination to re-locate and to start training at the High Performance National Centre in Montreal. It may occur that an athlete, because of work, school or extraordinary circumstance, be unable to re-locate and start training at the High Performance National Centre Montreal at the request time. In such circumstance the athlete’s eligibility will be reviewed on the basis of his or her demand by the High Performance Director who has final authority on the decision.



ATHLETES STATUS				
Group:	#1	#2	#3	#4
Full Time Athlete:	Yes	No		

PERSONAL INFORMATION			
Name (Last, First, M.I.):			
Sex:	M	F	
Date of Birth (day/month/year)			
Address:			
Province:			
Phone:			
Cell:			
Email:			
Boxing Club:			
Age Group:	Elite	Youth	Junior
Weight Class:			
Boxing Canada Registration #:			
Health Insurance Number:			
Language(s) spoken:	English	French	Other(s)
Citizenship / Nationality: *			

* Attach photocopy of passport

EDUCATION			
Student Status:	Full-Time	Part-Time	Other(s)
Name of School:			
Program Name:			

EMPLOYEMENT			
Employment status	Full-Time	Part-Time	Other(s)
Employer:			

GOALS	
<i>Short Term</i>	
<i>Long Term</i>	

BOXING CLUB INFORMATIONS	
Name:	
Adress:	
Phone Number:	
Email:	
Coach:	
NCCP #:	
Boxing Canada Registration #:	

EMERGENCY CONTACT INFORMATION	
Name:	
Adress:	
Phone Number:	
Email:	
Relation:	

AUTHORITIES

A) Statement of Injury/Illness

Indicate all illnesses and injuries that have affected your training in the last 12 months along with the name and address of consulting physician. Chronic injuries with permanent effects must also be declared.

Injury/Illness Physician Address and Phone Number

1 _____

2 _____

3 _____

B) Medical Disclosure

I hereby authorise all hospitals, physicians, and all other persons from whom I have received treatment or examination to disclose to the Centre or its representatives all information pertaining to my illnesses or injuries, medical history, consultations, prescriptions or treatments as well as providing copies of all my medical or hospital records. A copy of this authorisation is to be deemed as valid and legitimate as the original signed document.

Athlete Signature _____ Date _____

C) Rights and consent for photographic and video usage

I hereby authorise INS Québec, Boxing Canada and its affiliated associations to use my photographs, videos or audio recordings for Boxing Canada and its federations' website, social media and related publicity.

Athlete Signature _____ Date _____

D) Declaration and Signature

I wish to be considered for admission or readmission in the National Centre. I declare that all the information presented on this application form is exact and complete. I understand that the High Performance National Training Centre reserves the right to modify or reverse any decision on the subject of my admission if any of the above information is inexact or incomplete. This application will not be accepted if any element remains inexact or incomplete.

Athlete Signature _____ Date _____

For athletes under 18 years of age, the parent, tutor or guardian must sign as the legal guarantor:

Name (Please Print):

Relation to Athlete:

Address:

City:

Province:

Postal Code:

Phone Number:

Email:

Signature _____

Date _____