

WushuOntario Operational Plan 2017-18

In 2017-18 the WushuOntario operational plan will bring forward events and programming that will enhance athlete and participant experiences. We will provide resources to improve the administration of quality programming, coaching and officiating in Wushu related activities in order to prepare Wushu for its participation in various levels of multi-sport games.

1. Project Priorities

Communication – website revision, communication of policies and events

Production – events, clinics, competitions, event strategy

Participation – increase athlete membership and event participation levels

Programming – align LTAD programming with events and create strategic goals for clubs, coaches and athletes

Priorities for WushuOntario in 2017-18 include communicating programming content, coaching/officiating resources and new events to be introduced. These events and programs will relate to the structure of LTAD Wushu programming via the first 3 stages of the LTAD model: Active Start; FUNdamentals; and Learning to Train.

Specific events will be produced to encourage participation at different Wushu LTAD levels which will in turn, empower our programs to meet the developmental needs and abilities of participants in each stage of LTAD. Via our website and communication channels, WushuOntario will promote the delivery of Wushu based skills through an integrated approach to programming across the province, and thus will provide encourage effective curriculum content for coaching material and introduce achievement based multi-level martial arts skills competitions during Wushu related events. This approach will strategically impact the delivery and participation levels of Wushu in both club level programs and PSO related events.

STATEMENT OF NEED:

Wushu which translates as “Martial Art” in the Chinese/Mandarin Language is an International sport that is Governed by the International Wushu Federation (IWuF) and recognized by the International Olympic Committee (IOC) and competed in numerous multi-sport games such as: World Games, World Children’s Games, TAFISA Trex Games, Sport Accord Combat Games, Asian Games, SEA Games and IWuF approved World Championships, Continental Championships and National/Provincial Championships. Most recently Wushu is now an official part of the University Games “Universiade” program and as well a program slated for the 2018 Ontario Games. Wushu is a multi-discipline sport that offers opportunities for fun, participation, learning and competition for everyone, regardless of age, gender or ability in both combative and non-combative areas of physical activity. As a whole, Wushu involves three (3) disciplines: Wushu-Sanda which focuses on combative competition, High Performance Wushu-Taolu which focuses on routine based competition, and Traditional Wushu more commonly known as “Kung-Fu” which incorporates various styles of Chinese martial arts in a recreational based environment where participants may train for health, recreation and/or self-defense.

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Recognized clubs and schools of WushuOntario comprise of a vast variety of martial arts that teach curriculums involving some or all of the disciplines of Wushu. As such, there are little or no programming standards amongst clubs and no guidance to coaching standards other than IWuF based rules & regulations for international level athletes. As the official PSO for the sport in the province, WushuOntario strives to provide its clubs with guidance to improve the experience of its members and to offer resources that will build upon the vast history and popularity of the sport amongst Canadians. This creates the overwhelming need to successfully implement the WushuOntario operational plan for 2017-18 that will further the LTAD athletic development model. This serves as an aid in identifying the next generation of successful athletes and to place Wushu in line with other early specialization sports in Canada. The LTAD approach will reduce the gaps of communication, functional standards of clubs, creates a common interest amongst coaching, all with a goal of increasing the accessibility and participation of Wushu, as a recreational sport and physical activity. The operational plan seeks to provide coaches with a LTAD program model to direct them in the development of both their competitive athletes and recreational participants. Currently many coaches operate on a curriculum of specific movement and routines in Wushu under guidance of the competitive requirements of the International Wushu Federation. With the WushuOntario plan in place, it will allow for a process to adapt these skillsets to the coaching of the sport based on age, physical, mental, emotional and social development of the participants.

The progression of Wushu in Canada in the past has primarily been focused on competitive achievement and has provided remarkable results in international competition. However, the gap of Wushu on a participation stand point is that the sport does not provide coaches with a recognizable athletic model. As a result, athletes are often over trained, developed too early, become too competitive and find Wushu too difficult because fundamental skills are not taught properly as training is geared to short term outcomes as opposed to the process. A successful implementation of this operational plan will empower coaches to develop fun and interesting programs using Wushu to motivate children and recreational practitioners to pursue and improve in the sport as a life-long activity.

As in most if not all sports, athlete development is correlated directly to coach development.

Issues that will be addressed include the development and communication of a framework for recreational level coaches in addition to providing adaptive models for veteran coaches to deliver Wushu programming under the Wushu LTAD model. Also, accessibility tools such as videos and web accessible materials will be introduced. The introduction of such a model will systematically prepare the sport to meet the needs of: adolescent/adult and male/female specific programming; a curriculum for long term training based on age and critical periods of training; a Wushu talent identification system; a systematic model to train successful international athletes; and the integration of Wushu into day to day education programs in schools, recreational community programs and elite competitive programs.

Wushu shall move forward with further opportunities that will enable the sport to create participant evaluations and competitions for martial arts skills that will encourage fun and physical literacy. This sets the tone to a positive experience that promotes athletic potential and optimal performance levels based on each phase of the LTAD. Resources will be used to create a web portal which will require the expertise

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and commitment of key advisors and program developers. Each of these individuals will play a critical role in showcasing the components of each LTAD phase and translate them into events.

Performance Measures and Responsibility

WHO-The development team involved with the operational plan consists of Coaches, Elite athletes, educators and specialists of Wushu and physical education.

Mr. Robert Teske a dedicated director of WushuOntario has been organizing the framework of LTAD and has led a committee to devise a system that not only will work in Ontario, but that will take a leadership role in developing the athletic model of the sport nationally. He is working with the Coach association of Ontario and Coach Canada to develop applicable resources and coaching modules for Wushu programming.

Mr. Alan Tang an IWuF certified coach and leader of the sport in Canada is assigned with the role of aligning the fundamentals of Wushu with the LTAD model. He has extensive experience in project management and places unparalleled commitment to the coaching and development of the sport. He leads a team of coaches in the development of level specific events and programming that will cater to the various participants at their LTAD level.

Ms. Wei Jen Lee and Ms. Daria Kanel are PSO coaches and content advisors on the development team and will advise on the application and integration of the various disciplines of Wushu to the LTAD and work with a communications team distribute materials and information in a timely manner. Their team will advise on content and will assist with the delivery of programs upon completion. Having trained in Wushu for over 15 years each, they provide a strong element of understanding to the current state of Wushu and will provide insight to the development of Wushu moving forward.

Target groups and individuals who will be served by the outcome of this operational plan include: club coaches, recreational coaches, potential coaches, leaders of the sport and participating athletes. The plan will deliver guidelines of the model through coaching clinics in Ontario that will target leaders at various levels of competencies. Individuals participating in these clinics will consist of veteran coaches in addition to novice coaches and athletes from differing martial arts and athletic backgrounds who will be provided training under the LTAD Wushu model. The coaches and leaders will be empowered to initiate the program content into their individual club and training programs geared towards children and recreational athletes. This will lead to specific event divisions and programs that will cater to athlete participation at various levels of competition and training.

WHAT- Classified as an early specialization sport, Wushu aims to incorporate an efficient system of training and competition development that will prepare athletes for the complex skills required in the later stages of the sport after maturation, but will also create an adaptable life- long learning stream that will consider the participation of late starters, adults and participants with disabilities.

WHERE-Events will be produced and introduced to the WushuOntario community via this operational plan. WushuOntario aims to host/sanction a minimum of 4 events per year catering to both combative and non-combative athletes.

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WHEN-Website Revamp and Communication Sessions March 2017-May 2017, First Event Delivery Phase May 2017-December 2017, Second Event Delivery Phase January 2018-year end, Programming materials and video content September 2017-October 2017 Production and Delivery.

How-To meet the goals of the operational plan: a development committee will strategize to create the material and requirements of plan in detail. This involves research into costing, production and event planning. Programming details will be conducted primarily on the first 3 phases of the LTAD model with reference to Wushu training as an early specialization sport. Wushu based movement skills and learning curriculums will be developed in line with general and specific concepts of the LTAD such as athleticism, athletics, cognitive development and chronological development. Specific Wushu movements pertaining to travelling skills, object control skills and balance movements will be applied in a physical literacy curriculum. These details will then be applied directly to future events that will encourage increased athlete participation and thus membership.

A program/event guide consisting of coaching strategies and curriculum will be published and piloted through clinics. Educated facilitators will operate each clinic with suffice assessment tools and feedback forums. Community centre programs, schools and member clubs will then be accessed for delivery.

WHY-Priority to increase membership and access to services in various regions of Ontario are essential to the success of the operational plan. The plan moving forward will also create a framework to competition events and will aid to align phys-ed, recreational, and competitive programs in the community using martial arts based movement skills.

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Objectives and Performance Measures

Priority	Objective	Performance Measure	Budget
Communication	Revamp Website with new policies and LTAD Programming Content	Completed Website and graphics re-design. Contract web content developer.	\$2500.00
	Membership email provider and online data provider	Implemented and utilizing online membership program	\$1200.00
	Video instruction and programming Content	Create and create accessibility to video program content online	\$3000.00
Production	Produce competition events per year	May 2017-National and International Level Event. July 2017-Sanda Combative Event September 2017-Sanda/Junior Taolu Event March 2018-Ontario Games	\$21000.00
	Effectively promote and market events	Print materials and posters for distribution	\$3000.00
Participation	Increase participation in events	Develop various LTAD Event level categories and cross program content	
Programming	Design and print programming content along with parent guides and training material.	Graphic design fee = \$1200.00, Photography fee = \$1000.00, Printing 500 training guides @8.00 each = \$4000.00, Printing promotion guides 2000 x \$2 each = \$4000.00 Training and promotional posters 500 @ \$3 each = \$1500.00	\$11,700.00
	NCCP Training	Training for 8 selected program advisors	\$2,500.00
	Host Officiating/Coaching Clinics In 3 areas of Ontario	Honorarium for Program Coach 3 courses @ \$600 per course, 2 Assistant Coaches @ \$300 per course, 2 Project administrators 25 weeks @ \$300/wk = \$15000.00	\$24,300.00
	Other	Postage & delivery \$1.20 x 200=\$240.00 Envelopes \$100.00	\$340.00
	Other	Mileage for round trip between Toronto and destinations for 2 cars, 1200kms @0.40/km = \$120.00 for clinics.	\$960.00
	TOTAL BUDGET 2017 – 18		\$70,500.00
Note: budget only includes operational project related expenses over 2 year term.			