

## Application for CKA Team Canada Athletes

### **Summary:**

1. At the beginning of each calendar year, a Canadian kettlebell sport athlete can apply to become a member of Team Canada, for that calendar year.
2. Team Canada selections will be comprised of two criteria:
  - a. Individual event score at a Canadian Kettlebell Alliance sanctioned qualifying competition.
  - b. Adherence to the CKA Code of Conduct, based on 5 Core Values.
3. Selection of members to Team Canada will be made by the CKA Board of Directors prior to WKSF or IUKL International competitions.

### **Background:**

One of the annual goals of the Canadian Kettlebell Alliance is to ensure the selection of the most capable, professional, and respectful athletes in our country for International Events.

Historically, the CKA Board has focused on competitive numbers and results as the sole means for selection to Team Canada. We believe as Kettlebell Sport continues to grow, we need to evolve and implement some core strategies and values, in order to ensure we present the strongest team possible on the world stage. The CKA wishes not only for Team Canada to be comprised of lifters with competitive results on the platform, but also of lifters who bring with them a strong sense of team and unity.

To this end, the Board of Directors of the CKA is creating an annual application for Team Canada. The application will consist of two parts:

1. Individual event score at a Canadian Kettlebell Alliance sanctioned qualifying competition.
2. Adherence to the CKA Code of Conduct, based on 5 Core Values.

## **1. Individual Qualifying Scores**

Historically, the CKA Board has selected Team Canada members based on scores that meet 85% (amateur) or 75% (professional) of the rank for which the athlete is trying to achieve. These scores have been previously based solely on the AAKA Ranking Protocol. The CKA will be rolling out a new and updated minimums that will be required for Team Canada Selection announcement in 2020.

Selections will depend on the competitiveness of the athlete's score among other athletes, in the same categories, within Canada.

On the 2020 roster, the Canadian National Championships are part of the Triple Crown of Kettlebell Lifting. Athletes are welcome to attempt to qualify for the WKSF World Championships at one of three competitions:

1. Jerks on the Pacific, Los Cabos, Mexico - January 18/19, 2020\*

2. US National Championships, Arnold Sports Festival, Columbus, OH - March 5/6, 2020\*

3. Canadian National Championships, Ottawa, ON - March 21, 2020

\*Please note: if you choose to attempt your qualification at a qualifier outside of Canada you will need to submit a video of your lift for review by the CKA Board. Be advised that any performance numbers will be compared to those achieved by athletes that compete at the Canadian National Championships.

The announcement for Team Canada selections for the WKSF World Championships will be based on results of competing athletes from all of the above competitions. The WKSF Canadian Team will be announced after the completion of the Canadian National Championships.

Should you wish to qualify for the IUKL World Championship team this can ONLY be achieved by competing at the Canadian National Championships on March 21, 2020.

**The minimum scores for Team Canada will be announced in 2020**

## 2. Code of Conduct

*If we take care of each other, everything else takes care of itself. - Bill Walsh*

In order to formalize the behavioural expectations of a Team Canada member, the CKA Board is implementing a Code of Conduct that each athlete applicant must sign, indicating their willingness to participate as a positive influence in the CKA Team Canada program. The Code of Conduct is comprised of list of expectations of each athlete when participating in the CKA Team Canada program, and when travelling overseas to represent our nation. In addition to the signing of the Code of Conduct, the behaviour of each Team Canada hopeful will be observed and compared to the 5 Core Values that the CKA Board is implementing in the program.

Although challenging behaviours amongst teammates are rather isolated incidents, the CKA Board believes it necessary to adopt these documents outlining behaviour standards. As an athlete, failure to adhere to these standards may prove an athlete unsuitable for national representation. In essence, if the athlete does not choose to abide by the Core Values and Behavioural Expectations, their selection or re-selection to Team Canada may be in jeopardy.

The **CKA Core Values** are as follows:

1. Teamwork - placing the interests and the successes of the Team before that of an Individual.
2. Integrity - Doing the right things, for the right reasons, all of the time.
3. Respect - Treating others as we wish to be treated.
4. Accountability - Responsible for our own decisions and actions.
5. Courage - Demonstrating strength, and professionalism, in the face of adversity.