



US Olympic Grass Roots Development Program
USANKF of Northern California, Inc. Pilot Program
US Olympic Training Center
Colorado Springs, Col
Nov. 21-24, 2008

The USA National Karate-do Federation's (YODP) Youth Olympic Development Program is well on its way this year. The USANKF of Northern California, Inc. Regional Sports Organization for Karate is the pilot program for the YODP Grassroots program set for the November 21-24th, 2008 at the US Olympic Training Center at Colorado Springs, Col.

RSO President Gene Tibon with the approval of USANKF CEO Luke St.Onge took the bull by the horns to develop a Grassroots program that will be the first ever in history. Athletes will be developing to become Olympic hopefuls for Karate if accepted into the Olympic Summer Games family in 2016. This program will setup our Grassroots development for our athletes and coaches around the country. The ripple affect of this program will energize our way of Karate to the public, and at the same time develop a higher level of athlete and coaches at the Grassroots level.

The talent at the USANKF Team Trials for Junior and Senior teams will grow to higher level of standard each year the Grassroots (YODP) Youth Olympic Development Program is expanded to all corners of the country.

In China, the country searches for and selects 3 yr olds from around the country, and enters them in training schools until they are old enough to compete in their respective discipline at world level competition. The Olympics in Beijing was a great example of working with their talented youth and creating almost flawless athletes in many different events.

In this Grassroots development program we are taking young talents in the Junior National team pool and pipe line athletes in the Federation to the US Olympic Training Center in Colorado Springs to run them and RSO coaches under the guidance of Head USANKF Coach Hidiharu, Igaki. The USANKF of Northern California, Inc. goals are to help with setting up the process to help other RSO's work to develop their Grassroots programs so we can impact the country and help them set up camps in their closest Olympic Training Center. As the program progresses we will have the coaches select some of the top athletes at each camp to attend a special camp with the national team where they will train with the elite athletes to further their development. The first pilot program's intention is to give 49 athletes and coaches the opportunity to train in the Judo Room for sweeps, take downs, and throws, to the Gymnasium for technical drills and Kumite development, Conditioning and Strength Room, a meeting with Sports Psychologist, and WADA Drug Testing Program on Doping. These young up and coming athletes will be introduced to the Olympic Dream while training, eating, and sleeping at the US Olympic Training Center and taking the Olympic attitude back to their dojos and in their personal training.

Just an example of the schedule:

Breakfast 7:30am-8: 30am Olympic training center dining room.

Technique 9:30am – 12:00noon Judo Room

- Warm up
- Proper stretching
- Proper techniques body mechanics, footwork, distance, timing, and mental attitude for both offense and defense.

- Ring control.
- Strategy: what to do when ahead in points, behind, in the last 30 seconds, the last 10 seconds, and the last 2 seconds of a match.

Lunch: Noon-1pm

Speed and Conditioning
2-4pm
Location: Gym

Strength and Conditioning Coach teach drills and particular strength exercises, along with speed training. Also speed training ladders, cones and small hurdles.

- Speed training
- Strength training with partners (no equipment). This way the athletes can continue with their training at their home Karate School.
- Talk about amount of practice and the importance of rest & time off training.

Dinner 5pm-6pm.

Meeting
6:30-8pm
Location Meeting Room

- Strategies for Individual and Team events.
- Sports Psychologist,
- WADA: Education on Doping,

Coaches meeting
8pm-9pm

- Discussion on coaching ethics.
- Questions and answers on technique, strategy, logistics, etc.

Lights out
10pm

We are lucky to have a partnership in coverage of this event with Masters Magazine's Mr. Jose Fraugas and Vice President Val Mijailovic. This first ever youth development camp will have Masters Magazine interview and video the highlights of the program and able to give all of our readers a birds eye view of our coaches and athletes introduction to the Olympic Dream. This camp may indeed change the lives and attitudes of these young athletes and coaches, and take their training and attitudes to another level. The idea of 24-7-365 will hopefully be an attitude that will resonate to all of the coaches and athletes as they come in contact with their fellow karate-ka when they return to their respective dojos for training. The attitude and desire to become and to train towards marching in a world class event carrying the flag of our country as a member of Team USA.

The opportunity of having camps at the US Olympic Training Centers in Colorado Springs, Col., USOC training center in Chula Vista, Ca., in Lake Placid, NY, the New USOC Combatant Center in North Miami, FL, is unbelievable at to what we can develop in our USA National Karate Federation's athletes to becoming a world class power house for the World Championships, World Games, Pan-American Games, and the Summer Olympic Games.

"Amazing Waits" is the slogan and charge of the USA Olympic Committee. It represents the untapped talents waiting to be discovered and developed to a level we recognize every 4 years at the Olympic Summer Games. As the saying goes, "If you want to change a culture, educate the children." That is exactly the mission of the USANKF Grassroots Development Program, also known as YODP, Youth Olympic Development Program." We will educate and develop our future champions to help them one day represent United States at the highest level of international competition.

Gene Tibon

President

USANKF of Northern California, Inc.

Regional Sports Organization for Karate in Northern California

A non profit 501(c) 3 public charitable organization

Pilot Program Leader

USANKF Youth Olympic Development Program (YODP)