

## Meeting Minutes

Date: May 3, 2017

Time: 12:30 PM

Location: Conference Call

Call to Order: High Performance Committee

### AGENDA

1. National Review
2. Communication to membership
3. HP Plan Up-dating
4. YTP & YCP
5. HP League.
6. Ontario Winter Games
7. Testing
8. Next HP Meeting

### Attendee Names

- Matt Kennedy, Erik Espinola, Cedric Benn, Jill Perry, Socrates Celestial, Michael Williamson, Noel Clubb,

### Not Present

- Don Courtemanche

### 1) Nationals Review

#### Erik presented stats:

- 51 Boxers sent, down from 59 last year.
- Competed in 31 categories, down 8 from last year
- 18 gold, 9 silver, 12 bronze
- Down one gold from last year
- Largest drop-off was Jr. C Male which dropped from 14 sent to 4, although all 4 won gold this year.

A deeper look at the metrics to see if there would be opportunity to fill gaps, where we didn't even send participants. Also would like to look at experience vs. results. Opportunity through looking at gaps to see where we need to find competitors and use the HP committee to push those fighters towards Team Ontario and a Nationals.

### **Follow-up item: Boxing Ontario to review the stats further and make assessment of needs and gaps.**

#### Feedback provided from Nationals

- Team was well supported, as the two team managers worked well. Mentioned that there were many injuries and having two team managers is extra beneficial should someone have to make a trip to the hospital.
- Many personal coaches attended.
- A lot of positive feedback about the uniform.
- Thought the RMT was important.
- Would like to see a cut person added if the headgear does not return in Elite males.

#### Recommendations for future Nationals:

- Use Nationals to incentivize coaches to upgrade to Level 3 so they can be in ring.
- Would like to see a survey out to all fighters and coaches
- Have team managers help facilitate room sharing if fighters wish to reduce costs
- Have training camp schedule set in advance.
- Items to add to future training camp seminars for coaches:
  1. Rules review (it was noted that several Ontario boxers broke rules with uniform, gear etc.)
  2. How to wrap with gauze.
  3. Proper warm-up pre-fight.

## 2) Communication to membership regarding HPC

Saturday after weigh-ins at Bronze Gloves an Open seminar will be held in the ring area to introduce the committee. Items to discuss:

What is the committee doing?

Why formed?

What are the goals?

## 3) HP Plan Updates

Including:

- Work on the podium pathway
- Have committee review and approve the plan, have ready for bronze gloves to present to coaches.
- Include further metrics – program and performance goals
- Educate the athletes and coaches - regarding not taking time off

## 4) Yearly Training Plan & Yearly Competition Plan

- Next Up Bronze Gloves & Athlete Selection for future events
- Competition selection Michigan
- Training camps – prior to each event. (team building events)

Michigan Event Selection

- This is not an event intended for National Champions. Team selection should be made, with this in mind.

Matt noted that team selection, for all events, should eventually be put into a policy.

It was recommended that events be labelled by their level. ie. Provincial level team event, National team event, Developmental event.

## 5) High Performance League

Identify ways to promote the League. Get membership excited. Vision being:

- Branding
- Newsletter
- Clothing
- Paraphernalia such as “Team Ontario Cards” similar to baseball cards.

Make others want to strive to be on the team is the goal.

## 6) Ontario Winter Games

Recommendation that a sub-committee be made for the OWG, led by a HTC member but including the membership.

**Follow-up – Opportunity to membership at the Bronze Gloves meeting.**

## 7) Testing Club/Regional/Provincial levels

Socrates & John Edwards provided testing protocols to committee. Committee has a draft of additional testing protocol. Potential for 3 levels of testing self or coach reporting, regional testing, and provincial testing at training camps. With different areas being tested.

## 8. Next HP Meeting

Next meeting will be May 17, 2017 at 1:00 pm.