

PEIFA Provincial Teams Program 2024/25 Season Proposal

Introduction

The PEIFA Provincial Teams Programs is a competitive athlete's program. It is designed to assist competitive fencers in developing their performance skills. The program is designed to accomplish the following:

- Guide the athletes towards an elite level in the sport
- Develop a high performance group of athletes in the province
- Develop technical, leadership, and coaching skills in order to support the further development of the sport in P.E.I.

There are Four Provincial Training Programs

- 1 .Junior Training Squads (U 15 and Cadet [U 17])
- 2 .Junior Provincial Teams (U 15 and Cadet [U 17])
- 3 .Senior Training Squad (Junior [U 20] and Senior)
- 4 .Senior Provincial Teams (Junior [U 20] and Senior)

Training Squads

The Junior and Senior Training Squads are training programs offered by the PEIFA. The training programs are focused on developing and improving competitive fencing skills. The activities of these programs include training clinics which will involve technical, tactical, and competitive training, simulate competition situations, focus on pre-preparation, fitness and mental training, and the design of individual training programs.

Eligibility to join the Training Squads

To be eligible to join the **Junior Training Squad**, a fencer must have completed six to eight months of lessons. (*Note: They have been fencing for a minimum of 30 hours of practice time.*) The minimum age for the Junior Squad is 12 and the maximum age 17. Fencers younger than 12 will be considered if they have strong competitive results.

To be eligible to join the **Senior Training Squad**, a fencer must have completed 4 months of lessons and *have been fencing for a minimum of 45 hours of practice time.*) The normal minimum age for the Senior Squad is 15. Fencers under the ages of 15 will only be considered for the program if they have achieved the performance standards as outlined for Cadet (U-17) Provincial "A" or "B" standards as outlined in the "Selection Criteria for Provincial Teams" section below.

*Please note: fencers do not need to be members of the training squads to participate in most of the designated training squad training activities. **The primary reason for becoming a member is to become eligible for selection to the Provincial Team.***

Criteria to Remain a Member of the Training Squads

- Fencers must attend a minimum of 50% of all designated training squad activities.
- Fencers must be active at 75% of their designated club practices.
- Fencers must complete in at minimum of **four** tournaments each season in their weapon, **three** for the U15 Squad. The **best four** will be chosen for selection purposes.

These competitions include any Atlantic Circuit, National Circuit, or any International competitions recognized by the Canadian Fencing Federation . These can be individual or team competitions. The competitions must be in the age category or higher for each squad . Fencing in more than one event at the same tournament counts as one tournament (e .g. competing in both Cadet [U17] and Open at the NB Shield counts as one competition).

- Fencers must adhere to the PEIFA Code of Conduct. (Appendix "A").
- Fencers must have one or two notebooks one for competition and one loose-leaf binder for handouts etc. These notebooks will be checked from time to time. (Please note that in any breaches of the PEIFA Code of Conduct would automatically result in a loss of members status in the Provincial Training Squads . The PEIFA Discipline Committee make that determination.)

Provincial Teams

There are four Provincial Teams in each weapon category, and each age category has an A and B Team :

- U15 Provincial Team A & B
- Cadet (U17) Provincial Team A & B
- Junior (U20) Provincial Team A & B
- Senior Provincial Team A & B

Fencers who are selected for Provincial Team positions are eligible for the following services /benefits, depending on the ranking and the resources available.

- Specialized Individual lessons (Note: However, athletes are encouraged to get private lessons outside of group practice time.)
- Individual program planning, and ongoing assessment.
- The PEIFA will seek out and support funding opportunities.
- Provincial Team members will represent PEI at team/individual Championships

- The fencers on the Provincial Teams at the end of the fencing season are officially recognized by mail.

Eligibility Criteria for Provincial Team Selection

- Fencers must be members in good standing and have their fees paid.
- Fencers must be current members of the appropriate Training Squad at the time of selection. That is, either Junior or Senior Squad for the U15 and U17 Teams, and the Senior Squad for the U20 and Senior Teams.
- Fencers must have been active members of the Training Squad for at least three months prior to the selection date, and have competed at least four times in the past 12 months, or at least three times for the U15 Team.

Selection Dates

Provincial Team selections will be made at the end of each season (following either the PEI/NB/NS Provincials, or Nationals whichever is later). Those selected remain Team members for the entire next season, unless they lose their eligibility status.

Fencers can be selected for Provincial Team positions at anytime during the fencing season. These mid-season selections will last for the remainder of the season, unless the fencer loses their eligibility status.

Criteria to Remain a Member of the Provincial Team

Once a fencer has been selected as part of the Provincial Team Program, they begin to receive the benefits outlined earlier. Fencers must adhere to the following requirements to remain on the Team. If they do so, they will remain on the Team, regardless of performance, until the conclusion of the current fencing season.

- Satisfy all requirements for continuing as Training Squad members.
- Compete in at least **four** tournaments each season (within the last 12 months at any given time).
- Adhere to an individual training and competition plan, developed in conjunction with the provincial coaching staff, and endorsed by the Head Coach. The training plan will include at least two training sessions per week for U15 /Cadet Teams, and a minimum of three or more training sessions per week for U20/Senior Teams. These training sessions include fencing practices, individual lessons, and fitness training. Fitness training will be with other professionals.
- Any fencer who is part of the National High Performance program, and is satisfying the requirements of that program, automatically satisfies the requirements of the Provincial Team Program. The only exception is adherence to the PEIFA Code of Conduct.

Exceptions to Selection System

Any fencer who falls outside of the described system, but wishes to continue training and competing, can apply to the Provincial Coach for exemptions. An alternative training and competition program will be required. An example would be a fencer who goes to live in another country for a temporary period of time .

Selection Criteria for Provincial Teams

For eligible fencers, selection is based on performance. The following grid indicates which performance levels qualify a fencer for each team. A fencer need only achieve one of the possible performance levels.

Ranking	U15 A : B	Cadet A :B	Junior A :B	Senior A :B
Senior Elite	Top 32:32	Top 28:32	Top 24:32	Top 16:32
Junior (U 20) Elite	Top 24:32	Top 20:32	Top 16:32	
Cadet (U17) Elite	Top 20:32	Top 16:32		
National Domestic	Top 75 top 50% :60%	Top 75 top 50% :60%	Top 65 top 45% :55%	Top 50 top 33% :45%

Ranking	Team	Min 1: Max 1 A	Min 1: Max 1 B	Min 2: Max 2 B	Min 2: Max 2 B
Senior	Senior	4:16	6:20	25%:50%	33%:60%
	Junior	4:20	6:24	33%:50%	40%:60%
	Cadet	4:24	6:30	40%:50%	50%:60%
	U15	4:30	6:36	50%:50%	60%:60%
Junior (U20)	Junior	4:16	6:20	25%:50%	40%:60%
	Cadet	4:20	6:24	33%:50%	50%:60%
	U15	4:24	6:30	40%:50%	60%:60%
Cadet (U17)	Cadet	4:16	6:20	25%:50%	40%:60%
	U15	4:20	6:24	40%:50%	50%:60%
U15	U15	4:16	6:20	25%:50%	40%:60%

Min 1: This number or lower meets the selection criteria, unless it is lower than 50% of the total number of ranked fencers.

Max 1: This number is the maximum that meets the selection criteria.

Min 2: This percentage of the ranked fencers meets the selection criteria, unless this number is higher than Max 1. In that case, Max 1 is used as the upper limit for selection.

Max 2: This percentage of the ranked fencers is the upper limit for meeting the selection criteria.

Notes regarding the rankings used for selection.

1. The National Rankings used will be the 12-month Rolling Rankings.

2. Atlantic Rankings will be adjusted if necessary to reflect points scored at higher age restricted events towards lower age restricted rankings (e.g. if a fencer competes in an Open event at a competition, but they are 16 years old, then the Open result can be counted.)

towards their U17 Ranking if it is a better result than their U17 result at the same competition. For women 's events, they will score the better of the Mixed and the Women's Open if the form at of a competition has both .

Selection of Teams for Team Championships

The selection for Team Championship even where a Provincial Team is to represent Prince Edward Island is made by the Provincial Coach, or by the individual designated as Team Leader by the Provincial Coach.

The following criteria will be followed in this selection. Exceptions can be made in certain circumstances (e.g. injury, Code of Conduct breach).

- Provincial Team fencers are selected ahead of non-Provincial Team fencers.
- Provincial Squad fencers are selected ahead of non-Squad fencers.
- Selection can be based on consideration for both overall ranking, and recent performance.
- Once the Team event is underway, the Provincial Coach or designated Team Leader will make use of substitutes at their discretion.

Coaches Expectations

The Coach will:

Expect dedicated efforts from the athlete
Expect athletes early arrival for lessons
Expect the athlete to perform warm-ups as directed with minimum oversight
Expect conditioning schedules to be adhered to.
Expect athlete participation in those events identified by the coach. some with and some without the participation of the coach.