



# Badminton

NOVA SCOTIA

## PROVINCIAL TEAM OVERVIEW

2024-2025

Last Updated: August 20, 2023

## Introduction

Badminton Nova Scotia is pleased to host the Provincial Team Program annually. The Provincial Team Program's goal is to support badminton athletes with the aspiration to perform at the National level. The Provincial Program is an additive program that is meant to enhance and complement the training that the best players in Nova Scotia are receiving at their home club or training environment to provide them with more opportunity to succeed on the National stage.

## Objectives

Nova Scotia athletes to be the best players in Atlantic Canada and to consistently have Nova Scotia athletes reaching the quarterfinals (or better) at National Elite Series and National Championships.

## Provincial Program Structure

The BNS Provincial Team is the fundamental pillar of the Provincial Program that runs annually from September to May/June. The Provincial Team is selected on an annual basis to represent Team Nova Scotia at Senior and Junior National Championships each year. The Provincial Team is a selection-based team of the highest performing players in U15, U17, U19, and Senior age categories. (U13 players may be considered under certain circumstances)

## Provincial Team Standards/Requirements

All players wishing to be members on the Provincial Team must meet the following criteria in the previous year or current badminton season. The criteria are as follows:

- Athletes must be at least 12 years of age or older, unless exceptional circumstances apply.
- Athletes should be consistently achieving semi-finals and/or finals in their respective age categories at Atlantic Series tournaments.
- Athletes should be competitive or showing the potential to be competitive in their age category at National tournaments.
- Athletes should be training at least 3-4 times per week on a regular basis.
- Meet all expectations as defined in the Athlete Expectations section.

## Provincial Team Supports

- The Provincial Team practices every second week with 3 hour training sessions from September to May.
  - o This may vary based on tournaments and other factors.
  - o Most training sessions are held at JBTC in Halifax, however some are held in other towns/gyms.
- Attendance at other Provincial Team camps may be scheduled throughout the season.
- Provincial Coach will attend select Senior and Junior Elite Series and Nationals Championships throughout the season to provide on court coaching and support to athletes.
- Receive Provincial Team gear/clothing.
- Access to the CSIA Strength and Training Program.
- Limited access to Mental Performance and Nutrition professionals through the CSIA.

## Provincial Team Selection

The Provincial Team is limited in space to 16 players with the goal of having two males and two females in each age category on the team. However, less than 16 players may be selected each year based on the quality and competitiveness of the players in Nova Scotia. The Provincial Team selects players based on a result and performance-based selection process. Selection will be based on players' past season results at the Atlantic and National level in addition to how they perform at any selection events that may occur at the beginning of the season.

Please note, if players not on the Provincial Team improve and showcase their skills throughout the season, the Provincial Coach has the ability to invite players to the Provincial Team at any point throughout the season.

## Athlete Expectations/Requirements

- Athletes must have an active Provincial Membership with Badminton Nova Scotia
- Athletes must be training regularly 3-4 times per week outside of the Provincial Team practices
- Athletes are expected to attend all Provincial Team training sessions and camps
- Attend Provincial level, Atlantic level and National level competitions
- Athletes should have a base of fitness and strength that allows them to train at this level - off court training such as running, strength and conditioning in addition to their on court training
- Provincial Team athletes are expected to be respectful and advocates of the sport of badminton in Nova Scotia
- Provincial Team athletes are expected to always abide by the True Sport Principles - <https://truesportpur.ca/true-sport-principles>
- Provincial Team athletes should volunteer prior and post Atlantic series events in Halifax where applicable

## Program Fees

All members of the Badminton NS Provincial Team will be required to pay the program fee of \$500. These fees will support the program and offset the expenses related to operating the provincial program, mainly facility costs, shuttles and coaching.

First installment (\$300) of the Provincial Team fees should be paid no later than Nov. 15, 2024 and the second installment (\$200) should be paid no later than February 15, 2025. Reminders will be sent in advance of these dates.

## Coaching Staff

The team is overseen, organized and funded by Badminton Nova Scotia, and led by the Provincial Team coaching staff. The coaching staff is selected by the High Performance Committee of BNS as required.

**Provincial Program Head Coach:** Patrick Thompson – email [highperformance@badmintonns.ca](mailto:highperformance@badmintonns.ca)

**Team Manager:** Bev White – email [competitions@badmintonns.ca](mailto:competitions@badmintonns.ca).

Assistance coaches to be named each year to support the program.

## Extenuating Circumstances

Extenuating circumstances include injuries, family emergencies or other unforeseeable events which prevent an athlete from attending a mandatory selection event. To be eligible for team selection, any athletes experiencing extenuating circumstances must let the Coach and Manager know prior to the selection event and may be asked to provide evidence (ie-doctors note). The Badminton Nova Scotia High Performance Committee will review the circumstances and determine if the circumstance(s) were reasonably preventable, or if the circumstance(s) were justified in preventing the athlete from competing.

## Appeals

Athletes and coaches may submit an appeal to Badminton Nova Scotia following the guidelines set forth in the BNS Appeals Policy.