



National Training and Competition Framework

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Approved By	JudoTT Executive
Ratified By	Member Clubs
Prepared By	National Coach – Reinaldo Novoa
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1. Purpose

To outline the framework for organizing national team training, fitness testing, and participation in international competitions, ensuring structured athlete development and readiness for elite-level performance.

2. Training Structure

2.1 National Squad Training

- Held monthly or as scheduled by the National Coach.
- Focuses on team cohesion, technical refinement, and conditioning.
- Attendance is compulsory unless excused by the National Coach.

2.2 Club Integration

- Athletes must maintain regular attendance at their home club.
- Club coaches are encouraged to coordinate with the national staff.
- Use of **Club Training Attendance Form** for verification.

2.3 Training Components

- Technical and tactical judo sessions.
- Physical fitness and conditioning.
- Mental preparation and sports psychology.
- Rules and refereeing updates per IJF regulations.

3. Competition Framework

3.1 Domestic Competitions

- Annual JudoTT competition calendar published in December.
- National Championships serve as key performance benchmarks.

3.2 International Competitions

- Athlete participation determined by performance, readiness, and budget.
- Travel coordinated via **Event and Travel Authorization Form (FRM-TRV-202510-007)**.
- Team uniform and IJF Judogi compliance mandatory.

4. Evaluation and Fitness

- Fitness testing twice annually using standardized JudoTT protocols.
- Data recorded in each athlete's performance file.
- Failure to meet minimum standards may trigger remedial programs.

5. Related Documents

[FRM-TRV-202510-007] Event and Travel Authorization Form

[POL-NAT-202510-001] National Team Selection Policy

[PRO-ATH-202510-006] Athlete Registration and Eligibility Procedures

6. Review and Amendment

This policy will be reviewed annually to maintain alignment with IJF and TTOC guidelines.

End of Document