

CANADIAN TEAM HANDBALL FEDERATION

ATHLETE GUIDE

**SENIOR, JUNIOR AND JUVENILE
MEN AND WOMEN
NATIONAL TEAM PROGRAMS**

2010

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Message

It is my pleasure, on behalf of the Canadian Team Handball Federation, to congratulate all members of Canada's Handball National Teams.

For some this is the first time, others are veterans of international competitions. For all, though, be part of a national team is a major accomplishment to seize and to treasure for a lifetime.

The Athlete Guide 2010 is a precious tool for the inquiring athlete and coach. Whether you are an experienced player or have just join the national team program, this book contains gems of information you can use to your advantage.

Thorough preparation for competition includes finding out everything you can about the situations you will encounter. The information in this Guide will go a long way towards making you feel comfortable and in control.

You have trained very hard to get as far as you have in handball. The tremendous energy and determination, which you have invested in handball has led you to this high level of competition.

The Canadian Team Handball Federation is committed to helping athletes achieve excellence in handball and we shall do our best helping you reaching your goals.

Enjoy your experience and be proud to represent your club, your community, your province, your organization and your country. Always keep in mind that making a team also brings responsibility, as you become a role model to youngsters in every corner of Canada.

François LeBeau
Chief Operating Officer
Canadian Team Handball Federation

Vision, Mission, Values, Philosophy, Strategic Plan

The **CANADIAN TEAM HANDBALL FEDERATION** within the framework of Canada's sport governing legislation believes its mandate is first and foremost to offer Canadians an opportunity to experience a great sport. The **CTHF** ethical rationale for promoting team handball is founded on the belief that participation in sport is for the benefit of individuals and that the sport system in Canada should be athlete-centred.

The organisation's policies, programs and services, and ultimately the way in which it carries out its work will therefore be governed by what is deemed to be in the athlete's interest. Accordingly, the **CTHF** will strive to provide programs and services designed to meet the highest order of ethical standards.

This strategic plan is a statement of **CTHF** commitment to the future needs of Canadians. It describes **CTHF** intentions to work at improving its competitiveness and **CTHF** continued commitment to strengthen its position through better communication and athlete-focused development programs.

This plan recognises that the **CTHF** cannot by itself provide all the knowledge and resources necessary to prepare for global challenges. The **CTHF** must develop partnerships and collaborations with other organisations to support and strengthen its competitive position. The plan briefly outlines some of the current challenges facing the **CTHF** and describes **CTHF** values and evolving roles, indicating how the **CTHF** must prepare itself today for tomorrow's challenges. The **CTHF** has defined key strategies, which it intends to emphasize in response to the challenge of the new millennium.

These strategies are supported by a series of goals and actions designed to help its organisation advance to a stronger, more competitive position nationally and internationally. The **CTHF** is committed to strengthen its position and provide superior services to its partners. This plan demonstrates how it will fulfil this commitment.

VISION

Vision describes the preferred future of an organisation. Strategic planning presents the organisation with an opportunity to create a future that might not otherwise exist.

THE CANADIAN TEAM HANDBALL FEDERATION is a dynamic organisation, oriented towards change, respecting the traditions of the past and providing a strong, ethical foundation for the practice of team handball at all levels of play throughout Canada.

MISSION

The mission statement describes the organisation's business, its reason for being.

THE CANADIAN TEAM HANDBALL FEDERATION exists for the purpose of promoting team handball, by establishing and developing participative and competitive programs for Canadians throughout Canada.

VALUES

Values, beliefs and guiding principles DESCRIBE WHAT THE ORGANIZATION STANDS FOR.

Team handball is a part of the Canadian Sport system and contributes to the quality of life in Canada. Team Handball contributes a viable sport choice to Canadian athletes who would like to participate in a dynamic Olympic sport.

Team Handball is for all Canadians

Team Handball is available to all Canadians regardless of age, gender, creed, socio-economic status, ability or geographic location. All Canadians should have an opportunity to participate in Team Handball.

Team Handball values volunteers

Volunteers are the core of Team Handball's human resources pool in Canada. Their contribution is significant, valuable and above all, vital.

International Leadership

Team Handball is not only a part of the Canadian sport scene but is a major player internationally and enjoys high profile international status as an Olympic and Pan Am sport. The values and beliefs endorsed by Canadian sport generally, and the Canadian Team Handball Federation specifically, can provide positive leadership to the international handball community. The Canadian Team Handball Federation should proactively promote its fundamental values and beliefs to this international community through its involvement with the Pan American Team Handball Federation (PATHF), the International Handball Federation (IHF) and the Commonwealth Handball Federation (CHF).

PHILOSOPHY

The philosophy or "credo" is a statement of the organisation's fundamental beliefs and principles, which includes values, behaviours, aspirations and philosophical priorities.

THE CANADIAN TEAM HANDBALL FEDERATION provides an environment in which our athletes have the opportunity to realise their full potential through personal and team excellence.

We will be unprejudiced in our dealings with each other whether we be players, coaches, officials, volunteers or staff and will treat others as we would like to be treated.

STRATEGIC PRIORITIES - ENHANCE EXCELLENCE

That by 2011, Canadian senior men and senior women national teams be ranked first at the Pan American level (2011 Pan American Games).

That by 2012, Canadian junior men and junior women national teams be ranked among the first twelve countries of the world (2012 World Championships).

Management Committee Members

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Ward Hrabi

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Provincial Team Handball Federations

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National Team Coaches

Women's Head Coach
To be announced

Men's Head Coach
Stefan Rusimov
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Fax: (450) 664-5786
Cell: (514) 884-1771
E-mail: stephan_rusimov@yahoo.com

Coach
To be announced

Coach
To be announced

Coach
To be announced

Coach
To be announced

Drug Classification Guide

The Canadian Centre for Ethics in Sport (CCES) promotes ethical conduct in all aspects of sport in Canada. It is a distinct privilege to be able to contribute to the value of sport, and its place in Canadian society. It is also a tremendous obligation to ensure that sport is itself ethical, and that respect for persons becomes a fundamental value of the sport experience for all Canadians.

The Canadian Centre for Ethics in Sport (CCES) provides a booklet on the most current List of Prohibited Substances and Prohibited methods.

The Canadian Centre for Ethics in Sport (CCES) also provides information services to any individual or organization seeking to know whether or not a particular substance or practice is banned or restricted for use in sport.

All athletes bear the sole responsibility of ensuring that they comply with the rules and regulations of competition, which include any sport federation restrictions and the IOC – WADA List of Prohibited Substances and Prohibited Methods. If in doubt about any substance or product avoid its use.

For further information contact:

**Canadian Centre for Ethics in Sport
2197 Riverside Drive, Suite 300
Ottawa, Ontario, K1H 7X3**

Telephone: 613-521-3340

Toll Free: 1-800-672-7775

Fax: 613-521-3134

E-mail: General information: info@cces.ca
Substance information: substanceceinquiries@cces.ca

Website: www.cces.ca

Selection Criteria

Criteria

Criteria	100%
Anthropometrical Measurements	10%
Physical Tests	30%
Coach Observation	50%
Other	10%

Anthropometrical Measurements (10%)

Criteria	10%
Height (cm)	3%
Ratio Height/Weight	3%
Hand size (cm)	2%
Arm Span (cm)	2%

Physical Tests (30%)

Criteria	30%
Léger Boucher	6%
Throwing	6%
Déca-jumps	6%
Vertical Jump	6%
30 m sprint	6%

Coach Observation (50%)

Criteria	50%
Basic individual skills in offence and defence	25%
Basic collective skills in offence and defence	25%

Other (10%)

Criteria	10%
Moral qualities and Theoretical knowledge	10%

Selection Tests

General Information

Name:	Surname:	Date of birth:
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Anthropometrical Measurements

Anthropometrical Measurements	Date:		Date:		Date:	
	Results	Rank	Results	Rank	Results	Rank
Height (cm)						
Weight (kg)						
Hand size (cm)						
Arm Span (cm)						
Body Fat (%)						
Ratio Height – 100 / weight						

Field Tests

Field Tests	Date:		Date:		Date:	
	Résultats	Rank	Résultats	Rank	Résultats	Rank
Vertical Jump (cm)						
Throw (m)						
Triple Jump (cm)						
Leger Boucher						
Sprint 5 X 30 m (sec)						
Dribble (30 sec)						
Broad jump (cm)						
Sit-ups (60 sec)						
Flexibility Test						

Athlete's Contract

AGREEMENT MADE ON _____, BETWEEN THE CANADIAN TEAM HANDBALL FEDERATION having its national office at 453, Jacob-Nicol, Sherbrooke, Quebec, J1J 4E5 (hereinafter referred to as the "CTHF") and:

_____ residing in _____
_____ (hereinafter referred to as the "Athlete").

WHEREAS the Athlete wishes to be an active competitor in CTHF sanctioned events with his or her rights and obligations clearly defined;

WHEREAS the CTHF is recognized by the International Handball Federation (IHF), and Sport Canada as the sole National Federation governing the sport of Team Handball in Canada;

WHEREAS the CTHF recognizes the need to clarify the relationship between the CTHF and the Athlete by establishing their respective rights and obligations;

AND WHEREAS the IHF requires that the CTHF certify the eligibility of the Athlete to compete as a member in good standing.

NOW THEREFORE the parties agree to the following:

1. CANADIAN TEAM HANDBALL FEDERATION'S OBLIGATION:

The CANADIAN TEAM HANDBALL FEDERATION shall:

- a) Organize, select and operate teams of athletes, coaches and other necessary support staff (a "national team") to represent Canada in the sport of Team Handball throughout the world;
- b) Publish selection criteria in advance for all national team major competitions (i.e. Olympic Games, Pan American Games, Pan American Championships, World Championships,);
- c) Conduct selection of members to all national teams in a manner that is in conformity with the generally accepted principles of natural justice and procedural fairness;
- d) Nominate all eligible athletes for the AAP and COC programs and thereafter ensure these athletes will receive all the benefits to which they are entitled under the AAP and COC programs;
- e) Organize programs and provide funding for the development and provision of coaching expertise, officials development, competitions and training centres in Canada in the sport of Team Handball in accordance with the budgetary constraints of the CTHF;
- f) Publish criteria for the selection of athletes to the AAP and COC programs prior to the commencement of the eligibility cycle for Team Handball;
- g) Provide the Athlete selected to be a member of the National Team with the National Team uniform;
- h) Regularly provide National Team program information regarding training and competitions to the athlete in the form of electronically mail correspondence and the Athlete Guide);
- i) Provide a formal review of the Athlete's annual training program;

- j) Provide a hearing and appeal procedure that is in conformity with the generally accepted principles of natural justice and due process including access to an independent arbitration process with respect to any dispute the Athlete may have with the CTHF and publish the details of this procedure in a prominent manner and provide details to any authorized person requesting this information on behalf of the athlete.
- k) Provide funding for the Athlete for training camps and competitions in accordance with the budget of the CTHF;
- l) Protect the eligibility of the Athlete by ensuring that a mechanism for the establishment of a trust fund for the Athlete exists that is in accordance with the IHF rules and shall advise the Athlete of the nature of all payments to and withdrawals from the trust fund;
- m) Communicate with athletes both orally and in writing in the language of their choice (English or French);
- n) Assist the athlete in obtaining quality medical care and advice;
- o) Provide for a representative elected by the athletes to sit as a voting member of the relevant decision-making body of the CTHF.

2. ATHLETE'S OBLIGATIONS:

The Athlete shall:

- a) Read and agree to abide to the Athlete's Code of Conduct; follow the training and competitive program mutually agreed upon by the National Coach, the Athlete's personal coach and the Athlete, recognizing the responsibilities of the coaches in coaching-related decisions. The Athlete shall avoid living in an environment that is not conducive to high performance achievements or taking any deliberate action that involves significant risks to the athlete's ability to perform or limits the athlete's performance;
- b) Provide the National Coach or his/her designate, by electronic mail correspondence, with an annual training chart and monthly updates of changes to the chart or any other necessary information that the CTHF may request;
- c) Subject to paragraph 2(d), participate in all mandatory training camps and competitions as described in **Appendix A**;
- d) Where possible, notify, by electronic mail correspondence, the CTHF of any injury or other legitimate reason that will prevent the athlete from participating in an upcoming event referred to in **Appendix A** and ensure in the case of an injury that a certificate from a medical doctor setting out the specific nature of the injury is forwarded to the CTHF within three weeks after the injury;
- e) Dress in the National Team uniform and other official clothing, if applicable, while travelling or participating in events and/or competitions as part of the National Team;
- f) Avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with a competition or the preparation of any athlete for a competition;
- g) During or at National Team training camps and competitions avoid alcoholic consumption to a level, which would reasonably be expected to cause impairment in the athlete's ability to speak, walk or drive, perform athletically or cause the Athlete to behave in a disruptive manner;

- h) Avoid the use of banned substances that would be in contravention to the rules of the IOC, the IHF and Sport Canada policy. Agree without warning to submit to unannounced doping control tests in addition to other tests with notice and submit at other times to doping control testing upon request by the CTHF, Sport Canada, the Canadian Centre for Ethics in Sport or any other authority designated to do so by the CTHF;
- i) Avoid possession of anabolic drugs, human and/or synthetic growth hormone, and shall neither supply such drugs directly or indirectly to others nor encourage or condone their use by knowingly aiding in any effort to avoid detection of the use of banned substances or banned performance-enhancing practices;
- j) Participate as may be requested by the CTHF in any Doping Control \ Education Program as formulated by the CTHF in cooperation with Sport Canada and the Canadian Centre for Ethics in Sport;
- k) Dealing in banned substances, including but not limited to, trafficking, selling, importing and possession, minimum penalties to be assessed are:

For athletes first time:	3 yrs
Second time:	life
For coaches, officials and volunteers:	life.

- Furthermore the CTHF Management Committee will decide the length of suspension for the following offences: insubordination, violence, drunkenness, disorderly conduct, disruptive behaviour; or any other actions deemed inconsistent with being a member of the national team program or the spirit of this agreement;
- l) Participate in reasonable non-commercial promotional activities as may be requested by Sport Canada, where the arrangements for such activities are made through the CTHF and are not for more than the equivalent of two working days for any individual athlete unless compensation is arranged and agreed to by the athlete;
 - m) Participate in the Canadian Centre for Ethics in Sports Health Status Support Program if requested to do so by the CTHF;
 - n) Utilize the hearing and appeal procedure referred to in paragraph 1(j) for the remedy of complaints and issues especially where the situation involves the conduct or performance of CTHF employed staff or coaches;
 - o) Shall be responsible for the full payment of the annual athlete fee of \$2000 or \$3000 dollars as prescribed, payable to the CTHF. Athletes who intend to participate in national team program must be in good standing with the CTHF;
 - p) Shall be responsible for fulfilling all obligations required of national team members pertaining to sponsorship/suppliers for the national team and/or the CTHF (Appendix B);
 - q) Avoid participating in any competitions where federal government policy has determined that such participation is not permitted.
 - r) Shall be responsible for costs of passports, vaccines, visas and personal insurances.

3. DEFAULT OF AGREEMENT:

- a) Where one of the parties to this agreement is of the opinion that the other party has failed to conform to its obligations under this agreement it shall forthwith:
 - i) Notify that party in writing of the alleged default;
 - ii) Indicate in the notice to that party the steps to be taken to remedy the situation and;
 - iii) Indicate in the notice a reasonable period of time within which such steps shall be taken.
- b) Where the party which has given the notice referred to in paragraph 3(a) is of the opinion that the other party has not remedied the situation, it shall file a complaint through the hearing and appeal procedure referred to in paragraph 1 (j).

4. DURATION OF AGREEMENT:

This agreement comes into force on **January 1st, 2010** and terminates on **December 31st, 2010**

THE CANADIAN TEAM HANDBALL FEDERATION:

DATE

CTHF DELEGATE

THE ATHLETE:

DATE

ATHLETE

APPENDIX B

ATHLETE PARTICIPATION IN SPONSORSHIP/SUPPLIER AGREEMENT

As a member of the Canadian Team Handball Federation National Team Program I do hereby agree to:

1. Appear in the attire provided to me in all National Team games, official photo sessions, press conferences, media interviews and other public appearances.
2. Appear in official clothing at all clinics, seminars etc. when representing the National Team or at requested by the CTHF.
3. Speak positively regarding Team Suppliers and their affiliation to the CTHF as well as all products provided to us by various companies.
4. Encourage the use and purchase of supplied products to other athletes, coaches, volunteers, officials and teachers involved in Team Handball.
5. Fulfil all other reasonable requests as they arise.

Appeal Procedure

THE CANADIAN TEAM HANDBALL FEDERATION INTERNAL NOMINATION PROCEDURES

The Canadian Team Handball Federation's Senior, Junior and Juvenile Men and Women National Teams Nomination procedure is as follows:

The evaluation of potential national team members in an ongoing process facilitated through scouting, talent identification camps, training camps and competitive programs.

Dates of final selection; duration and location of camps, activities and competition programs will be determined according to goals and financial feasibility.

The final selection of sixteen (16) men and sixteen (16) women per category, by national team coaches, is based on scores according to Athlete Selection Procedures Manual and to Activity Calendar.

In case of athlete illness or injury, alternates will be ranked and chosen by national teams coaching staff according to final testing. An athlete may be removed from the final team due to inability to perform due to injury and/or illness, or other medical reason(s), as determined by a CTHF appointed physician or physiotherapist. If unforeseen circumstances arise which do not allow for the execution of the above, the CTHF Management Committee will identify alternate arrangements. All potential national team members will be notified as early as possible.

RATIO OF ATHLETES AND SUPPORT STAFF

The final teams will normally consist of sixteen (16) men or sixteen (16) women athletes.

The support staff of each men and women team shall usually consist of four (4) persons: one (1) national team head-coach, one (1) national team coach, one (1) head of delegation and one (1) team physiotherapist.

It is the responsibility of the Canadian Team Handball Federation's Executive Management Committee to select each of the national team staff.

The actual participation at each game of the national team handball competitions will be at the discretion of the coaches.

COMMUNICATION TO ATHLETES AND PROVINCIAL TEAM HANDBALL FEDERATIONS

Nomination procedures will be sent by electronic mail correspondence to all athletes already involved and identified in the national team programs.

Nomination procedures will also be sent to all Provincial Team Handball Federations, be published in the Athlete's Guide and posted on the Canadian Team Handball Federation's web site (www.handballcanada.ca).

APPEALS TO THE CTHF INTERNAL NOMINATION PROCEDURES

If an athlete is not satisfied with the outcome of the selection process put in place, he or she can appeal to the Canadian Team Handball Federation.

Letters of appeals should be directed to the President of the Canadian Team Handball Federation. The Canadian Team Handball Federation President will then establish an Appeal Committee to deal with the issue within ninety-six (96) hours.

The Appeal Committee should be comprised of:

- The Canadian Team Handball Federation's President;
- The Vice-President of National Teams;
- One member of the CTHF Board of Directors selected by the CTHF President;

The CTHF President has the authority to appoint substitutes in case of conflict of interest or the unavailability of one or more members. The decision regarding the appeal will be determined by majority vote of the Appeal Committee.

Medical Form

Complete this form carefully and return it to the team therapist

Name: _____ Age: _____

Date: _____ Date of birth: _____

Do you take any medication?

1- Usually Yes No Which ones?

Supplements _____

Homeopathy _____

Others _____

2- Occasionally Yes No Which ones?

Anti-inflammatory _____

Antihistaminic _____

Anti-asthma _____

Others _____

Do you suffer from a disease (diabetes, cancer, hypertension, epilepsy, etc.)

Yes No

Specify _____

Do you suffer from allergies? Yes No

Specify _____

Do you suffer from an injury actually? Yes No

Specify

Do you receive treatments? Yes No

From who?

Which ones?

Do you wear any of the following device?

Contact lenses

Plastic

Glass

Orthopaedic soles

Knee brace

Elbow brace

Dental prosthesis

Did you receive your vaccination?

Polio

Hepatitis A

Hepatitis B

Tetanus

Diphtheria

Measles

Typhoid

Person to contact in case of emergency:

Name: _____

Relation: _____

Tel.: _____

Other number: _____

Athlete's Personal File

Date: _____ Passport number: _____ Date of expiry: _____

Name: _____

Surname: _____

Date of birth: _____

Place of birth: _____

Permanent address: _____

City: _____

Postal Code: _____

Phone: (Res.) _____ (Work) _____

E-mail: _____

Height: _____ Weight: _____

Occupation (if student, specify university, college... specialty):

Employer: _____

Trainer/club: _____

Name of Club: _____

Number of years in handball: _____

Number of years with national team: _____

Number of international matches: _____

Position on court: _____ Left/Right handed: _____

Briefly provide interesting information about yourself, your interests, your hobbies and your goals:

List your most important sport accomplishments:

Athlete's Code of Conduct

All players attending Canadian Team Handball Federation national team programs must agree to abide by the following Code of Conduct. Your signature on the attached Athlete's Contract constitutes your acknowledgment that you have read and will abide by the Code while representing your Club, Province, or CTHF at all competitions or camps.

CODE OF CONDUCT

The participant attending national team program agrees:

1. To comply with the rules set down by the coach/team leader to matters such as, but not limited to, attitude on and off court, conduct during matches, moral conduct, group morale, discipline or conduct at practice sessions.
2. To attend all meetings, training sessions and events as specified by the coach or CTHF representative.
3. During competitions and/or practices, or while on route to or from the same, to avoid consumption of alcohol or illegal drugs. Furthermore there will be no possession, ownership or use of any illegal drugs or alcoholic beverages.
4. To avoid any action or conduct that would reasonably be expected to disrupt or interfere with a competition, with any athlete's preparation for or during competition, the disruption or interference with any team members under the control or management of CTHF or its delegates.
5. A nightly curfew set down by the coach/team leader will be established and observed.
6. To avoid living in or creating an environment that is not conducive to high performance achievement; to also avoid the participation in deliberate or reckless action(s) that create, directly or indirectly, risks to the participants and their ability to perform athletically and/or has a like effect upon team members.
7. To do nothing unbecoming that will bring criticism directly or indirectly against CTHF, any of its teams or any of its team members, employees or delegates.
8. That any physical damage occurring in any hotel room or other place of accommodation or while in, being paid for or supplied to the CTHF or any organization hosting an event or practice session shall be paid for by the registered occupant or participant in charge of that room or place of accommodation or using the transit system.
9. To commit no act or acts, which would be considered an offence under federal, provincial or local laws or regulations.
10. To commit no act or act(s), which would be reasonably considered as gross misbehavior or unsportsmanlike conduct.

11. To report immediately to the coach/team leader or persons in charge or others as designated by them, any activity known or observed by the participant which may result in serious bodily harm or which may cause serious disruption to the welfare of the team or other participants under the control and jurisdiction of CTHF.
12. Not to aid, abet, promote, facilitate, sponsor or encourage the breach by another person of this code of conduct or CTHF code of conduct.
13. Not to aid, abet, promote, facilitate, sponsor or encourage, regardless of the circumstances, the consumption of alcohol by minors or the consumption or use of illegal drugs by anyone.
14. While in attendance at or traveling to and from competitions and/or events, participant is to comply with the rules set down by his coach and the duly appointed team leader, relating to matters such as, but not limited to, attitude on and off court, conduct during matches, moral conduct or a group morale or discipline. This shall apply to a participant at all times, whether at event venue or at place of lodging.
15. Be attired in the National Team uniform and other official clothing, if applicable, while travelling or participating as part of the National Team
16. During award presentations, opening and closing ceremonies, to conduct themselves in a matter that conveys and expresses honor, pride, dignity and respect for the country of Canada, its flag and its national anthem. This expectation extends not only to behavior but to athlete attire as well. In keeping with the spirit of this expectation, athletes are not permitted to carry, wear or display flags other than the Canada flag during competition or any event associated with. Furthermore, as representatives of Canada and the CTHF, athletes are reminded to act appropriately during the playing of the national anthems of other countries.

In the event of a breach of this code of conduct by the participant, the participant's coach, team leader or the Executive of the CTHF, may in light of the severity of the transgression(s) and/or the number of times the participant has been involved in disciplinary action, assess any of the following sanctions::

1. Full or partial restriction of participation in National Team programs.
2. Full or partial restriction of participation in CTHF activities or those activities sanctioned by CTHF.
3. Removal from the camp and/or competition with transportation home at the participant's own expense.
4. Any sanction that CTHF decides is appropriate including assessments of penalties under the disciplinary procedures adopted by CTHF.

Age Group

Eligibility to Play

The player Eligibility Code for handball players shall apply.

Players must prove their Canadian citizenship by showing a valid passport, which will be verified by the CTHF delegate and before the start of the Pan American Championship or World Championship.

The age limit for international competitions is different than the age limit of national championships.

The age limit for international competitions

All ages are expressed in the year of the event.

	Men	Women
Senior	22 years old	21 years old
Junior	21 years old	20 years old
Juvenile	19 years old	18 years old

Further information

Canadian Team Handball Federation	General Information and questions	f.lebeau@videotron.ca www.handballcanada.ca
Canadian Centre for Ethics in Sport	General Information Substance Information	info@cces.ca infosubstances@cces.ca www.cces.ca
Canadian Olympic Committee	General Information	www.olympic.ca
Sport Canada	General Information	www.pch.gc.ca/SportCanada
International Handball Federation	General Information	www.ihf.info
Pan American Team Handball Federation	General Information	www.panamhb.net
AthletesCan	General Information	www.athletescan.com