



Competition Team for Pans 2015



Info Sheet

Goal: To win the Pan Jiu Jitsu Championship in Irvine, California, March 11 – 15, 2015.

Redefining competition prep from top to bottom, A to Z:

1. Moneyball: Looking at sport Jiu Jitsu by the numbers. Bishopbjj – 2012 Worlds analysis.
2. Talent Code: Deliberate practice + hotbed of talent + master coaching.
3. Medal Chasers: Like-minded folks encouraging and supporting each other to reach greatness.
4. “Win the Day”: U. of O.’s anthem. Win each day as it comes. WTD (every day) translates into winning the big event on game day. Win each day in our 8 week program. We do work. We celebrate the grind. We embrace the challenge ... every day.
5. Experience If you’re serious about competition, then the Comp. Team is for you. It’s results tested.

Expectations:

1. Application: due by Nov. 26
2. Tuition: Down payment of \$349 due by Dec. 2 | Monthly increase of \$109 for Jan., Feb., and March
Discounts: A. Returning members – 25% off | B. Members A Firma – monthly installments waived
3. Complete weekly training assignment and attend 90% of rounds classes
4. Participate in 85% of team events and activities.
5. If athlete meets the performance work expectations throughout the camp, he / she will receive \$100 back at end of program.
6. If athlete makes the podium at Pans, he / she will receive a \$100 congratulations gift.

Dimensions of training:

1. Technique and strategy
2. Situations and challenges
3. Mental State
4. Strength and conditioning

Mandatory practices:

1. Skills + conditioning practice Monday nights, 7:30 – 9:00 pm
2. Tournament rounds + team practice Tuesday nights, 7:30 – 9:00 pm

Structured Optional Team Drill times

3. Thursdays, 1:00 – 2:30 pm
4. Friday, 4:00 – 5:30 pm
5. Saturday, 10:15 – 11:30 am

- 1st team meeting and orientation Monday, Dec. 8 at 7:30 pm (week 13)
- Informal practices begin Monday, Dec. 15 at 7:30 pm (week 12)
- Formal practice begins Monday, Jan. 12 at 7:30 pm (week 8)
- Weekend Comp Team Camp (week 7 – Saturday, January 24)
- Practice tournament (Revolution – March 7 | week 1)

“Jiu Jitsu is the cure for the worst feeling a common person can have, which is the feeling of powerlessness when faced with the unknown, the fear of being afraid. Jiu Jitsu teaches us to be humble at the right time and daring at the right time.”



Five Rings Jiu Jitsu

Competition Team Application



Due: November 26, 2014

Name: _____ Rank: _____

Current weight: _____ Prior Comp. Team experience: ___ Y ___ N

Comp. weight: _____

(Feel free to answer questions on a separate piece of paper)

1. Competitive background:
2. Why do you want to be on the Five Rings / Ribeiro Competition Team?
3. What are your long-term goals in Jiu Jitsu? What are your short-run (18 – 24 months) competitive goals?
4. How serious are you? What are you willing to sacrifice to achieve your goal? Rate your level of commitment from 1 to 5 (1 – lowest | 5 – highest). Explain.
5. What athletes do you most identify with (in and out of Jiu Jitsu) and why?
6. How much coach supervision / guidance / accountability to you want (1 – little | 3 – some | 5 – a lot)?
7. Anything else you want the board to consider?
8. Write-up a draft of a “typical comp team week” schedule (Monday through Sunday all awake hours) – include practices, drill times, and all other activities for points (see comp team point matrix).

Conditioning expectation on week 8 (January 12, 2015)

- Within 4 pounds of competition weight
- Meet or exceed the Blue Belt Standard of Fitness
- 2 miles on dyne in 5:15 minutes or less
- 30 | 30 on dyne at RPM > 85 for six rounds

If these standards are not met, your acceptance in to Comp. Team will be cancelled.

Note: Down payments are non-refundable.

In light of Moneyball article, have a defined game plan:

Top Game Plan:

Bottom Game Plan:

Game Plan Toolbox:

Signing of Team Commitment Agreement

1. I will not let excuses hold me or my team back. Good is the enemy of great. I will do what I need to do to be a champion. This is my time.
2. I will give my best effort in all that I do and always maintain a positive attitude.
3. I will attend >90% of the mandatory Monday + Tuesday team practices and > 50% of the Thurs., Fri, + Saturday optional practices (or make special and explicit alternative plans with Professor Tom).
4. I will help my team mates to my fullest because I know they are counting on me just I am counting on them. I will help them whenever possible and allow them to help me.
5. I will notify Professor Tom of all injuries in a pro-active and mature manner.
6. I will attend practices if injured or sick (as long as I'm not causing harm or risk to myself or my teammates).
7. I will call, email, or text Professor Tom prior to practice to communicate my absence and my make-up plan.

Name

Date