



NATIONAL TRAINING CENTER

JUDO CANADA

OPERATION GUIDE

May 2026

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I- The Quebec National Sports Institute

The Institut national du sport du Québec (INS Québec) is an organization whose mission is to provide Quebec's high-performance athletes and coaches with integrated support and services comparable to the world's best practices, in order to help them achieve excellence. INS Québec plays a fundamental role in the pursuit of excellence by high-level athletes and coaches, and is a major player on the Canadian and international scene.

Thanks to the financial support of the Quebec government, the INS Québec now brings together 10 resident sports under one roof, giving top-level athletes and coaches priority access to world-class sports facilities, as well as to a range of cutting-edge medical, sports and scientific services.

INS Québec's vocation is firstly to train high-level athletes identified by their national federations, and secondly to train athletes identified as elite or up-and-coming by their respective provincial federations.

INS Québec rules

- Athletes must be accompanied by a coach or an assistant at all times.
- Athletes, coaches and staff may be asked to participate in promotional and media activities.
- INS reserves the right to refuse access to athletes without excellence status.
- A list of names must be submitted and be available at the event entrance if visitors are participating.
- Athletes must respect the scheduled times.
- Athletes identified as “Excellence” have access to a locker identified with their name, where they can leave their equipment permanently.
- Access to the hydrotherapy laboratory is by appointment only and an INS representative must be present.
- Training room and gymnasium: access to these rooms is determined according to an established schedule and under the supervision of an INS representative as agreed with Judo Canada.

Service plan

In addition to access to training facilities and common areas, INS Québec offers a range of medical, scientific, training and personal development services to athletes and coaches in resident training groups. The service plan is adapted to the number of athletes, the financial capacity of the national federation and the INS's level of prioritization. The latter differs for each sport.



II- Mandate of Judo Canada's National Center

Judo Canada's goal is to produce sustainable performances in order to win medals at the Olympic Games, Senior World Championships, Junior World Championships and Cadet World Championships. The objective of the National Training Centre is to provide athletes with the coaching and training they need to achieve these goals.

Access and benefits of the high-performance training groups at the national center

There will be three types of access to the national center:

1) **Full-time group**

- Access to all judo training
- Access to physical preparation training with a physical trainer (see Appendix 2)
- Supervision by a national coach (see Appendix 1)
- Specialist services (nutritionist/mental coach/massage therapist/sports therapist, etc.)

2) **5-night access group**

- Access to judo training sessions only
- Supervision by a CEN coach or club coach (or a coach designated by the Club coach: i.e: provincial coach)
- The list of athletes in this group is identified by Judo Canada.

3) **Part-time group: Tuesday & Thursday**

- Access to judo training on Tuesday and Thursday evenings only
- Supervision by a club coach (or a coach designated by the Club coach: i.e: provincial coach) (the coach must submit a request for access)
- The list of athletes in this group is approved by Judo Canada.

We strongly encourage provincial associations to submit candidatures that could have been overlooked by Judo Canada. All applications must pass through and be approved by Judo Canada. Club authorization is also required. You must fill out an application form in order to be part of one of the three groups above: https://judocanada.org/ntc_cne/

**** The part-time group is reserved for u16, u18 & exceptionally u21 athletes and seniors.**



III- Eligibility Criteria

Judo Canada Full-Time Training Groups

To access Judo Canada's full-time training programs, athletes must meet at least one of the following criteria:

1: Train Full-Time at the National Training Centre (CEN)

The athlete must complete all training sessions (fewer than nine sessions per week requires justification) with the Judo Canada group.

2: Be Identified in Judo Canada's Potential Pathway

This identification is based on an assessment of the athlete's performance, potential, and commitment within the framework of long-term development.

3: Be Accepted as a Training Partner in Exceptional

Cases These cases will be evaluated individually by the High-Performance Director, based on the group's needs and the relevance of the partner to the training objectives.

4: Carded Athletes

Carded athletes must train full-time at the CEN, adhering to a minimum workload of nine sessions per week unless a prior agreement has been made with the national coaches.

5-Nights Access Groups

To access 5 nights access groups, athletes must meet at least one of the following criteria:

- 1: Be present at training from Monday to Friday evening without exception.
- 2: Or be an athlete no longer part of the high-performance pathway but serving as a training partner for athletes identified 2028.

Athletes will expel from the group if:

- 1: Repeated absences or non-compliance with training commitments from Monday to Friday.
- 2: Decision of the coaching group based on group needs and athlete performance.

IV- Training schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|
| Gym 8 :00-11 :00 | Judo - Technical 9h30-11h00 Group 1 | Gym 8 :00-11 :00 | Judo - Technical 9h30-11h00 Group 1 | Gym 8 :00-11 :00 | Judo - Technical 9h30-11h00 Group 1 |
| | Judo Technical/Sport- Études 14h15-15h45 | | Judo Technical/Sport- Études 14h15-15h45 | | |
| Judo - Drill & Randori 17h00-19h00 Group 1 & 2 | Judo- Drill & Randori 18h00-20h00 Groupe 1, 2 & 3 | Judo - Drill & Randori 17h00-19h00 Group 1 & 2 | Judo- Drill & Randori 18h00-20h00 Groupe 1, 2 & 3 | Judo - Drill & Randori 17h00-19h00 Group 1 & 2 | |

* *Blue training sessions are open to part-time athletes.*

Public holidays (training center closed) :

- December 24 from noon
- December 25th
- December 31st from noon
- January 1st

V- National center operational rules

The status of athletes at the national center will be evaluated on a monthly basis. The criteria used for their evaluation are as follows:

- 1) Compliance with INS Québec rules;
- 2) Punctuality and attendance at training sessions, activities and treatments;
- 3) Compliance with the agreement signed between the athlete and Judo Canada;
- 4) Performance in training and competition;
- 5) Respect for judo values (respect, politeness, sincerity, modesty, emotional control, self-discipline, friendship, honor and courage).

Athletes will be evaluated by the national center staff and, if necessary, by the club coach (or a coach designated by the club, e.g., provincial coach) The following measures will be implemented in the event of a negative evaluation (depending on severity):


- 1) Probation (30 days);
- 2) Drop of status
- 3) Expulsion from the national center.

VI- Application Form for the National Training Center

Application Form for the National Training Center: [/judocanada.org/ntc_cne/](http://judocanada.org/ntc_cne/)



Appendix 1- Coaches and support team

| | |
|--|---|
|  | <p style="text-align: center;">Antoine Valois-Fortier (High Performance Director and Head Coach) a.valoisfortier@judocanada.org</p> <p>Antoine began practicing judo at the age of four at the Club de judo de Beauport. In 2008, Antoine moved to Montreal to train at the Shidokan Judo Club (formerly Judo Canada's National Training Centre). It was the London Olympic Games that revealed Antoine's exceptional talent to the world. He won an Olympic bronze medal in the under 81 kg category in 2012. In 2014, Antoine added a silver medal to his collection at the World Championships. At the following year's Worlds, he again made his mark, winning bronze. He would achieve the feat a third time in 2019, when he won his third world medal (bronze). In parallel with his athletic career, Antoine holds a bachelor's degree in physical activity intervention from the Université du Québec à Montréal and a graduate diploma in sport management from HEC Montréal. In December 2021, at the age of 31 and after a remarkable 12-year career with the national team, Antoine will retire from competition. In January 2022, Antoine joins Judo Canada as Senior National Coach. Following the Paris 2024 Olympics, he takes on the dual role of High Performance Director (HPD) and Head Coach.</p> |
|--|---|



Marie-Hélène Chisholm
(High Performance Manager)
mh.chisholm@judocanada.org

A member of the national team for nearly 14 years, Marie-Hélène has enjoyed great competitive success on the international scene. She placed 5th at the Athens Olympic Games, which at the time was the best women's result in the history of Canadian judo at the Olympic Games. The following year, she also placed 5th at the 2005 World Championships in Egypt. Marie-Hélène is an NCCP Level 5 certified judo coach. After retiring from competition, she worked at Judo Québec as a provincial coach from 2008 to 2009. She then joined Judo Canada in 2009 as assistant coach of the women's national team. Marie-Hélène held this position until 2013, when she pursued other opportunities and is now Judo Canada's High Performance Manager. She is also the Chair of Judo Canada's Gender Equity Committee.



Juliette Gallant
(Head therapist)
j.gallant@judocanada.org

Juliette holds a bachelor's degree in kinesiology and a master's degree in athletic therapy, with a specialization in concussion management. She has worked in various sport environments and has been involved in several major events, including the Montréal Marathon, the Formula 1 Grand Prix, the Grand Prix Cycliste, the 2024 Athletics Olympic Trials, as well as multiple ISU Short Track World Cups. She has also collaborated with the Montréal Alouettes, UQAM, and Collège André-Grasset. A former triathlete and competitor at the 2019 Triathlon World Championship, Juliette now brings her experience to Judo Canada's athletes, supporting them in progressing safely and performing at their best.



Nicolas Thébault
(Strength and conditioning)
nthebault@insquebec.org

Nicolas Thébault holds a Master's degree in Sports Performance from the Université de Pau (France) and a Master's degree in Human Kinetics from the Université de Montréal (Canada). With over 15 years' experience in physical preparation in high-level sport in Canada, he has held the position of physical trainer for the Canadian national judo team since 2015. From 2018 to early 2025, he was also physical trainer for the national fencing team at INS Québec. A martial arts and combat sports enthusiast, he combines expertise and passion to help athletes achieve excellence.



Zoé Caissy
(Nutritionist)
z.caissy@judocanada.org

Zoé Caissy began her martial arts journey at the age of 7 with Can-Ryu Jiu-Jitsu. After more than a decade of training, she transitioned her focus exclusively to Brazilian Jiu-Jitsu, competing at the national level. Her experience as an athlete sparked a strong interest in nutrition, leading her to earn a Bachelor's degree in Food and Nutrition Sciences from the University of Ottawa. To further specialize in sports nutrition, she completed the International Olympic Committee (IOC) Diploma in Sports Nutrition, strengthening her expertise with the latest evidence-based practices in athlete performance and recovery. As the owner of a private practice, she is dedicated to helping world-class combat sports athletes reach their full potential through optimized nutrition strategies.



Antoine Bouchard
(Assistant National Junior/U23 Coach)
a.bouchard@judocanada.org

Antoine Bouchard, a native of Jonquière, Quebec, has had a prolific judoka career. His accomplishments include a fifth-place finish at the 2016 Rio Olympic Games, three Pan-American championship titles, two Grand Prix bronze medals, and a silver medal at the 2015 Pan-American Games in Toronto. Antoine has also demonstrated academic excellence. He obtained his Bachelor's degree in Biochemistry (with distinction) from UQAM in 2021, began a Master's degree in Biochemistry in 2020, and went straight on to his PhD in 2022 at UQAM. In addition, he completed the Advanced Diploma in Coaching (DAE) in 2024.

Since the fall of 2023, Antoine has continued to contribute to the growth of judo in Canada, using his experience and expertise to mentor the next generation of athletes in his role as interim assistant coach of the Junior/U23 national team.



Erika Miranda
(Assistant National Junior/U23 Coach)
e.miranda@judocanada.org

Erika Miranda is one of the most accomplished judokas in Brazilian history. Competing in the women's -52 kg category, she represented Brazil for more than a decade at the highest international level. A two-time Olympian (London 2012 and Rio 2016), Erika was renowned for her consistency on the world stage, earning five World Championship medals between 2013 and 2018. She also captured gold at the 2015 Pan American Games and won multiple Pan American Championship titles throughout her career. Following her retirement from competition in 2018, Erika transitioned into coaching and leadership roles, continuing to contribute to the development of judo in Germany and now Canada. Her career is widely recognized as a model of excellence, resilience, and dedication to high-performance sport.



Janusz Pawłowski
(National Training Center Coach)
j.pawlowski@judocanada.org

Janusz Pawłowski was born in Sopot, Poland. The former member of the Polish national team achieved remarkable success in his judo career, fighting in the under-65kg category. During his career, he was a six-time Polish champion, three-time European Championship medalist, two-time Olympic medalist and three-time World Championship medalist. Janusz holds a master's degree from the Academy of Physical Education in Gdansk, Poland, specializing in judo training. Since 1991, Janusz has trained athletes from various backgrounds and countries. He helps athletes reach their full potential and achieve their best performances using his extensive competition experience, worldwide travels and decades of training. Janusz is also fluent in five languages. He lived in Poland, Kuwait, Slovenia and Italy before arriving in Canada in 2014, where he holds the position of Assistant National Coach at Judo Canada's National Training Centre in Montreal.

Annexe 2 – Schools recommended by the National Center

French high schools

Édouard-Montpetit

- **Address:** 6200 Pierre-de-Coubertin Avenue, Montreal (QC) H1N 1S4
- **Telephone:** 514-596-4140
- **E-mail:** edmont@cssdm.gouv.qc.ca
- **Website:** edouard-montpetit.cssdm.gouv.qc.ca

Collège Mont-Royal

- **Address:** 2165 rue Baldwin, Montréal (QC) H1L 5A7
- **Telephone:** 514-351-7851
- **E-mail:** info@collegemont-royal.qc.ca
- **Website:** collegemont-royal.qc.ca

English High School

Lester B. Pearson High School

- **Address:** 11 575 rue P.M. Favier, Montréal-Nord (QC) H1G 6E5
- **Telephone:** 514-328-4442
- **Fax:** 514-328-4443
- **E-mail:** lesterbpearson@cbe.ab.ca
- **Website:** emsb.qc.ca/lesterbpearson

Alliance Sport-Études : Cégeps and Universities

Admission requirements

To become a member of the Sport-Études Alliance, you must :

1. Be admitted to an Alliance member institution.
2. Meet one of the following criteria:
 - Be identified by your sports federation with the Ministère de l'Éducation as an **excellence, elite, up-and-coming or espoir** athlete.
 - Play on a recognized field hockey or soccer team, or be an elite referee under provincial programs.

Important dates

- **Winter session:** Application to be submitted by November 1.
- **Fall session:** Application to be submitted by March 1.



Admission and administrative fees

- **Application fee:** \$40 (\$80 for late applications).
- **College level:** \$55 per session.
- **University level:** No administrative fees.
- **Courses with Cégep@distance:** \$30 per course.
- **Athletes identified as “Espoir”:** \$70 per session (college and university).

For more information, visit

- **Website:** alliancesportetudes.ca
- **Cégep@distance :** cegepadistance.ca

Cégeps offering the Sport-Études program nearby

Collège de Maisonneuve

- **Address:** 3800 Sherbrooke Street East, Montreal (QC) H1X 2A2
- **Telephone:** 514-254-7131
- **Website:** cmaisonneuve.qc.ca

Rosemont College

- **Address:** 6400 16th Avenue, Montreal (QC) H1X 2S9
- **Telephone:** 514-376-1620
- **Website:** crosemont.qc.ca

Sport-Études Alliance member universities

- [Université du Québec à Montréal \(UQAM\)](http://www.uqam.ca)
- [Polytechnique de Montréal](http://www.polymtl.ca)
- [TELUQ](http://www.teluq.ca)
- [Concordia University](http://www.concordia.ca)



Annexe 3 - Accommodation suggestions

UQAM : University residences



Locations:

- **East residence:** 303 René-Lévesque
- **West residence:** 2100 St-Urbain

University residences are open to students from all universities. The tenant must be a regular student enrolled full-time or part-time in a teaching or research program.

For details on room types, rates and inclusions, please visit:

<https://residences.uqam.ca/logements-et-tarifs/>

LE2662.COM

<http://le2662.com>

Furnished studio for rent.

Hochelaga district, near the Centre National.

- Weekly or monthly rental.
- Ideally located next to many of Montreal's tourist attractions and next to Métro Pie IX (15 minutes from downtown Montreal).
- Our studio has a 3-star rating from the [Corporation de l'Industrie touristique du Québec](#). This guarantees quality and safety.

If you're looking for a shared apartment, please write to Marie-Hélène Chisholm to enquire about availability in the judo group: mh.chisholm@judocanada.org