

Answer Key:

1. b) To support and develop BJJ practitioners of all levels through high-quality coaching, competitions, and educational resources
2. d) Profit
3. b) Provincial Head Coach
4. c) Introductory Coach
5. c) Coaching Committee
6. b) Teaching fundamental techniques to beginners
7. a) To be the leading organization for Brazilian Jiu Jitsu in Saskatchewan, fostering a community of excellence, respect, and continuous improvement
8. b) To develop initiatives, policies, and programs to support the growth and development of BJJ in Saskatchewan
9. b) Practical experience, workshops, and seminars
10. b) SBJJF
11. b) Overseeing all aspects of running a BJJ club, including training programs, competition preparation, and athlete support
12. b) Supporting head coaches in training sessions and providing individual attention to athletes
13. b) Long-term athlete development (LTAD)
14. b) Ensuring a safe training environment and proper protocols for injuries
15. b) First aid and CPR
16. b) Coaches Code of Conduct
17. b) To outline the optimal training, competition, and recovery principles for each stage of an athlete's development
18. b) Guided discovery
19. b) Understanding their mental and physical limitations
20. b) Individual athlete goals and mental and physical limitations
21. c) Proper warm-ups and using protective gear
22. c) It supports overall health, performance, and recovery
23. b) Detailed procedures for handling emergencies, including injuries and other incidents
24. b) Providing psychological support, strategic advice, and ensuring proper preparation
25. a) To maintain current knowledge and improve coaching skills
26. b) To uphold integrity, respect, and fairness
27. b) Overseeing the development of BJJ across the province
28. b) Competition rules, safety protocols, and ethical standards
29. b) Understanding BJJ rules and effective communication
30. b) To provide age-appropriate training and development opportunities