



ATHLETE DEVELOPMENT PROGRAM

Fall 2017 to Spring 2018

INTRODUCTION PILOT PROGRAM

1

Leading Change Pilot Program was delivered April 2nd, 2017 to May 18th, 2017.

52 athletes participated in the Pilot Program.

4

KP&P Tournament Simulation Day for Cadets, Juniors and Seniors

- Referee Participation & Training Session on rule clarification and changes
- Medical staff onsite on tournament simulation

7

Recover Sessions: Swimming Pool

2

Provided competitive weekly training environment for Cadet and Junior athletes preparing for 2017 Canadian National Championships at the end of May.

5

Partner with [BoxOut](#) to establish baseline testing for Taekwondo on benchmark testing, to develop Taekwondo testing to support training and competition.

3

Senior athletes participated for their international competition preparation.

6

Nutrition Sessions: Athletes and Parents



BENEFITS FROM PILOT PROGRAM

+ Top quality facility and potential access to full IST
(Integrated Services Team)

- Nutrition conditioning
- Strength conditioning
- And more

+ Training content is planned and intensity of training was very good according to athletes

+ Athletes enjoy and value learning different strategies/tactics from **variety of coaches**

+ KP&P Tournament simulation, referees & medical was a big hit

+ Individualized feedback from Coaches

+ Overall, Cadets & Juniors feel **better prepared for Nationals**

OBJECTIVES ✓

✓ **TOP FACILITY**
Toronto Pan Am Sport Centre
([TPASC](#))

✓ **COMPETITION
SIMULATION**

✓ **INNOVATIVE
TRAINING METHODS**

✓ Ability to work with
MULTIPLE COACHES

Increase
✓ **COMPETITIVE
TRAINING
ENVIRONMENT**

✓ Training with
TOP ATHLETES
in Ontario

✓ **INDIVIDUALIZED
ATTENTION**

✓ Taking our game to
THE NEXT LEVEL

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Taekwondo Ontario (TO) is introducing the **Athlete Development Program** to provide Ontario Poomsae and Kyorugi athletes' quality training and sparring partners in a competitive environment .

Location: The North Room at the Toronto Pan Am Sport Centre

HOW DOES IT WORK?

Training/sparring schedule will be based on a weekly rotation of **CADETS, JUNIORS** and **SENIORS** for both **POOMSAE** and **KYORUGI**.

To optimize training benefits, split training into 2 separate groups *i.e. Cadets only and Junior/Senior.*

Adding Poomsae into the Athlete Development Program.
Offer a comprehensive yearly plan for the future success of this type of program.

TRAINING BENEFITS

To maximize training benefits, Club Coach may work with coaches and athlete(s) following same comprehensive training plan .

Accessibility to program:

- Drop In sessions available for athletes outside of GTA.
- Attract more competitive athletes/coaches by promoting program benefits.

Adequate training space based on number of active participants.

**Limit is 45 max for each group.*



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REGISTRATION

*All athletes must be Taekwondo Ontario registered athletes and Provincial or National level athletes

CADETS	35 permanent spots available
JUNIORS	25 permanent spots available
SENIORS	10 permanent spots available

COST: Permanent athletes (November 2017 to June 2018)

KYORUGI	\$550 per athlete
POOMSAE*	\$350 per athlete

*POOMSAE is an introduction to the program and less frequent

Payment is made in cash or post-dated cheque only, before start of first session.

PERMANENT SPOT REGISTRATION

- Cadets, Juniors, Seniors – **REGISTER HERE:** [TOADP Permanent Athlete Registration Form](#)
- Priority will be given to **Provincial and National level athletes**. A WAITING LIST will be created once we have reached the capacity for the North Room. Wait list registrants may participate until a permanent spot is available.
- Participants will receive TOADP t-shirt.

DROP-IN REGISTRATION

PER SESSION	\$30 per athlete
PER WEEKEND	\$40 per athlete

Online registration will open on the Monday ahead of the weekend session. For example, Nov 25/26 sessions, online registration will be available on/around Nov 20.



DROP-IN REGISTRATIONS

- First come first serve only.
- Drop In participant must register for each session.

KYORUGI	PER SESSION	\$30 per athlete
	PER WEEKEND	\$40 per athlete
POOMSAE*	PER WEEKEND	\$30 per athlete

***POOMSAE is an introduction to the program and less frequency**

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- All Athletes are required to sign TOADP Athlete Agreement

TRAINING OVERVIEW

DATE	Saturday and/or Sunday
TIME	12:30pm to 3:30pm

Fall 2017 to June 2018 Schedule

Additional non-TKD sessions will be added, included with **PERMANENT SPOT** Fee:

- Nutrition
- Recovery and Regeneration – TPASC pool
- Strength and Conditioning
- Test match day(s), tournament simulation: KPNP, Ontario Referees and Medical

COACHES:

CALL FOR TOADP COACHES

- OADP to recruit 8 coaches roster for Taekwondo Ontario Athlete Development Program (TOADP) – November 2017 to June 2018
 - Minimum 2 Female coaches
- 2 coaches to lead training per session, 2 coaches to support
- Coaches on rotation basis
- Coaches to follow the Yearly Plan outlined within TOADP
- See [Call for Coaches for Selection Criteria](#)
- Honorarium for permanent roster of coaches
- Coaches shirt
- Coaches are required to sign TOADP Coach Agreement
- Apprentice/developing coaches are encouraged to participate as part of Coaching Development.

