



**European Taekwondo
Performance Center**

High Performance Program



PREFACE

The European Taekwondo Union is one of the most successful Continental Unions of World Taekwondo. Russia, Italy, Great Britain, France, Spain, Serbia, Croatia and Turkey are examples of member federations who have won Olympic medals in the past decades. Professional teams with high skilled staff and state of the art technologies have achieved successful results.

However, within Europe, the some countries do not have the budget to create conditions for an elite training environment necessary to compete against the medal winning countries at the highest international competitions. In addition, small countries simply do not have the number of elite and high potential athletes necessary to create a successful elite training environment.

Our new project aims at supporting the smaller countries by offering them a solution for realising their Olympic ambitions. The European Taekwondo Performance Center is an initiative of ETU and I am convinced that with your support our success is inevitable!

Yours,

Sakis Praqalos

STRONGER TOGETHER!

The European Taekwondo Performance Center (ETPC) focusses on (small) European member federations with athletes that have ambitions to achieve results at the highest international level. Together, these countries can achieve a critical mass in order to become as a country more successful at the end.

The ETPC creates an elite training environment by bringing together elite and high potential athletes from different countries under the umbrella of high skilled and professional staff.

By offering professional services and training with other elite and high potential athletes, the aim is to qualify athletes for the 2024 and 2028 Olympics and improve the athlete's world ranking position. The ETPC will offer Olympic training programs and organise elite training camps and provide advanced personalised training programs based on extensive profiling of the athletes.

The staff of the ETPC will work closely together with the coaches of the member federation in order to maximise the result for the individual athletes. Integration of qualified technical and administrative personnel as a link between the ETPC and the member federations can be realised to achieve efficiency.

The ETPC has an extensive global network which enables us to work together with the best training laboratories and partners in Cuba, Mexico, Korea and Europe. During competition, the national coach will guide the athlete and in the preparatory phase, the coach and ETPC will work closely together to optimise the results of the athlete.





HOW DOES OUR CONCEPT WORK?

The ETPC offers a 4-year program for the elite and high-potential athletes from member federations. The program will be in sync with the Olympic cycle and is based on creating a professional national team environment. We combine forces with those member federations that do not have the opportunity to create their own elite and high potential program. Those interested member federations can sign up and pay each year a fee for the services provided by the ETPC. Although member federations can sign up for a year, the ETPC works in 4-year cycle, based on the Olympic ambitions of the participating athletes. We believe that the best results will be achieved over a longer period of time.

We ask commitment of those athletes who are involved in the program. Throughout the year, the ETPC will organise multiple training weeks which all athletes have to attend. The exact dates will be scheduled by the ETPC and in doing so the event calendar is duly considered. During these trainings we will profile all participants, draft advanced training schedules and discuss individual training goals with each participant and their coach. The participants will follow an event schedule and are expected to work according to the training program drafted with them.

We will work together with our global partners in among others, Cuba, Brazil, Mexico and of course Europe for cross training camps. The ETPC is overseen by the Director-General of Taekwondo Europe. The appointed Technical Director is responsible for the technical program of the ETPC. Additional staff will support the ETPC and the participating member federations wherever needed.

WHAT DO WE DO?

The ETPC will provide a variety of services in order to further develop the skills of the participants. We want to improve the athlete's fighting abilities in order to be more successful, to improve their position on the world ranking list and eventually to significantly increase their chances for Olympic qualification.

Training

Throughout the year, the ETPC will organise training camps in which the participants are required to participate. They will train with other participating athletes as well as with the athletes of the visiting center. Basic training gear is required, the ETPC will provide PSS systems for training. In between trainings, online guidance is also possible.

Profiling

With athlete profiling we allow athletes to understand what qualities are needed to be successful. With this information we will develop advanced training schedules in the areas in which the athlete could improve on. It will allow athletes to monitor their own progress and profiling facilitates a discussion between the staff of the ETPC, coach and athlete. With the help of profiling we will encourage athletes to take responsibility for their development and help them to set new and challenging goals.

Advance training schedules

Based on the athlete profile and with the experience of the staff, the ETPC will provide each participating athlete an advance training schedule that is tailor made in order to achieve the best results.

PSS scoring analysis

Both Daedo and KPNP PSS systems offer the possibility to analyse the match of athletes. Each scoring technique is registered and an extensive analysis of successful techniques per athlete can be drawn out of the system. This tool allows us to analyse the type of competitor, their role, their technical and tactical adaptation to each PSS and the ability to deliver results by using different PSS systems. All relevant data protection laws and regulations will be strictly applied.

ADDITIONAL SERVICES

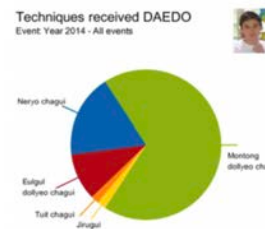
Based on the needs of the member federation, the ETPC can also provide additional services. An additional customary fee is applicable.

Logistical support

The ETPC can help member federations with all kind of logistical matters, like booking flights and hotels, applying for competitions and other issues.

NOC/Government funding

Those member federations that are eligible for financial support from their government for participating in the ETPC program can be assisted in applying for those funds. Based on the individual needs and wishes of the member federation, the ETPC can assist where possible.

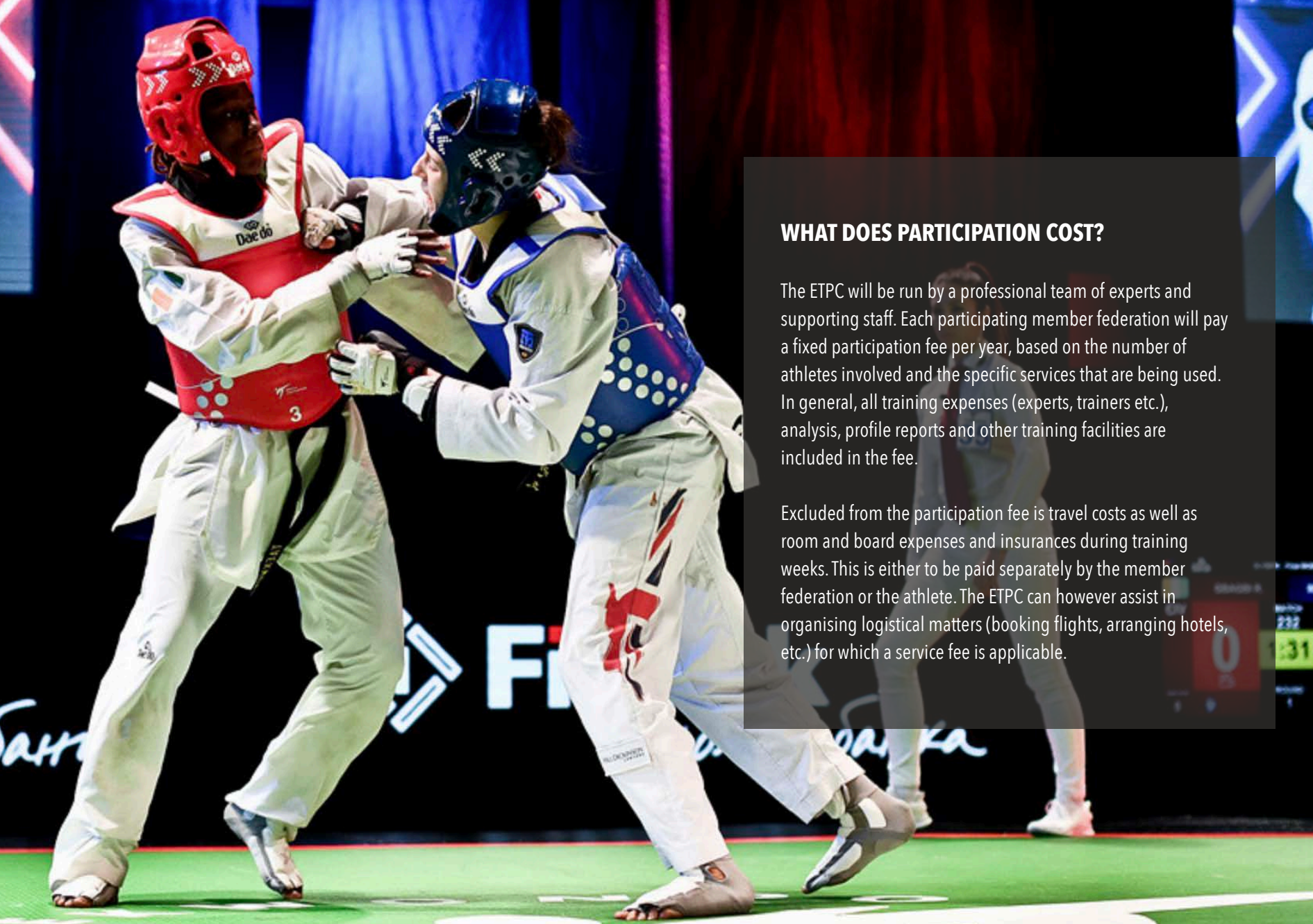


WHO IS ELIGIBLE TO PARTICIPATE?

We offer programs for elite athletes (senior national team members) and high potential athletes (U21, junior and cadet athletes) from member federations who have the ambition of participating at the 2024 and/or 2028 Olympic Games. In principle, the member federation decides whether or not to join the ETPC concept and also decides which and how many athletes can take part in the program.

The ETPC has the capacity to manage app. 50 athletes in the Olympic program. Priority is given to member federations and their national team members, either being senior or high potential juniors athletes. Depending on the number of applications, a separate program for cadet high potential athletes will be started as well.






WHAT DOES PARTICIPATION COST?

The ETPC will be run by a professional team of experts and supporting staff. Each participating member federation will pay a fixed participation fee per year, based on the number of athletes involved and the specific services that are being used. In general, all training expenses (experts, trainers etc.), analysis, profile reports and other training facilities are included in the fee.

Excluded from the participation fee is travel costs as well as room and board expenses and insurances during training weeks. This is either to be paid separately by the member federation or the athlete. The ETPC can however assist in organising logistical matters (booking flights, arranging hotels, etc.) for which a service fee is applicable.

Our programs

	Olympic program	Elite program	High potential program
Target group	<ul style="list-style-type: none"> - national team members - CU teams - approved athletes from federation - 16 years and older 	<ul style="list-style-type: none"> - national team members - CU development teams - approved athletes from federation - 16 years and older 	<ul style="list-style-type: none"> - high potential athletes, with Olympic ambitions after 2024 - Cadets and Juniors: 12 years and older
MNA approval	Mandatory	Mandatory	Regulated: reversed consensus
Aim	Olympic qualification 2024 - 2028	<ul style="list-style-type: none"> - World ranking improvement - Continental level medalling 	<ul style="list-style-type: none"> - European ranking improvement - long term Olympic qualification
Pathway	<ul style="list-style-type: none"> - 3 camps a year in Europe - 1 camps outside Europe for G1/2 event preparation 	<ul style="list-style-type: none"> - 3 camps a year in Europe - 1 camps outside Europe 	<ul style="list-style-type: none"> - 3 camps a year in Europe - 1 camp outside Europe
Duration per camp excl. travelling	10 days	10 days	5 days
Personalised training programs	Yes, adjusted throughout the year	Yes, adjusted throughout the year	No
Profile and progress reports	Yes	No	No
Fee per year	app. 4.900 euro per athlete	app. 3.900 euro per athlete	app. 2.900 euro per athlete
Not included	Travel expenses, lodging, meals, entry fees G-events		