

ONE NATIONAL TEAM

TAEKWONDO

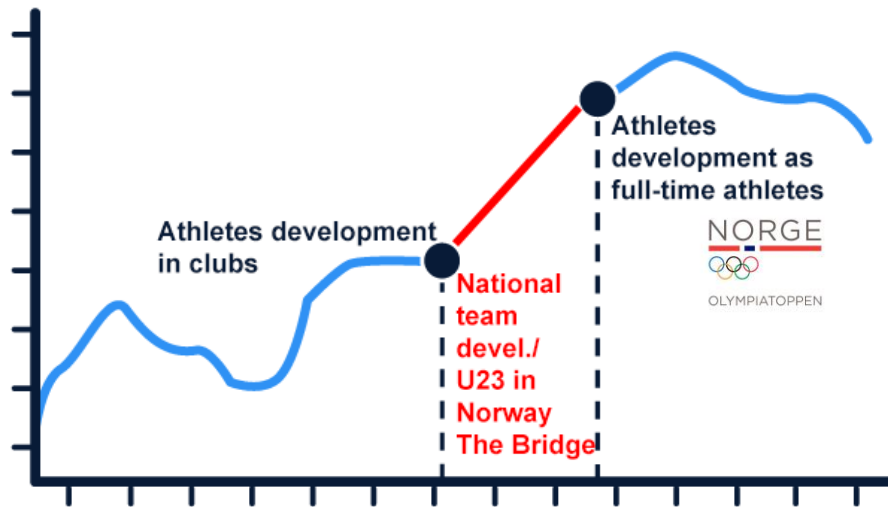


KAMP
SPORT

2 CONTRACTS:

Part time (development) or full time

IT'S IMPORTANT TO HAVE A STRONG CONNECTION TO BOTH OLYMPIATOPPEN AND THE NORWEGIAN CLUBS. THEY ARE OUR MOST IMPORTANT RESOURCES



PROPOSED WEEKLY SCHEDULE FOR ATHLETES IN OSLO/NORWAY, EST 16 HRS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual technical	Team Norway S&C + phys OLT	Individual technical + online meeting with coach	Team Norway S&C + phys OLT	Individual technical	Individual S&C OLT
Club training (sparring)	Club training	Team Norway/region sparring	Club training	Team Norway/region sparring	

OLYMPIC TAEKWONDO

Norwegian National Team structure overview

Coaches

Head coach: in charge of all Norwegian taekwondo athletes

Junior coach: in charge of the open P & μ %, assistant to the developmental team including weekly open sparring sessions

GOALS

SENIOR FULL TIME ATHLETES

- Qualify for and win medals in World Grand Prix Series and Olympic Games
- Win medals at senior EC, WC & GP
- Stay in WT Olympic Category Ranking top 40 / WT World Ranking top 15

NATIONAL TEAM (DEVELOPMENT)

- Reach WT Olympic Category Ranking top 40 / WT World Ranking top 15
- Qualify for EC and WC through G-tournament medals, win medals at U21 EC, ECC and EOWC
- Development focus

JUNIOR TEAM (13-17 YEARS)

- Qualify for Youth Olympic Games
- Win medals at ECC and G tournaments
- Become Nordic Champions
- Develop club coaches

OPEN GROUP

- Inspire and recruit young athletes to the national team
- Qualify for national teams through G-tournament medals
- Develop club coaches

SENIOR FULLTIME ATHLETES

Minimum criteria

- Passed physical test incl. DEXA-scan and healthy weight test.
- Ranked top 40 in WT Olympic Ranking as of June 30th each year ...and/or top 15 in WT World Ranking ...and/or medallist at senior EC, WC or a WGP (GPC or GPS) within the last 18 months.
...and/or minimum 10 bouts with 60% win percentage in G-ranked competitions the past 18 months.
- Results at G tournaments within the last 18 months:
 - 1 medal with 2 won matches
 - 2 medals with 1 won match
- Signed national team contract with NKF, with 1 year renewal at the end of each year based on the criteria above.
- Norwegian citizen with valid passport
- Valid WT Global athletes license (GAL) and Kukkiwon diploma
- **only athletes passing the minimum criteria will be selected*

Athletes get

- Taekwondo Team Norway clothes, open for private/club sponsors on the official Team wear.
- 7500,- monthly scholarship + up to 6677,- in rent coverage (same amount as tariffs for «borteboerstipend») for athletes more than 40 km from training.
- 10 x training camps of 10 days, per year (once a month) at international High Performance center. Total 100 days of training camp.
- Training with the development team program when in Norway. Including one week a month with the senior team coach in Oslo.
- Up to 6 G tournaments + 2 championships (EC, WC, ECC, EOWC) and all World Grand Prix tournaments fully sponsored per season, + diet costs.
- Travel expenses to camps and competitions
- Health services from Olympiatoppen and chance to apply for OLT scholarships.
- 6 mandatory sessions with mental coach.

NATIONAL TEAM (DEVELOPMENT)

NO MAXIMUM AGE *PREFERRED UP TO 23 YEARS OLD

Minimum criteria

- Passed physical test incl. DEXA-scan and healthy weight test.
- Reigning Norwegian and/or Nordic champion. **if applicable.*
- Results at G tournaments within the last 18 months:
 - 1 medal with 2 won matches
 - 2 medals with 1 won match...and/or minimum 10 bouts with 30% win percentage in G-ranked competitions. (win first fight in 4 of 6-8 competitions)
- Signed national team contract with NKF and the club.
- Norwegian citizen with valid passport
- Valid WT Global athletes license (GAL) incl. Kukkiwon diploma
- Club assigned coach, national team coaches and athlete must make a development plan.

**all athletes passing the minimum criteria will be selected, coaches can select up to 3 wildcard athletes.*

Athletes get

- Taekwondo Team Norway clothes, open for private/club sponsors on the official Team wear.
- 1 week national team training with the assistant coach once a month + 2 open sparring sessions per week in selected development clubs.
- Up to 4 G tournaments + 1 championship (EC, WC, U21EC) fully sponsored per season.
- Open invitation to train with the senior full-time athletes, including 3 sponsored training camps per year.
- Chance to apply for OLT scholarships.
- 2 mandatory sessions with mental coach.

CRITERIA EXEMPTIONS: SENIOR FULLTIME ATHLETES

Criteria for free exemptions to make individualized programs for fulltime athletes

- Medallist at senior European Championships, and/or World Championships and/or WT Grand Prix the past 12 months.
- WT Grand Slam Champion Series qualified athlete (through Grand Slam Challenge) the past 12 months.

JUNIOR NATIONAL TEAM

ATHLETES QUALIFIED TO JR/CADET WC & EC THE PAST YEAR

Selection criteria

- Attending open junior group trainings.
- Passed physical test incl. DEXA-scan and healthy weight test.
- Reigning Norwegian Champion ...and/or Nordic champion.
- Medal(s) at G tournaments within the last 12 months:
 - 1 medal with 1 won bout.
- Norwegian citizen with valid passport
- Valid WT Global athletes license (GAL) incl. Kukkiwon-diploma.

Athletes get

- Taekwondo Team Norway clothes.
- Invitation to train with the national team
- Special coaching by the junior team coach
- Expenses to the respective championship fully or partially covered
- Championship medallist can apply for OLT development scholarship (U-stipend).
- 1 mandatory session with mental coach.
- 1 fully sponsored pre-championship training camp
- 1 G-tournament with the development team fully sponsored

OPEN GROUP/REGIONAL GROUPS

NORWEGIAN COACH WITH VALID WT COACHING LICENSE

Selection criteria («*natural*» selection)

- Compete in at least 2 G tournaments within the last 12 months.
- Ambition to qualify for national team and World/European championships.
- Club coach attending open group training sessions.

Athletes get

- Training with the junior team coach once a month during national training camps.
- Sparring with ambitious athletes from other clubs.
- Possibility for selected athletes to train with the development national team.

JUNIOR ATHLETE	NATIONAL TEAM (DEVEL.)	SR. FULL TIME ATHLETES
NKF Team Norway clothes pack = 4000,-	NKF Team Norway clothes pack + sports equipment = 9000,-	NKF Team Norway clothes pack + sports equipment = 9000,-
Sponsored pre-championship camp: 12 000,-	4 x G-tournaments a 12 000,- each + 1 x championship a 20 000,- = 68 000,-	6 x G-tournaments a 12 000,- each + 4 x GP a 15 000,- each + 1 x championship a 20 000,- = 152 000,-
Paid Junior European or Junior World Championships for athlete + national team coach = 40 000,-	3 x international training camps a 15 000,- each = 45 000,-	9 x training camps in Palma/international a 21 000,- each = 189 000,-
1 x DEXA-scan & healthy weight test = 3000,-	Olympiatoppen training center access = 4000,-	Rent and scholarship incl. tax = 215 000,-
1 x G-tournament with the development team = 12 000,-	Shared rent of clubs = 3000,-	Olympiatoppen training center access = 4000,-
Support for camps with development team = 3000,-	2 x DEXA-scan & healthy weight test a 3000,- = 6000,-	Shared rent of clubs = 3000,-
Total = 65 000,- per athlete, per year	Total = 137 000,- per athlete, per year	Total = 560 000,- per athlete, per year