

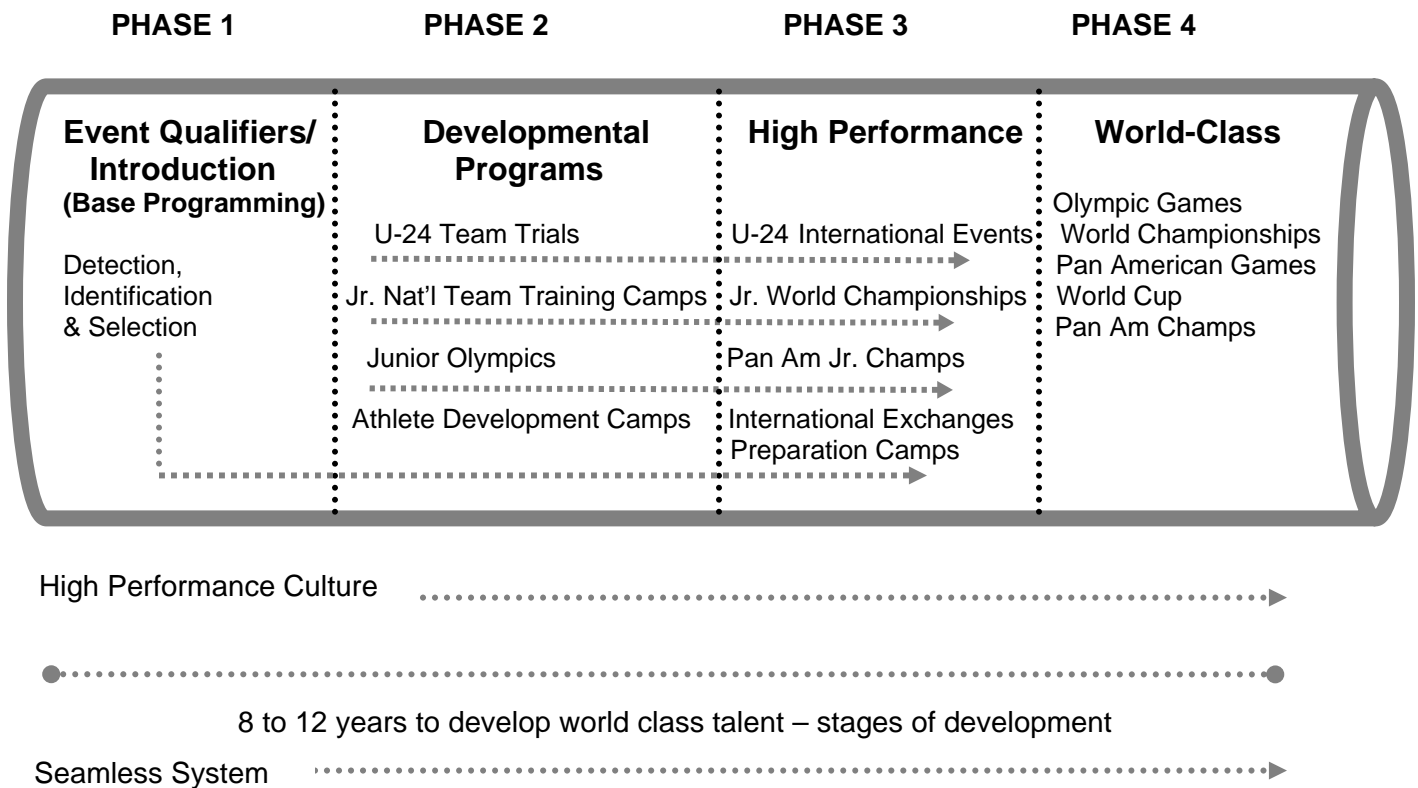


ATHLETE DEVELOPMENT PIPELINE

The development of athletes at any level requires systematic and simultaneous development of coaches. To achieve this USA Taekwondo has developed a comprehensive Coach Identification & Development Program (CIDP) that is both athlete-centered and competency based.

To provide a clear development pathway for athletes and coaches, USA Taekwondo has identified that an athlete and coach will progress along four phases of development. These phases are identified as: 1) Introduction/Base Programming; 2) Developmental; 3) High Performance; 4) World-Class.

Within each phase, athletes are expected to possess a certain level of skills, techniques, strategies and tactics necessary to be successful in the sport of Taekwondo. It is the role of the coach to teach and develop those skills, techniques, strategies and tactics. Then, as athletes mature and their skills are enhanced through training and competition, they will make progress along these phases of development.



Introduction/Base Programming

In the **INTRODUCTION** Phase of development, an athlete is introduced to the sport of Taekwondo and taught the basic fundamentals necessary to succeed in the sport. This phase serves as the first step in making a USA National Team through Event Qualifiers and specific selection procedures.

Developmental Programs

In the **DEVELOPMENTAL** Phase an athlete utilizes his/her fundamentals and develops an understanding of the skills, techniques, strategies and tactics that are necessary to be successful in competitive matches.

Through the creation of the Athlete Development Camp System (ADCS) with development and training camps for junior and collegiate aged national team caliber athletes (referred to as the U-24 group), this serves as the first real opportunity to have a direct impact on athlete development. In addition, it is at this phase where Sport Science & Technology and the revised Coach Development Program (CDP) become fully integrated into the development process.

High Performance

In the **HIGH PERFORMANCE** Phase, an athlete is expected to display a level of instinctive awareness and to understand the various tactical, technical, mental, physical and physiological components that are necessary to be successful in the sport in international competition.

This stage of the development process represents the opportunity to provide athletes with the ability to gain valuable international experience and a sense of the attributes to become World Class. The complementing resources and programs of Sport Science & Technology and Coach Development are progressed from the development phase to high performance elements that include both sport and non-sport specific areas.

The High Performance phase and the different junior and U-24 (18 – 23 year old age group) international competitions serve as performance markers for young developing athletes and a launching pad for junior and high performance athletes to strive to become World Class and ultimately make the USA Senior National Team. This can be capitalized with the introduction of exchanges for national team athletes with other countries around the world.

World Class

A **WORLD CLASS** athlete displays an exceptional understanding of the sport and the mastery of skills and techniques, with incontestable situational responsiveness, a sense of timing that enhances the execution of strategies and tactics in match competition on the world stage.

World Class serves as the pinnacle of athlete & coach development. With such importance placed upon performance goals and the margin between gold and silver only .02 of 1%; athlete and coach development planning, technologies, program content, attributes of world-class athletes and coaches, program delivery and execution are incorporated and succinct. This includes full services of Sport Science & Technology to enhance the Attributes of the Coach, who in turn prepare the athlete to fully understand and execute the Attributes of the Athlete to compete as a World Class athlete. This is completed through different world-class competitions, exchanges and the Coach Development Program.

For all Athlete Development or National Team inquiries, please contact the USA Taekwondo Director of National Programs, Eddie Yoon at edward.yoon@usa-taekwondo.us.