



**What is the purpose of the AT High Performance Hub (HPH)?**

The HPH is athlete centred, and has been established solely as a tool to enhance the opportunities for Australia's best Taekwondo athletes to train together as often as possible in a completely performance focussed environment, thereby increasing the likelihood of them attaining international success.

In addition to technical taekwondo training sessions, the HPH provides support to these athletes through integrated performance support services focussed primarily in the areas of strength and conditioning (S&C), sports medicine, physiotherapy and athlete wellbeing & engagement (AW&E).

**Is this a centralised program?**

In one sense yes, as the intentions are to get the best athletes together more often. However, it is recognised that a completely centralised approach is not practical and appropriate for all individuals, so being involved in the HPH will not, in any way, be forced onto athletes. It is a tool that attempts to enhance the quality of the daily training environment (DTE) for athletes whose circumstances and readiness marry with the intentions of the HPH.

**Do I need to train in the HPH to be selected for national teams?**

Absolutely not. It is not mandatory for any athlete to have involvement in the HPH. Selection policies will remain open and transparent and will enable anyone to be selected to national teams should they meet the performance requirements as set out in the respective selection policy.

**What are the details of the HPH program?**

The HPH currently provides and expects athletes to attend five 2-hour technical taekwondo training sessions per week at the indoor futsal court of [South Melbourne Football Club \(SMFC\)](#), accompanied by an individualised S&C program, which generally consists of three training sessions at the [Victorian Institute of Sport \(VIS\)](#).

Technical training times (SMFC)\*

Monday 7.30 - 9.30pm

Tuesday 3.30pm - 5.30pm

Wednesday 7 - 9pm

Thursday 6 - 8pm

Friday 8 - 10am\* (7.30-9.30am until Friday 13<sup>th</sup> September 2019)

Strength & Conditioning (VIS)

Tuesday, Wednesday & Thursday 10 - 11.30am

**How does AT pay for the HPH?**

AT has been fortunate to gain additional High Performance investment from the Australian Institute of Sport (AIS) for 2018/19 and 2019/20 for the specific purpose of establishing and delivering the HPH. This investment is in addition to the annual High Performance grant of \$351,004 that AT receives to support the (predominantly campaign event based) broader High Performance program. The money AT receives for the HPH must be spent on the HPH due to the AIS's direct commitment of these funds towards this specific strategy.

### **What is provided for you if you are part of the HPH?**

Currently athletes in the HPH have access to physiotherapy, sport medicine, AW&E and S&C through the VIS. Services provided by the HPH at the VIS are at no cost to the athlete. The VIS does not have all services available all day, each day and there will be days where appointments are not available. It is expected that athletes may need to pay for outside assistance in this case.

The HPH is not able to cover all of the services associated with being an elite athlete. You will still be required to contribute to some of your service needs. There is a very limited budget for other ancillary services such as; sport psychology and nutrition, while massage is not able to be provided. The HPH also does not contribute to any domestic or international travel costs for athletes.

### **Does the HPH provide cost reimbursement for assessment and treatment of injury?**

In a combat sport like taekwondo, injury is an inherent risk. At present, if any AT categorised athlete sustains a new injury they can claim a reimbursement from the AIS Combat Centre to cover costs of the initial diagnosis (doctor's appointment and relevant diagnostic scans). However, HPH athletes can access free support for injury diagnosis from VIS doctors and physiotherapists and this should be the first option. Other costs such as; follow up scans, late notice external physio treatments and surgery costs are not covered by the HPH. Athletes are expected to maintain private health insurance, with any contribution towards costs made after claiming benefits available through Medicare, private health insurance and AT's member insurance first.

### **How do I apply to become a member of the HPH?**

For anyone interested in becoming a full-time member of the HPH you can now self-nominate at any time providing:

- Name, DOB, current club and coach, reason for wanting to train at the HPH, priorities and goals in taekwondo, how you plan to manage the expectations of attending HPH technical and S&C sessions and your other commitments, such as; work and university.

The National Coaching Director and HPH program manager will review each application, including a follow up interview, and consider your inclusion in the HPH based on things such as athlete readiness and HPH capacity. Please note that AT categorised athletes are the athletes that will be prioritised in terms of access to the HPH.

### **Can I access the HPH from time to time?**

The primary intention of the HPH is to provide a holistic DTE for athletes, not a short term training venue. There may be certain circumstances where a short-term intensive involvement in the HPH is possible, however in most instances this is unlikely. An example of a circumstances that may be considered would be in final preparation for major competitions, an example of this was in the final preparation for the recent World Championships.

As mentioned earlier in this FAQ document, the HPH is just one tool, and is not going to suit every athlete – nor is it set up intending to suit every athlete. The core purpose of the hub is to provide a holistic DTE for athletes whose circumstances marry with this intent. So, whilst we do not want to discourage athletes from applying through the EOI should an opportunity for them to engage with the HPH arise, we just want to manage expectations as to whether such applications would be approved.

Due to funding levels the performance support services available to the full time HPH athletes are not available to athletes completing shorter term training stints in the HPH. Should you wish to enquire about access to the HPH in shorter term blocks, noting these requests should be made well in advance to enable suitable consideration and planning.

\* Name, DOB, current club and coach, reason for wanting to train at the HPH, goals in the sport of taekwondo and the timeframe.

### **Are HPH athletes Victorian Institute of Sport scholarship holders?**

Athletes in the HPH are not scholarship holders of the VIS. They have access to the VIS through the purchase of services by AT. There may be athletes, who are granted a scholarship from their home state as a result of their performances reaching standards defined by each individual institute of sport. The HPH encourages athletes to retain their state institute scholarship when they become members of the HPH.

### **How can parents, partners, family members and club coaches engage in the HPH environment?**

In general, every technical training session is open to all parents, family members and club coaches of HPH athletes to attend. Engagement by club coaches with athletes during the technical sessions is by prior discussion and arrangement with the National Coaching Director.

### **What happens if an athlete in the HPH decides to leave, or it is decided by the program that the HPH is not suitable for them at that time?**

The athlete is at the centre of the HPH and their involvement is a choice. There are periodical reviews of each athlete during their time in the HPH and there may be a time where an athlete questions if having the HPH as the primary DTE is best for them. Alternatively, if the HPH staff have concerns over the ongoing involvement or suitability of an athlete in the Hub these concerns will be discussed with the athlete. This will enable clear expectations to be outlined by the National Coaching Director and will provide an opportunity for the athlete to meet these expectations. If in either situation it is best for the athlete not to continue in the HPH, a transition arrangement will be put in place to assist the athlete through this process.

### **If I have left the HPH, or was not successful in an application, can I re-apply?**

Yes. We acknowledge that undertaking the expectations of the HPH is not easy. If an athlete leaves but at a later date decides to reapply, their application will be reviewed equally alongside any other application. Similarly, if you have previously lodged an application but were unsuccessful and feel at a later date you are more prepared to be successful we encourage you to re-apply. As stated previously, an assessment based on things such as athlete readiness and HPH capacity will be made by the National Coaching Director and HPH program manager for each individual applicant. Please note that AT categorised athletes are those that are prioritised in terms of access to the HPH.

### **Who will provide me with primary Coaching advice around my training and competition plans?**

It is important to acknowledge that it is essential you fully commit to your specific DTE and associated periodised and integrated training program set by that coach. The coach of the HPH, being the National Coaching Director, directs the technical delivery and day-to-day support of the athletes

training in that environment. Similarly the VIS S&C coach will be the primary S&C coach for HPH athletes. We acknowledge that this change in coach relationship when you commit to the HPH may feel different at the beginning, but the need is clear for the coach who is present in your DTE to be the primary person you work with to set your training, competition, IPP and overall program direction.

Your club coach's role will therefore evolve in various ways when you become a HPH athlete. They will be a critical friend/mentor/support, as well as a coach (but may not be the only coach) that you choose to utilise at selection events or international competitions when not part of National Team activity. (Please note: the HPH coach does not coach in selection events or national championships).