

CombatAUS NPC Training Opportunity Guiding Principles

Why are these guiding principles being provided?

Whilst the guiding principle of the National Performance Centre program in Melbourne has and remains to be centred around full time NPC athletes, National Coaches Seokhun Lee and Ryan Carneli wish to provide enhanced opportunities for the broader Australian Taekwondo community to engage with the NPC.

This initiative aims to provide a dual benefit of delivering targeted exposure and development to aspiring athletes as well as providing broader and variable stimulus to full-time NPC members.

Intentions

Athletes can gain access to the NPC through two specific measures:

1. Seokhun and Ryan reach out directly to the coach of identified athletes (directly identified by Seokhun or Rhan or via National/State Pathways coaches) to invite those athletes to engage in regular sessions, or distinct blocks of training at the NPC;
2. Athletes and coaches contact the NPC directly to request to attend NPC technical training sessions. This can initially be done via an email addressed to both Seokhun Lee seokhun.lee@combataus.com.au and Ryan Carneli ryan.carneli@combataus.com.au detailing the sessions to be attended with the athlete & coaches contact details.

Examples of the types of NPC training opportunities that can be considered (via the approval of Seokhun and Ryan) include:

- attending for an extended training block over a school/university break;
- considering a defined part-time training engagement, example being attending technical training two specific days per week (e.g. every Wednesday and Friday);
- Ad-hoc training where an interstate athlete is visiting Melbourne & wishes to attend training;
- Interstate athlete invited by the National coaches for a distinct training opportunity or period;
- full NPC training partner who commits (and is approved) to attend all technical and S&C training sessions

Australia's 2024 Taekwondo Olympic campaign

An additional note to the broader initiative above – from January to July 2024 the National Coaches intend to invite targeted athletes (and their club coach) to attend specific technical and sparring sessions (adapted to suit the athlete's specific availability) that will provide development opportunities for these athletes but also provide critical support to the 2024 Olympic campaign preparations. These invitations may be for one off sessions, blocks of training or a series of sessions over a period of time.

Guiding Principles

The acceptance of any direct request by an athlete or coach is at the discretion of the NPC, with the following examples of considerations used in assessing these:

- categorisation status.
- training load, and ability of athlete to tolerate the level and duration of NPC sessions.
- suitability to training phase of NPC athletes' program.
- suitability as a training partner in the NPC.
- consultation with state-based pathways lead and home coach.
- cost - in most instances to be borne by the individual.
- timing – the proximity of the request to the access dates and the activity planned in the NPC – across taekwondo and judo as the NPC is a joint facility.
- all athletes who are part of the AusTKD PPP and engage in any training opportunity with the NPC remain part of the PPP.

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HIGH-PERFORMANCE EXPOSURE

- This document illustrates the various options for engagement with the NPC environment with the aim to support the development of more Taekwondo athletes by providing greater exposure to this high performance training environment



FULL-TIME NPC MEMBER

- Full-time NPC training
- HPP financial investment
- VIS scholarship & services



NPC TRAINING ATHLETE

- Full-time technical and S&C training
- PPP & club connections remain



PART-TIME NPC TRAINING ATHLETE

- Interstate athlete training blocks (on occasions may be supported by CombatAUS)
- Part-time technical training for Victorian athletes
- Emphasis that PPP & club connections remain



SPARRING DAY & INTERSTATE ATHLETES

- Ad-hoc sparring day training invitations
- Interstate athletes can request training when visiting Melbourne