



HP Bulletin – January 2020

General Information

Thank you all for the feedbacks we got from the first Bulletin (December 2019). Got some great comments & suggestions that will help make the proposed changes even better. As mentioned in the first bulletin, the main goal of the bulletin is to inform (& involve) our members in proposed changes that are coming up. It will hopefully improve 2 aspects that were lacking at Taekwondo Canada: Communication & Transparency.

This January edition will bring more details on what was proposed in the last bulletin. Many of the comments we got were asking for more clarity on how the proposed changes will take place. Although more details will need to be finalized (before being able to implement the change), this bulletin will address more clarity on the 4 following topics:

- High Performance Committee (HPC)
- Senior National Rankings
- Testing Protocol
- National Team Designations

High Performance Committee (HPC): Clarifications

My last posting on this subject created a lot of confusions and I apologize for that. This Committee will be an Advisory Committee (not operational as stated previously). Members can't have a direct conflict of interest (COI). A direct conflict of interest would be anyone involved directly with a HP athlete that can be affected by the decisions of the HPC. The main goal of the HPC is to provide Taekwondo specific technical expertise to the HPD.

Committee will be composed of:

- 3 coaches Reps (one of them being a female coach, one of them speaking French)
- 2 athletes Reps (retired athletes, one per gender, one of them speaking French)
- 1 additional member (referee or event manager)
- High Performance Director (HPD)

Criteria to select the members are:

1. Expertise / Experience (years in Taekwondo & technical knowledge)
2. Degree of COI
3. Objectivity (Interest of Taekwondo in Canada vs personal interest)

Selection Process:

- Nominations are first vetted by staff to ensure no COI & have adequate expertise level
- Coaches Reps will be elected by PC/DC coaches.
- Athletes Reps will be elected by any athletes listed on COC Long List (Tokyo 2020)
- Additional member will be appointed by other members of committee

The main goals of having a HPC are to improve our Selection Process and show more Transparency. It's also to provide a voice to all athletes & coaches in Canada when putting together selections. Athletes & coaches can voice their concerns to any member of the committee for discussion. As mentioned previously, this is an Advisory Committee and Final decisions will be made by the HPD.

We have already received some nominations / applications from candidates but since there was confusion around the HPC, we will be accepting nominations until January 20th, 2020. Don't hesitate to contact me if you have any questions!

Senior National Rankings: Clarifications

This one will need to get more input from HPC members before being finalized (specially around the points system & last year junior athletes). The main goal is to maintain an accurate Canadian Ranking for each division. The ranking would be updated periodically each time an identified event takes place. The proposition is to use points from the last 3 (identified) events so that we always have the most accurate ranking available. This would allow anyone to improve their ranking each time an identified event takes place... It also means we need to wait that 3 identified events took place prior to start using it!

Ultimately, once the system is in place and working well (i.e. is accurate), we can use the National ranking as part of a selection process. It's my goal to use this ranking system for the 2024 Continental Selections, where top 8 ranked athletes from each selected division would be eligible to compete.

Since the last bulletin was posted, a few changes were announced: 2020 US Open will now be a G1 event and TC won't be hosting a Canada Open in 2020 (next one targeted in Feb. or March 2021). This means that we need to change what events will be eligible. I received multiple suggestions asking to list a few G1 & G2 events to pick from.

Based on feedbacks received, the new proposal for Senior National Ranking would look like this:

I) **2 different rankings would be maintained (from last 3 ID events competed):**

1. **World Divisions:** all 8 senior male & female WT weight class
2. **Olympic Divisions:** F-49kg, F-57kg, F-67kg, F+73kg, M-58kg, M-68kg, M-80kg, M+87kg

II) **Competitions used to earn points: Best 3 results of last 12 months using the following events:**

1. TC Senior Nationals (Edmonton: April 18-19th 2020)
2. G1 event: Pick one from the following: **Canada Open, US Open or Pan Am Open**
3. G2 event: Pick one from the following: **President's Cup, Costa Rica Open or Belgium Open**

III) **Point system (to be developed) might consider the following:**

1. Caliber at selected competition: points depending on # of top 20 ranked athletes present or caliber of opponent...
2. Final result at event
3. Bonus points for Olympic Games & World Junior participants
4. Bonus points for Grand Prix participants
5. Still a **devaluated by 50%** in non-Olympic divisions (to count toward Olympic Division rankings)

The final draft of the point system used for each event will be described in a future bulletin. I'm hoping the HPC will be in place by the end of next month and will help finalize a fair & comprehensive system. Please remember that this ranking system won't take effect until at least 3 of the identified events have taken place. It will not impact any selections until the system has clearly proven its accuracy.

Testing Protocol: Clarification

Monitoring fitness is hugely lacking in Taekwondo Canada. We need to monitor how fit our athletes are. Of course, fitness isn't the only aspect needed to perform, especially in a technical sport like Taekwondo, but it will clearly impact the overall performance of an athlete.

The protocol presented in the last bulletin is still a work in progress. Nothing has been finalized yet. Our goal is to assess these tests and come up with metrics that will impact performance in Taekwondo. All tests presented in the December bulletin have proven to be KPI's (Key Performance Indicator) for Taekwondo athletes around the world in the last 5-8 years. Of course, accessibility & pertinence (in Canada) still need to be confirmed. Also, our Sport Institute scientists are still working at developing an Agility test specific to Taekwondo movements.

The metrics to be used later this season will remain fairly simple (for now) and will address the following energy systems:

1. Aerobic Power (estimated Vo2 max)
2. Anaerobic Power & Capacity (Max & Relative Power, Fatigue index)
3. Strength (Max strength & Strength-Speed)

Depending on the method used, we should be able to provide target zones to be achieved. I'm hoping we will be able to add a 4th metric (Agility) soon (once finalized by our specialists and adopted by TC).

We are not trying to penalize anyone here (if not meeting targets / metrics) but instead to reward (extra funding) the ones that are showing readiness to compete. I'm hoping these metrics (& target zones) will be finalized for next month's bulletin. The main goal of this protocol is to create awareness that fitness WILL impact performance and should be in the back of your mind at all times. Based on the reactions received, I think we already achieved this goal!

National Team Designation: Clarification

This section too generated a lot of questions / concerns in the last bulletin. Having a National Team Designation is something that will need to happen at some point (as requested by Sport Canada) but our actual structure (Club base) doesn't quite allow us to have one.

Until we have an accurate National Ranking system in place (which will take at least a year to be functional) and that we have an objective way to rank athletes, it's useless to discuss (or offer) this status for now.

Note that this doesn't affect any apparel distribution (to Event Team athletes) that might be agreed on as per the TC sponsorship contract.

What's new:

This section will be integrated in future bulletins when new information has been provided that can be of interest for our members.

➤ Poomsae: Rule clarification by the Poomsae Technical Committee:

- Duration of Free Style Poomsae should be from 90 seconds to 100 seconds
- Mixed Poomsae Competition divisions have been added for Men's individual, Women's individual, pair, Men's Team, Women's Team, Mixed Team. Mixed Poomsae Competition contestants shall perform recognized Poomsae for the first Poomsae, and Free Style Poomsae for the second Poomsae and this event will take place alongside with WT Kyorugi Championships or/and Grand Prix series.
- Contestants may compete up to two (2) categories of competition unless he or she is limited by gender or age.
- Mixed Freestyle Team will be one division.
- Full document can be found [here](#)

➤ New Sport Canada / TC initiative concerning Respect in Sport Activity Leaders Program

- Effective immediately (January 1st 2020), all athletes (14 and older), coaches & staff members participating to a World Championship or major Games (Pan Am or Olympics) will need to complete their Respect in Sport Activity Leaders Program online certification in order to be entered / eligible to participate.
- Effective January 1st 2021, all participants at National events must have completed the Respect in Sport Activity Leader online programme.
- For more information on this program, see the following link: [Respect in Sport](#)
- No one will be allowed to participate in these events (Championships or Games) if NOT CERTIFIED! This includes Poomsae & Para events as well.
- Please contact YanBin at TC to get your Free Access Code

Coming up:

This section will be integrated in future bulletins to give heads up on coming up Events, Clinics, Deadlines, etc. It's meant to be informative only.

➤ Continental Selections: Laval, QC January 18-19th 2020

- Although WT didn't post their January 2020 rankings yet, we can still announce the 4 divisions that will be offered. They are: **F-49kg, F-57kg, M-68kg & M+80kg**
- Deadline to enter the selections is: **January 8th 2020** (late registration)
- See detailed information package [here](#)
- Note: Although Skylar Park already pre-qualified for Tokyo, we will still be run F-57kg in Laval to select an alternate. However, should Skylar become injured and unable to compete in Tokyo, in accordance with the WT Tokyo selection guidelines, Canada can send the alternate only if she is ranked in the top 20 WT ranking between Dec 2019 and Jun 2020.

- **World Poomsae Selections: Laval, QC January 18-19th 2020**
 - Deadline to enter the selections is: **January 8th 2020** (late registration)
 - See detailed information package [here](#)
- **Training camp for athletes qualified for Pan Am Continentals Tournament:**
 - Athletes that will qualify (in Laval) for the Pan Am Continental Tournament (in Costa Rica on March 10-12) will be invited to participate in a preparation training camp (dates & location TBD)
 - This also includes para athletes competing at Continentals & pre-qualified athletes for Tokyo 2020
- **Costa Rica Open: March 13-14th 2020**
 - Information package & registration are now online
 - Early bird deadline: **Feb. 14th 2020**
 - For more details, click [Here](#)

Taekwondo Canada is now accepting nominations/applications for the HPC. Please send your resume to the HPD.

The content of this Bulletin is just informative and open to comments. Please send your comments to gthibault@taekwondo-canada.com. Final decisions will be announced in a subsequent bulletin.