

# **Taekwondo NL Hi-Performance Program Team NL Athletes for National Competition**

Taekwondo NL reserves the right to make amendments to criteria selection for Team NL. A 30-day notice will be given of any changes.

- Team Members should have 2 pairs of socks (KPNP & Daedo)
- Team Members must attend at least 3 hi-performance training camps/seminars per year including those in recreation divisions
- Team Members must attend 1 hi-performance head contact or Recreation tournament or seminar depending on division . Must be an out of Province event
- Team Members must attend 3 local tournaments or out of province with NL Open/Provincials being 1 if available
- Possible team list to be submitted to Taekwondo NL by June 20
- Team Members must be a black belt 120 days prior to competition
- School & athlete must be registered with Taekwondo NL
- Exceptions to the attendance policy will be made for weather and sickness. For absences due to illness beyond the first instance a doctors note is required .
- Training camps/seminars will be held across the Province if needed
- Concussion protocol – 30 days prior to competition (doctor note required)
- Fundraising will be mandatory with all athletes to participate or buy in option available
- There will be a physical component determined by coaches and Taekwondo NL
- No more than 1 Athletes per weight class
- Team members changing divisions or weight class must be practising 6 months prior to event
- No funding to be paid out until Athletes make weight in their division and all criteria has been met
- All events taken into consideration from Nationals to Nationals