



# **Alberta Taekwondo Association**

## **Coaching Committee Meeting #1, Minutes**

**Date: September 25, 2004**

**Location: Capri Centre, Red Deer, AB**

**Time: 1:00pm – 1:45pm**

**Attendees: Master Simon Chung, Master Paul Mollins, Master Yoon Ha, Master Sandy Bowman, Master James Lo, Master Paul Thibault, Master Robin Peterman, ???**

Thoughts on accomplishments from 2003/2004 tournament season:

Goals for 2004/2005 season:

1. Increase in training volume and in commitment from athletes
2. Increase in techniques and tactics (technical performance)
3. Have more out-of-province tournament experiences

Discussion followed to:

- Improve technical performance
- Involve Junior competitors in training (Junior A's will get funding this year – 16/17 years old); 75% funding for Seniors; 25% funding for Juniors
- ADP Funding criteria to include – placing at competitions (Gold – 5 points, Silver – 3 points, Bronze – 1 point); performance testing (with set base limits); participation at tournaments (1 point)

Discussion on Training Seminars:

- It was discussed that training would be held on Sundays following tournaments
- Edmonton & area training will be Sundays at Tiger Taekwondo for Senior & Junior athletes. Junior 'A' will alternate training with Senior athletes and Junior 'B'/Junior 'C' athletes
- Calgary & area training will also take place on Sundays. Master Ha, Master Yu and Paul will discuss locations among themselves and report back to the group with a schedule
- Information on training seminars should be posted on the ATA website, including training programs and physical testing criteria

Discussion on Coaching:

- AB coaches need a properly trained staff (team of coaches) with each coach designated to each individual athlete