

COACH IDENTIFICATION & DEVELOPMENT PROGRAM

Frequently Asked Questions

GENERAL:

1. What are the different coaching levels in the new Coach Identification & Development Program (“CIDP”) or what is the basic outline of the CIDP?

The CIDP currently consists of three integrated levels:

- (a) *Associate Coach (AC)*;
- (b) *Level 1 – Introducing Sport Taekwondo*; and
- (c) *Level 2 – Developing Taekwondo Athletes and Coaches*

Two more levels (3 and 4) of the CIDP will be following after 2008.

AC Seminars will be available online only, while Level 1 Seminars will be held at the 2009 Junior Olympics and Senior Nationals. The Level 2 Seminar will be available this summer as its own separate event.

The AC course is for coaches who have *never* taken any CIDP course. The AC course consists of online resources which includes historical and important information regarding competition rules, national events, and athlete development.

The next level of the CIDP is Level 1 – Introducing Sport Taekwondo. The Level 1 Seminar consists of an eight-hour seminar delivered over the course of one day at the Junior Olympics or Senior Nationals. Completion of a Level 1 seminar is required for individuals who wish to coach in the chair for the World Class Black Belt Division of the Junior Olympics and Senior Nationals. As a result, an AC-certified coach will be required to sign up and attend a Level 1 seminar to coach in the World Class Black Belt Division of the Junior Olympics and Senior Nationals.

Upon completion of the Level 1 Seminar, a coach is eligible to participate in the Level 2 seminar – Developing Taekwondo Coaches and Athletes. The Level 2 seminar consists of a 12-hour seminar delivered over the course of a weekend. Please refer to the CIDP description page to obtain more details regarding the Level 2 seminar.

In addition to the standard curriculum (AC, Levels 1 – 4), the CIDP also offers the Coaches’ Edge Seminar. Completion of the Coaches’ Edge Seminar is required for individuals who wish to have a coach credential and sit in the chair at the following USAT events:

- (a) A National Qualifier;
- (b) Junior Olympics;
- (c) Senior Nationals

On a final note, like the Athlete Pipeline, the CIDP serves as the coaching pipeline for coaches. Coaches who wish to become future instructors or become involved with one of USAT's National Teams will be identified from the CIDP.

2. How do I sign up to coach at an event? How do I sign up for a CIDP coaching seminar?

You can sign up to coach at a National Event by registering:

- (a) Online
- (b) by paper
- (c) or at the door.

You can sign up for the **Coaches' Edge Seminar** by registering:

- (a) Online
- (b) or at the door (walk-in)

You can sign up for the **Associate Coach Course** by registering:

- (a) Online

You can sign up to attend the **Level 1 Seminar** by registering:

- (a) Online
- (b) or at the door (walk-in)

You can sign up to attend the **Level 2 Seminar** by registering:

- (a) By paper

Online registration for a seminar and/or an event is the preferred method and will save coaches money. For example, the cost of the Level 1 seminar is \$300 online (\$250.00 online with the Coaches' Edge credit), however, the seminar will cost \$350 at the door (\$300.00 at the door with the Coaches' Edge credit).

Basic Online Registration Procedures for USAT National Events

- (a) Go to the USAT website (www.usa-taekwondo.us) and log-in to Hang-A-Star membership. The log-in site is located on the right hand column of the USAT homepage.
- (b) If you are a USAT member but have not logged in before or have not renewed your membership for the current year, your log-in username is your membership number located on your USAT membership card. Once you have logged in, you will then be directed into the system to create a password and set up your profile.
- (c) If you are not a member, but are signing up for membership, you will need to use the sign-up option located at the bottom of the log-in site.
- (d) Once your profile is updated, you will be able to register for the event or for a seminar.
- (e) Click on the *Events* tab.

- (f) Click on the name of the event that you are interested in registering for.
- (g) Click on the "Register for this Event Now" button.
- (h) Follow the necessary steps to complete your registration and click "Register".
- (i) Once you have registered for this event you will immediately be prompted to print a confirmation page.
- (j) Please print your confirmation page and maintain a copy for your records.

Note: Please keep in mind that once you have completed this transaction, you will have successfully registered for a coaching seminar. If you are also interested in registering as a coach for a USAT event, such as a National Qualifier, Junior Olympics, or Senior Nationals, you will still need to register for the event.

3. What are the requirements to coach athletes at a USAT National Qualifier?

The following chart has been provided to list the CIDP requirements needed to coach an athlete at a **USAT National Qualifier**:

AGE DIVISION	BELT	CIDP REQUIREMENTS
6-7	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update
8-9	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update
10-11	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update
12-13	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update
14-17	COLOR BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update
14-17	BLACK BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update
SENIOR	COLOR BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update
SENIOR	BLACK BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge Seminar and • Associate Coach or Technical Update

4. What are the requirements to coach athletes at the Junior Olympics?

The following chart has been provided to list the CIDP requirements needed to coach an athlete at the **USAT Junior Olympics**:

AGE DIVISION	BELT	WORLD CLASS SPARRING	ELITE OPEN SPARRING
6-7	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update

8-9	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update
10-11	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update
12-13	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update
14-17	COLOR BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update
14-17	BLACK BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • Level 1 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update

5. What are the requirements to coach athletes at the Senior Nationals?

The following chart has been provided to list the CIDP requirements needed to coach an athlete at the **USAT Senior Nationals**:

AGE DIVISION	BELT	WORLD CLASS SPARRING	ELITE OPEN SPARRING
SENIOR	COLOR BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update
SENIOR	BLACK BELTS	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • Level 1 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update
ULTRA	ALL	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update 	<ul style="list-style-type: none"> • 2009 Coaches' Edge and • AC course or Technical Update

6. What is the best way to fulfill the requirements to coach at a 2009 USAT event?

As a responsible coach who wants to ensure that he/she can focus on the needs of his/her athlete and team prior to competition, it is a great idea to make plans to arrive at the competition site early on the day before the first day of scheduled competition. This way, you can fulfill all the CIDP requirements (The Coaches' Edge and/or Level I) on the day before the competition starts. Although USAT does offer The Coaches' Edge Seminars on the morning of the first day of competition, it can become distracting to you and your athlete if you are scrambling on competition day trying to meet all the scheduled demands, while trying to get your athlete ready to compete. Proper planning is the key to success for both the athlete and coach, therefore, plan to arrive early so that you may focus on your athlete or team on the day of competition.

7. What does my past coaching certification get me? If I'm a Level IV (or any Level) Coach from the past coach certification program or from another organization, where do I fit into the new program?

Participants of the former coach certification program or past USTU certified coaches, have protest rights at all USAT National Events. However, due to the new standardized curriculum, all coaches from the former program would

be required to take the CIDP Seminars to coach at USAT national events, regardless of the level that a coach obtained in the past program.

8. Where do coaches who only took the 2007 Technical Update stand with the CIDP?

Coaches who took the 2007 Technical Update fall under the same category as coaches who are certified as an Associate Coach (AC-certification).

9. Will there be a coaching number? How will I know my coaching number? Do I need a coaching number to register to coach at future events?

There will not be a coach ID number or a number assigned to coaches who participate in the CIDP. Coaches will be identified by their membership number and their online profile on Hang-a-Star.

10. How can I gain the right to protest at an event?

A coach can gain protest rights at a National Qualifier in one of the following ways:

- (a) The coach is a 3rd Dan or higher – OR—
- (b) The coach is a past participant of the former (USTU) coach certification program – OR—
- (c) The coach has taken the Level I Seminar. Protest rights for the current year may be achieved or maintained after taking the Coaches' Edge Seminar held at National Qualifiers, Junior Olympics, and Senior Nationals.

11. Can I test out of the new seminars and certification process?

Since the program and its content are new and unique to the USAT CIDP, coaches may not "test out" and bypass the AC course or bypass the Level I Seminar. It is our goal to educate all coaches in all aspects of our sport. By participating in all of the modules of the seminar, coaches will receive consistent and comprehensive materials that are designed to maximize their potential as a Taekwondo coach. It is our goal to develop future coach presenters from our seminar series.

12. Where do I get my coach credential for an event?

If a coach attends the Coaches' Edge Seminar at an event, he/she will be given his/her coach credential at the end of the seminar. If a coach has already attended one of the Coaches' Edge Seminars, then he/she may pick up his/her credential at the Check-in area of Registration on site at the applicable event.

13. How does the Grandfathering Clause work from the old coach certification program to the new Coach Identification & Development Program?

Coaches who participated in the former (USTU) certification program will be given the right to protest at any USAT event.

14. Will I need to have a Coach's ID number in order to renew my membership each year?

There will not be a coach ID number or a number assigned to coaches who participate in the CIDP. Coaches will be identified by their membership number.

15. Are CIDP Seminars offered at the regional level?

For the 2009 calendar year, CIDP seminars will not be offered at locations other than at the core USAT events (i.e. National Qualifiers, Junior Olympic, and Senior Nationals). This measure has been taken to ensure that our coaching membership is provided with the consistent delivery of high-quality content. USAT, however, recognizes the importance of increasing and extending opportunities for coaches to participate in seminars throughout various regions of the country and therefore is planning to implement them in the future.

16. What happens if I miss a seminar and intend to coach at a USAT event in 2009? Can coaches receive refunds for the seminars that they register for?

In an effort to support our coaches in acquiring the appropriate credentials to coach at a USAT event, we have scheduled more than one Coaches' Edge Seminar at each National Qualifier. For instance, at the National Qualifiers, we plan to schedule a Coaches' Edge seminar on the evening before the first day of competition and another on the morning of the first day of competition. It is highly recommended to register for the evening session (the night before the first day of competition) so that you can focus on your athlete and/or team on the day of competition.

Since we are offering both the Coaches' Edge Seminar and Level 1 at the Junior Olympics, we will only be offering one of each seminar at this event. And since we are offering both the Coaches' Edge Seminar and Level 1 at the Senior Nationals, we will only be offering one of each seminar at this event as well.

Unfortunately, refunds are not issued for missed seminars. If a coach misses all of the available seminars and does not have the appropriate credentials to receive a coaches' pass, one option that the coach has is to find another coach who has a coaches' pass to coach their athletes. Therefore, it is important that a coach understands all of the policies and procedures of the CIDP and plan ahead.

17. What happens to me as a Coach if there is a flight delay which makes me late for or makes me miss a seminar?

If a coach misses a Coaches' Edge Seminar, the coach will not be eligible to receive a coach credential to the event that he/she has registered for. With the understanding that circumstances do occur that are beyond the control of a coach or athlete, USAT will offer morning seminars on the first day of competition at every National Qualifier. However, it is advisable to try to make travel arrangements to arrive early the day before the first day of competition in the event that a flight delay does occur.

Coaches who are already AC-certified, have taken the 2007 Technical Update, or are Level I-certified may pick up their credential at the Check-in area of Registration at the applicable USAT event if they have already taken the Coaches' Edge Seminar for the current year.

18. What happens if I signed up for one Coaches' Edge Seminar (such as the one on Friday night) but then change my mind to attend the other one (in this case Saturday morning)?

Once a coach has registered for a particular Coaches' Edge seminar, they can attend either one since roll call will be taken at each seminar. Please make sure to hear for your name when the staff member or instructor conducts roll call. Just a friendly reminder that credentials will only be given to the coaches who are in attendance at the seminar. A coach may not pick up a credential for another coach at the seminar.

19. What is the *Dartfish* system?

Dartfish (www.dartfish.com) is the Official Video Enhancement Software Supplier of USA Taekwondo and is a computer based video analysis system that will allow coaches and athletes to view and evaluate their performances in real time. It is the instant replay of live taekwondo. Athletes and coaches can now view their progress in real-time and implement corrective measure while the techniques are fresh in their minds.

20. Is there a renewal fee due each year for the new CIDP?

The CIDP contains neither a renewal fee nor an annual due.

21. Who created the CIDP, and what is the purpose of all the program requirements?

CIDP creators are as follows:

1. Jean Lopez – National Team Coach (2005 – present), 2004 Olympic Coach, and 1995 World Silver Medalist
2. Juan Moreno – National Team Coach (2005 – present), Two-Time Olympic Silver Medalist, Three-Time Olympian

3. Herb Perez- 1992 Olympic Gold Medalist
4. Jason Poos – 2004, 2005, & 2007 Junior National Team Coach
5. Scott Novack – USAT Director of High Performance (2005 – 2007)
6. David Askinas – USAT CEO
7. With assistance from Bob Gambardella – Former USAT CEO

The goal of the CIDP is to introduce coaches to the newly-established national coaching standards, and to create coaches of the highest caliber while defining the standard for excellence in the Olympic sport of Taekwondo.

Additional levels of the CIDP are being developed that are based upon High Performance and World Class standards which include: periodized athlete training, athlete analysis, tactical planning, understanding tendencies, maintenance and tapering strategies.

THE COACHES' EDGE SEMINAR:

22. What are the pre-requisites to take the Coaches' Edge Seminar?

The only pre-requisite needed to take the Coaches' Edge Seminar is a current USA Taekwondo membership. However, if a coach is interested in obtaining a credential to coach their athlete at an event, they will also need AC or Level 1 certification.

23. Can I carry over the Coaches' Edge credit into the next year if I do not apply it to a coach seminar this year?

The credit given to coaches for taking the Coaches' Edge Seminar can only be applied once for the calendar year that it was issued. For example, if a coach takes the 2009 Coaches' Edge Seminar, he/she has a one-time \$50.00 credit that he/she can apply toward a Level 1 or Level 2 Seminar in 2009. After December 31, 2009, the credit will expire.

ASSOCIATE COACH COURSE:

24. What does the Associate Coach Seminar get me? What is the total cost?

Once a coach completes the Coaches' Edge Seminar for a given year, the Associate Coach (AC) course gives him/her the right to coach athletes from the chair at a USAT National Qualifier. An AC-certified coach may also coach in the Grassroots and Ultra Division of the Junior Olympics and Senior Nationals. An AC-certified coach may coach in the World Class Division of the Junior Olympics and Senior Nationals after completing a Level I Seminar.

The AC course is delivered online which consists of an electronic copy of the manual, DVD, and resources from the USAT website. The course covers historical and important information regarding competition rules, national events, and athlete development. It also addresses the role of the coach,

Olympic sport Taekwondo objectives, and event competition protocol. Please refer to the CIDP description page to obtain more details regarding the Associate Coach course.

The total cost to take the AC course is \$50. The cost of the AC Seminar includes all the materials that were previously mentioned.

Note: the cost of a coach credential for a specific USAT event is separate from a coach seminar fee.

25. What are the pre-requisites to take the Associate Coach course?

The only pre-requisite needed to take the Associate Coach course is a current USA Taekwondo membership.

26. If I take the Associate Coach Seminar, can I protest at an event?

If a coach only takes the Associate Coach Seminar, he/she can gain protest rights at a National Qualifier in one of two ways:

- (a) The coach is a 3rd Dan or higher – OR—
- (b) The coach is a past participant of the former (USTU) coach certification program.

27. Once I take the Associate Coach Seminar, what is next?

The step following the AC level or the 2007 Technical Update is Level I – Introducing Sport Taekwondo. Level I gives a member the right to coach from the chair or receive a coach credential for the World Class Black Belt Division of the Senior Nationals or the World Class Black Belt Division (14-17 year old) of the Junior Olympics. Furthermore, completion of the Level I Seminar gives a coach the right to protest at USAT Events.

The Level 2 Seminar – Developing Taekwondo Coaches and Athletes will be offered in 2009 with additional levels being offered in the years to come. Please refer to the CIDP description page to obtain more details regarding the Level 2 seminar.

LEVEL 1 SEMINAR:

28. What does the Level I Seminar get me? What is the total cost?

Upon completion of the comprehensive Level I Seminar, an individual has demonstrated the competencies to sit in the chair and coach athletes competing at any level, including the World Class Black Belt Division (14-17 year old) of the Junior Olympics and the World Class Black Belt Division at the Senior Nationals. Completion of the Level I Seminar also gives a coach the right to protest at USAT events. Coaches who do NOT have Level 1 certification cannot sit in the chair and coach athletes in the World Class Division (14-17 year old Black Belts) at the Junior Olympics or the World

Class Black Belt Division at the Senior Nationals. Please keep in mind, however, that ALL coaches are required to take the Coaches' Edge Seminar in order to be eligible to register for a coaches' pass for a USAT event. Level 1 coaches are also the only coaches who are eligible to take the Level 2 seminar – Developing Taekwondo Coaches and Athletes.

The total cost to attend and complete the Level I Seminar is \$300 if registering online. The walk-in registration cost is \$350. The cost of the Level I Seminar includes a Level I Manual, Level I DVD, and seminar instruction. Please refer to the CIDP description page to obtain more details regarding the Level 1 seminar.

29. If I have already taken the Level 1 Seminar, what do I need to do to get a coaches' pass for a USAT event?

The only step that a coach needs to take in order to maintain his/her coaching status and/or get a coaches' pass for a USAT event is to take the Coaches' Edge Seminar.

By having the Level 1 Seminar under your belt, you are eligible to coach athletes who are competing at any level, including the 14-17 year old World Class Black Belt Division at the Junior Olympics and the World Class Black Belt Division at the Senior Nationals.