



ITF England National team Squad training & Selections Information

Dear Grand Masters, Masters and Instructors,

Over the next 7 months, the ITF England National Team will be holding a series of 7 squad training sessions. These sessions will serve two purposes, firstly to select competitors for the European and World Championships in 2023 and secondly, to develop talent from around the country for future championships.

Who are the sessions open to?

The squad training sessions will be open to all ITF England members aged 10 years of age and over from blue belt to black belt 6th degree. The squad training session will focus on sparring, patterns, power test, special technique and traditional sparring, giving competitors the opportunity to train with the national coaches and develop their skills.

Age categories for the European Championships and World Championships in 2023

For both competitions next year, the ITF are introducing new age categories, allowing competitors from the age of 12 – 14 years to compete as Pre-Juniors.

New rules & weight categories for the European Championships and World Championships in 2023

For both competitions next year there will be new weight classes and some new rules of competition.

Please visit the link for more information, <https://itftkd.sport/rules/>

How to get selected for the national team for 2023

Over the next 7 months competitors will be expected to attend the monthly squad training sessions. At the sessions, the competitor's performance will be monitored and over the months we will start to 'shortlist' competitors that we feel are of the appropriate standard to compete at the level of the championships. The following criteria will form selection for the national team:

1. Attendance – competitors must attend a minimum of 5 out of the 7 training sessions.
2. Competitions – competitors must have a record of national / international competition from June until December 2022.
3. Attitude – competitors must demonstrate a positive and engaging attitude towards coaches and other competitors.
4. Performance – competitors must show progression in their skills and performance at squad training.



Shortlisting of competitors

As we commence our season of squad training, we will be shortlisting competitors who we would like to see as part of our 2023 team. Shortlisting is not a definite inclusion in the team; however, it is way for us to begin our preparations and see which competitors will to be selected to become part of a strong team. Competitors who are shortlisted will be told of their status but can be removed by the coaching staff if they fail to meet any of the criteria above.

Squad training dates & locations

Date	Location	Venue	time
19/06/22	Watford	Westfield Academy, WD19 6NS	10am-1pm
03/07/22	Watford	Westfield Academy, WD19 6NS	10am – 1pm
21/08/22	Watford	Westfield Academy, WD19 6NS	10am – 1pm
11/09/22	Newcastle	TBC	10am – 1pm
16/10/22	Stratford upon Avon	TBC	10am -1pm
20/11/22	Manchester	TBC	10am – 1pm
11/12/22	Worcester	TBC	10am -1pm

Payment structure

Payment for the training sessions will be done in 2 ways, a per session fee or a block fee. This will differ slightly if you are going for selections or development. Please see below.

Selection competitors

Those competitors eligible for selection for the team (this would include all eligible black belts and black tags) can choose to pay as follows:

- Pay as you go - £30 per session
- Block booking (7 sessions) - £150 (30% saving)

Development competitors

Those competitors who are not going for selection for the team (this would include all blue to Black belts) can choose to pay as follows:

- Pay as you go - £25 per session
- Block booking (7 sessions) - £140 (25% saving)



How to sign up for the squad training / selections

To sign up, all competitors will need to send an email to nationalteam@itfengland.com by **June 15**, stating the following:

1. Name
2. Grade
3. Date of birth
4. Black belt ID number (if going for selections)
5. State whether you are going for selections or development
6. Email address

If you are paying for the block booking and intend to attend all training sessions then you only need to send this information once, a week before the first training session. If you are attending the sessions on a per session basis, then you will need to send an email a week before the session to notify us of your attendance.

How to pay for the squad training sessions

All payments must be paid to the ITF Treasurers account, with the all-block payments being made no later than **Wednesday 15th June 2022**. *Those opting to pay as you go must send payment to the same account one week before each session you attend.*

ITF England treasurers account.

Account - 40200960

Sort - 309191

Reference – Squad 'surname'

Further information

Further information will be circulated to all signed up members of the national squad.

We look forward to seeing you in soon.

Regards,

Master Symonds – ITFE Tournament director