



# EVEREST

## TAEKWONDO

MARTIAL ARTS & FITNESS CENTER

***2021 Team Everest-Competition Team Rules and  
Guideline***

***Update: 1/05/2021***

***Head Coach- Amul Gorkhali/Anmol Gorkhali***

### **TROY**

***1977 E WATTLES RD, SUITE I  
TROY, MI 48085  
(248) 787-0185***

### **WATERFORD**

***6612 COOLEY LAKE RD  
WATERFORD, MI 48327  
(248) 366-6666***

***aim high.***

# 2022 EVEREST COMPETITION TEAM SCHEDULE TAEKWONDO



## CONFIRMED DATES

WC= WORLD CLASS

<b>MARCH 3-6</b>	<b>US OPEN G2 WORLD RANKING (WC ONLY)</b> (INTERNATIONAL COMPETITION), LAS VEGAS, NV
<b>MARCH 12</b>	<b>AAU MICHIGAN STATE CHAMPIONSHIP</b> (AAU NATIONAL QUALIFIER), WAYNE, MI
<b>MARCH 30 - APRIL 2</b>	<b>PUERTO RICO OPEN G2 WORLD RANKING (WC ONLY)</b> (INTERNATIONAL COMPETITION), PUERTO RICO <b>UNDECIDED</b>
<b>APRIL 9</b>	<b>AAU OHIO STATE CHAMPIONSHIP</b> (AAU NATIONAL QUALIFIER), AKRON, OH
<b>MAY 13-14</b>	<b>INTERNATIONAL OPEN FRIENDSHIP (IOFTC)</b> (INTERNATIONAL COMPETITION), YPSILANTI, MI <b>REQUIRED</b>
<b>JUNE 24</b>	<b>USAT GRAND PRIX REGIONAL QUALIFIER</b> (NATIONAL QUALIFIER COMPETITION), TBD
<b>JULY 3-9</b>	<b>AAU NATIONAL TAEKWONDO CHAMPIONSHIP</b> (NATIONAL COMPETITION), LAS VEGAS, NV
<b>JULY 15-17</b>	<b>CANADA OPEN G2 WORLD RANKING (WC ONLY)</b> (INTERNATIONAL COMPETITION), TBD, CANADA
<b>JULY 28-31</b>	<b>USAT NATIONAL CHAMPIONSHIP</b> (NATIONAL COMPETITION), TBD
<b>JULY 29-31</b>	<b>AAU NATIONAL TEAM TRIALS</b> (TEAM TRIALS), GREENSBORO, NC
<b>AUGUST 25-28</b>	<b>COSTA RICA OPEN G2 WORLD RANKING (WC ONLY)</b> (INTERNATIONAL COMPETITION), TBD, COSTA RICA <b>UNDECIDED</b>
<b>NOVEMBER 5</b>	<b>OLYMPIA TAEKWONDO CHAMPIONSHIP</b> (LOCAL COMPETITION), WAYNE, MI

## UNCONFIRMED DATES

**ATU NATIONAL CHAMPIONSHIP**  
(NATIONAL COMPETITION), TBD

**METRO OPEN NEW JERSEY 10.0 RANKING**  
(RANKING COMPETITION), POSSIBLY DECEMBER

## RUBBER CITY COMPETITION

(LOCAL COMPETITION), AKRON, OH POSSIBLY SEPTEMBER

**MORE WILL BE ADDED AS  
DATES BECOME AVAILABLE**



## **WELCOME BACK EVEREST PARENTS AND ATHLETES,**

2022 Season is finally here! I am very excited to announce the 2022 Team Roster and Season Schedule! But first, let me welcome you and hope that you had an exciting and amazing 2021. Everest athletes, this is your year to strive for excellence and be the leader of your team! New team members, this is your year to continue to get better and train harder than last year. We have big things planned this year for our athletes. So let's represent it well on and off the mat.

## **INTRODUCTION**

We have enjoyed many successes with our involvement in Taekwondo and learned that one key ingredient of success is clear, consistent communication between the school; its teams and coaches, players and parents. This document is one way of explaining, in detail, our expectations of you as a member of Team Everest and what you can expect from the program. It will help you identify some potential problem areas and at the same time answer questions about the team's decision-making process. As you have committed to become a member of Team Everest, please take the time to read the following pages carefully. The signature page must be signed by the player and a parent to be accepted to the program. This agreement covers the seasonal year that runs from January 1st, 2022 through December 31st, 2022. Team Everest is an elite competition team in the Sport of Taekwondo. Even though our ultimate goal is to reach the highest level, the Team's true goal is to help develop well rounded individuals become elite caliber athletes, who are strong both physically and mentally. While others teach sparring as that, they tend to neglect what the sport truly is. What differentiates us from everyone else is that we keep the artistic value, the core training ideals, the practical approach, and tradition all in a modern way.

***"In order to be on the competition team, Taekwondo must be the first priority sports/activity."  
(NO EXCEPTIONS)***

## **TEAM SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
7:30PM 8:30PM	ALL TEAM MEMBERS	ALL TEAM MEMBERS	ALL TEAM MEMBERS (required)	ALL TEAM MEMBERS	WORLDCLASS ONLY 9-10PM (required)
					ALL TEAM MEMBERS 10-2PM (required)
				FRIDAY	
5:30PM 6:30PM				WORLDCLASS ELITE ONLY (required)	
6:30PM 8:00PM				ALL TEAM MEMBERS (required)	

## **PHASE 1 (DEVELOPMENT)    PHASE 2 (ELITE/HIGH PERFORMANCE)    PHASE 3 (WORLD CLASS)**

In the DEVELOPMENTAL Phase an athlete utilizes his/her fundamentals and develops an understanding of the skills, techniques, strategies and tactics that are necessary to be successful in competitive matches.

Local tournaments  
State and National Championship  
Cross training  
Seminars/Training camps  
all events under coaches approval

In the HIGH PERFORMANCE Phase, an athlete is expected to display a level of instinctive awareness and to understand the various tactical, technical, mental, physical and physiological components that are necessary to be successful in the sport in international competition.

Local tournaments  
State and National Championship  
International Opens (Black Belts only)  
Cross training  
Seminars/Training camps

A WORLD CLASS athlete displays an exceptional understanding of the sport and the mastery of skills and techniques, with incontestable situational responsiveness, a sense of timing that enhances the execution of strategies and tactics in match competition on the world stage.

Local tournaments  
State and National Championship  
National Team Trials  
International Opens  
Cadet and Junior World Championship  
Cross training  
Seminars/Training camps

## **Team Everest Highlights and Accomplishments**

**States: 109 Gold, 38 Silver, 28 Bronze (2012-2021)**

**Grand Prix: 10 Gold, 3 Silver**

**Nationals: 19 Gold, 10 Silver, 15 Bronze (2013-2021)**

**Team Trials: 1 Gold, Silver, 1 Bronze**

**International: 3 Gold (Portland 2012, London UK 2014)**

**Pan American Youth Open: 3 Gold (Chicago 2015)**

### **CAMPS & CROSS TRAINING**

MST (Michigan Sport Taekwondo) and AAU Michigan Taekwondo will be hosting camps throughout the months. Fees for the AAU & MST camp will be included in MST/AAU membership) Team Everest will also cross train with different teams throughout the year. We will also attend Taekwondo Camp in and out of state to gain experience.

### **ATTENDANCE RULES**

- Please let the coaches know if you're missing class ahead of time via Text or Band (248.787.0185)

- If the student is missing team training on a regular basis, the student will be off Team Everest until further notice and will be restricted from competition and other Team Everest events.

### **PERSONAL HYGIENE**

It is very important that each student pays close attention to their personal hygiene for the safety of the entire class. Long fingernails and toenails can inflict cuts and scrapes on other students. Obviously, feet should be clean when entering the Do-Jang (training hall). Students who sweat excessively should bring a towel and periodically wipe their practice area clean of sweat. All students are responsible for keeping their sparring equipment clean and odorless.

## **CONSEQUENCES FOR INAPPROPRIATE BEHAVIOR.**

Team Everest Taekwondo will take the appropriate steps listed below if Team consequences are necessary.  
(One or more of the violations may be applied)

1. Verbal warning issued by the team coach.
2. Written warning issued by team coach.
3. Suspension or immediate ejection from a team issued by a team official who is authorized to issue such suspension or ejection by the team.
4. Suspension from multiple sports events issued by a team, organization or Team Coach who is authorized to issue such suspension by anonymous team members vote.
5. Season suspension or multiple season suspension issued by a team board and anonymous team members vote.

## **SIDELINE COACHING**

There will be no coaching by parents during any part of training or competition. "roundhouse," "punch," "kick" or "head kick" are interpreted as instructions and as such are not desirable. No matter how good your intentions are; we insist there be no shouting instructions to your child or any other player on the team. We also insist there be absolutely no yelling or complaining to referees or officials during or after games. Your vocal support and positive encouragement are welcome after good play. Please do not criticize or "moan" with disappointment when mistakes are made. The players are well aware of mistakes they make (especially the bad ones), and we also teach our players that overcoming and learning from mistakes are an important part of the learning process. It is important that players not be distracted at practices, during the games, and that players are given only one set of instructions by one voice before, during, and after practices and games. For this reason, the team insists the coach be the only voice before, at and after all games and practices. Please respect all of the other players on the team; please do not make critical remarks to others about specific players on your team. Many times, these comments are overheard by the players or others and can be quite hurtful and foster an unhealthy team environment. Please respect your coach and do not make negative remarks to others about coaching decisions. The team's first concern is for the long-term growth and development of our players as individuals along with their taekwondo abilities under pressure. There will be times coach make decisions and players are instructed to do things parents will not understand. Taekwondo school, team and player development will sometimes be given a greater priority than winning, especially in the younger years prior to high level environment. Parents must understand this and conduct themselves in a manner consistent with this philosophy in order to maintain a healthy team environment. Remember, playing only to win without taking healthy team, team and player development into account will not result in a solid foundation upon which your child will be prepared for winning. Parents, always at the appropriate moment and time, should feel free to communicate and ask questions about your child. Also, please take the initiative to encourage and teach your player to speak up and communicate for themselves whenever possible. Team Everest believes in and teaches players the benefit of having mental toughness to guide their intense focus on the art of taekwondo. We will instruct your child to ignore adverse conditions such as bad referees, name calling, foul language, rough play, cheating, poor weather, negative behavior by parents or opponents, etc. We expect our parents (as well as our coaches) to have this same mental toughness.

## COMMUNICATIONS

As a member of Team Everest, you are responsible for your own performance and conduct. Honesty, reliability and communication will always be expected. There will inevitably be times during the season when coaches make decisions and players will be instructed to do things they may not understand. During such times, players are encouraged to talk with their coach so they can gain a better understanding of why certain decisions are being made and what is expected of them. If you have issues or concerns, please do not hesitate to speak with your coach at the appropriate time. All of Team Everest have an open-door policy with respect to such issues or concerns and they encourage and expect you to communicate when you have such issues or concerns. You and your coach may not ultimately agree on such matters, but you will both have a better understanding of each other and what needs to be done to resolve the matter. You are responsible for knowing what is going on with the team. There are times when changes are made (sometimes last minute) to practice and/or game dates, times and/or locations. Our primary use of communication platform for 2022 will be Band available on both IOS and Android. If you are going to miss a practice or game (or be arriving late or leaving early) you must notify your coach or the designated person at the earliest possible moment. In case of inclement weather your team has a procedure for announcing training/tournament closures.

## FEES

The team is financially supported through seasonal player dues. The amount per player varies from 2021-2022 MEMBER. If you are joining mid season \$600/mid season. Players pay for their own uniforms, which are ordered through the school, and training equipment. Should a player quit or leave their team after any payments are made, there will be no refunds. There will also be a coaching fee of \$350 for athletes going to the national championship and additional \$250 for attending both AAU and USAT or ATU Nationals. Failure to make team annual fee payments when due may result in the player's inability to be issued a team credentials for the subsequent season until all annual fee payments have been made. \*\*We will be organizing various fundraising throughout the months to support the team going Nationals and International Championship. We will be having team meetings from time to time during or after Saturday Team Training class. We will continue to add more information to this Rules and Guideline throughout the year to improve the performance of the team. Thank you.



Where Olympic & Paralympic Journeys Begin