

# ITF COACHES CONFERENCE



**ORGANISING COMMITTEE**

**GRANDMASTER WIM BOS**

**MASTER ADRIAN BYRNE**

**MASTER STEPHEN RYAN**



University of Limerick, Limerick, Ireland  
**30th June to 2nd July 2023**

Dear ITF Community,

We have the pleasure of inviting you to the 2<sup>nd</sup> ITF Coaches' Conference, to be held in the University of Limerick, Ireland, from June 30<sup>th</sup> to July 2<sup>nd</sup> 2023.

This conference is the first to run under the auspices of the ITF Coaches Committee and will offer a unique opportunity for ITF members to come together to learn in an interactive manner, discuss and share ideas and concepts, experience new training methods & tools from both ITF and non-ITF experts and enjoy a weekend of networking and social interaction together.

**The event is open to all Taekwon-Do practitioners aged 16 years or older and 4<sup>th</sup> Kup (Blue Belt) or higher.** Anyone with a passion or curiosity for teaching and supporting others in their Taekwon-Do journey will find inspiration and encouragement at this event.

The event will take place in the University of Limerick, a state of the art educational and sporting campus, located just outside Limerick City, in the Midwest region of Ireland.

The theme of the conference is **“ITF Taekwon-Do, quality coaching makes the difference”** and over the course of the weekend we will explore a range of topics related to developing all aspects of a rounded Taekwon-Do practitioner. Sports psychology, skill acquisition, conditioning, training and retaining teenage girls, specific training methods to prepare athletes at all levels in various disciplines. Our curated group of experts will help you to develop your coaching skills, coaching philosophy and most importantly your support network of fellow coaches.

**For the first time, participants on this Coaches Conference will receive an official ITF Diploma on completion of the programme.**

Soon, we will announce the full list of presenters through the ITF website & social media, you will not be disappointed. Please note that this conference will be presented in English.

We are looking forward to meeting you there,

*Grandmaster Willem Jacob Bos IX*

*Master Adrian Byrne VII*

*Master Stephen Ryan VII*

ITF Coaches' Conference Hosts

On behalf of the International Taekwon-Do Federation Coaches Committee

## Venue

University of Limerick, Castletroy, Limerick, Ireland.

The UL campus is truly one of the most beautiful university campuses anywhere in the world. Visitors never fail to be impressed by this peaceful green place with its trees, its fountains and the beautiful river Shannon flowing majestically through it all.



The workshop sessions will be held in the UL Sport Arena, which is the venue each year for the ITA Irish Cup and National Championships and also been the location for an ITF International Umpire Course.



## Schedule of Fees

Conference	4 <sup>th</sup> Kup to 8 <sup>th</sup> Dan Master 9 <sup>th</sup> Dan Grandmaster	€210 €0
Accommodation	70 Euro per person per night for Bed & Breakfast (Limited spaces)	
BBQ	30 Euro per person	

## Registration process

**This event is open to all ITF members of 4<sup>th</sup> Kup (blue belt) and above aged 16 years or older**

**Step 1:** All participants must register through their NA/AA on the ITF Database to ensure they are certified by the ITF for this event by the deadline of **June 1<sup>st</sup> 2023**.

**Step 2:** Send the Individual registration form to: coachconference@taekwondo.ie by the deadline of **June 1<sup>st</sup> 2023**.

**Step 3:** Book your on campus accommodation by emailing the booking form to coachconference@taekwondo.ie (places are limited, please book early to avoid disappointment, the deadline is **June 1<sup>st</sup> 2023**.)

**Step 4:** Send your choice of workshops to coachconference@taekwondo.ie by the deadline of **June 1<sup>st</sup> 2023**.

**Step 5:** A booking deposit of €100 must be paid to Irish Taekwon-Do Association by the 1<sup>st</sup> June deadline to confirm your place.

The individual registration form, accommodation booking form and booking form for Keynote lectures & workshops will be made available online very soon and publicised on the ITF website [www.itftkd.sport](http://www.itftkd.sport)

**Account Name:**  
Irish Taekwon-Do Association Ltd.

**IBAN :**  
IE46 AIBK 9353 8718 1840 50

**Bank Address :**  
Allied Irish Bank.  
Bank Place,  
Ennis. Co Clare.

**BIC/SWIFT :**  
AIBKIE2D

The balance of all conference, accommodation and BBQ fees to be paid in cash (Euro currency) at the registration point on arrival.

## Accommodation

All participants will be accommodated in the University of Limerick on-campus apartments.

These apartments are a short walk across the living bridge to the Sports Arena where the Conference will take place, and offer free internet and free parking on site.



Each apartment block has six separate single (double bed) rooms with their own en-suite bathroom and walk in shower. Each apartment block has a common social area with living room and a kitchen. All bedrooms and apartments have high-speed wi-fi connections.

We have secured an excellent rate of 70 Euro per person per night. The rate includes breakfast, which will be served in the Pavillion Restaurant, very near to the apartments.

## Social Activities

An opportunity to network, socialise and interact in a comfortable and relaxing environment is a key part to the success of any conference and at UL you will have a range of venues to choose from. On campus at University of Limerick, you will have a great choice of restaurants/café's within walking distance of the residences.



The university offers a wide choice of venues offering high quality home cooked food at budget conscious prices in a variety of small restaurants, stylish café's and bar/restaurants which serve food late into the evening. There are many nearby café's, restaurants and bars and Limerick city centre is a short Taxi or Bus ride away.

## Special BBQ

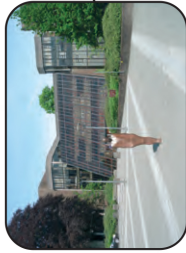
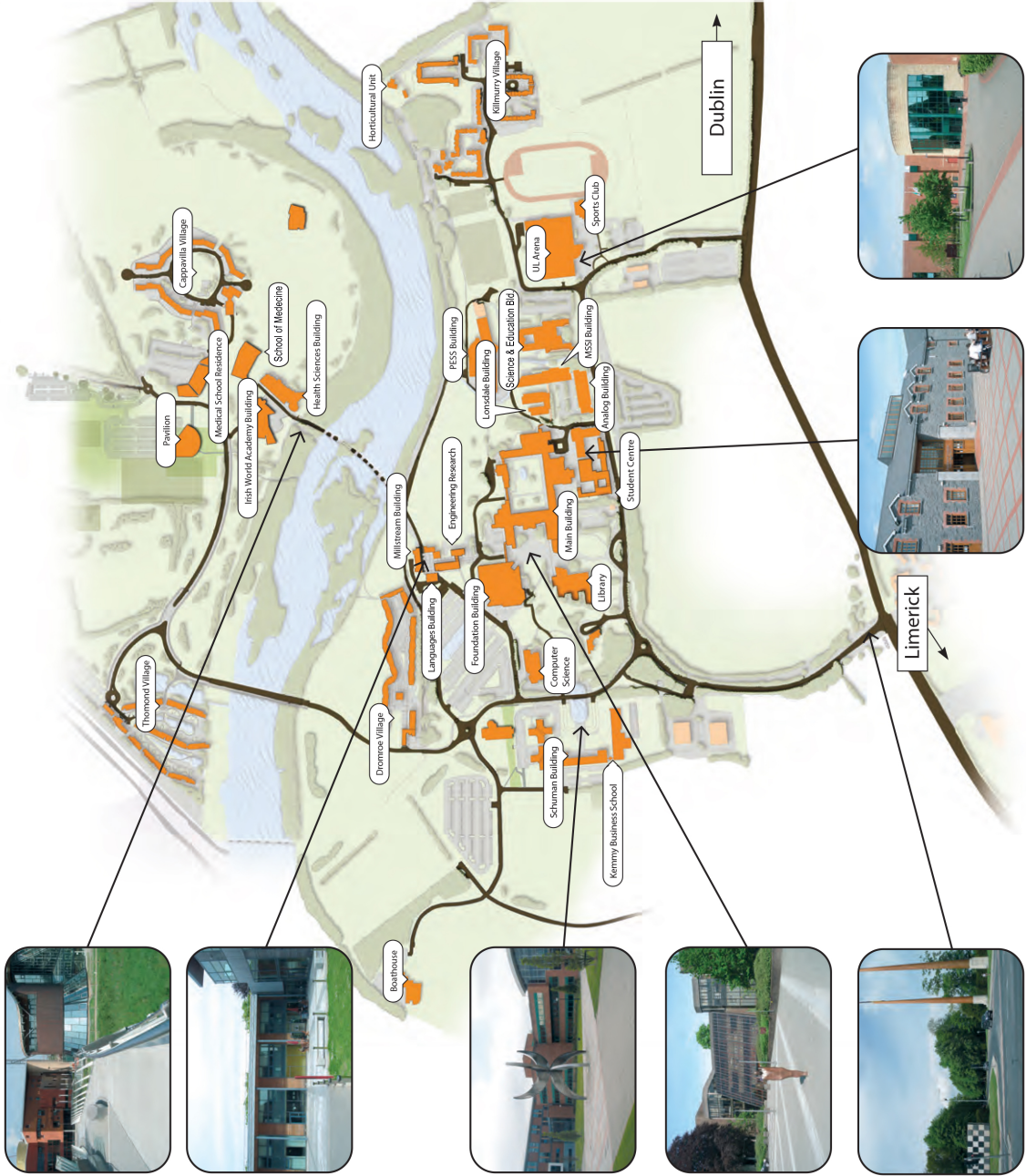
On the evening of Saturday July 1<sup>st</sup> we will offer a special BBQ buffet for all participants. This is a pre-registration event, costing only 30 Euro per person, which will take place in the covered courtyard of the Stables. Please register for this when completing the online booking for the lectures & workshops.



# UL Campus Map

## LEGEND - UNDERGRADUATE TEACHING BUILDINGS

- Schuman Building (SG, S1, S2)
- Kemmy Business School (KBG, KB1, KB2, KB3)
- Computer Science Building (CSG, CS1, CS2, CS3)
- Glucksman Library and Information Services Building (GLG, GL0, GL1, GL2)
- Foundation Building (FB, FG, F1, F2)
- Engineering Research Building (ERB, ER0, ER1, ER2)
- Languages Building (LCB, LC0, LC1, LC2)
- Lonsdale Building (LB, LG, L1, L2)
- Science and Education Building (SR1, SR2, SR3)
- PESB Building (PG, PM, P1, P2)
- Health Sciences Building (HSG, HS1, HS2, HS3)
- Main Building (Blocks A,B,C,D,E)  
Block A: AO, AM, A1, A2, A3  
Block B: BO, BM, B1, B2, B3  
Block C: CO, CM, C1, C2  
Block D: DO, DM, D1, D2  
Block E: EO, EM, E1, E2
- Analog Building (AD0, AD1, AD2, AD3)
- Irish World Academy Building (IWG, IW1, IW2)
- School of Medicine (GEM50, GEM51, GEM52, GEM53)



## Getting to Limerick

There are multiple airlines which serve Shannon Airport (30km from venue, 30 mins drive), Cork Airport (115km from venue, 1.5 hrs drive) & Dublin Airport (200km from venue, 2 hrs drive)



There are several Bus companies which have a regular service from the airports to the University of Limerick.

For full details of connections and recreational and tourist focused ideas in the area please visit the site below:

<https://www.limerick.ie/discover/visiting/getting-here-around/getting-here>





The full programme will be published online through the ITF website very soon, however the key times and dates are:

**Thursday June 29<sup>th</sup>**

Registration at University of Limerick Pavillion Bar and Restaurant (times TBA)

**Friday June 30<sup>th</sup>**

12:00-13:00 Registration at University of Limerick Main Reception

14:00 Opening & Welcome, First Keynote and Workshop 1

20:00 Close of Day 1



**Saturday July 1<sup>st</sup>**

09:00 – 13:00 Morning Keynotes and Workshops

14:00 – 17:15 Afternoon Keynotes and Workshops

19:00 – Late BBQ and entertainment at the Stables Club



## Sunday July 2nd

09:00 – 11:00 Morning Keynotes

11:30 – 14:45 Morning Workshops

14:45 – 15:00 Closing and presentation of Diplomas

