



ALL EUROPE TAEKWON-DO FEDERATION

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AETF Athletes Committee - Terms of Reference

1. Introduction

The **AETF Athletes Committee** represents and supports athletes in all aspects of their training, competition, and well-being. The committee ensures that athletes' voices are heard in the decision-making process and that their needs are met in areas such as mental health, funding, and performance development.

Athletes are the heart of Taekwon-Do ITF, and their needs must be prioritised.

This committee will work to ensure that athletes receive the support, resources, and recognition they deserve.

2. Roles and Responsibilities

The Athletes Committee will:

- Establish a **structured feedback system** to address athlete concerns.
 - Develop **mental health support programs** to enhance athlete resilience.
 - Coordinate with national federations to **improve funding opportunities** to support training and competition costs.
 - Organise **athlete performance assessments** to optimise training strategies.
 - **Ensure that athletes have an active role in AETF decision-making**, allowing them to shape policies that affect their careers.
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3. Implementation Plan

- Conduct **athlete consultation meetings** to identify key concerns and areas for improvement.
- Work with **sports psychologists and mental health professionals** to create mental resilience programs.
- Develop **initiatives and sponsorship programs** to ease financial burdens on athletes.



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- Collaborate with **high-performance coaches and sports scientists** to enhance athlete development.
 - **Ensure that athletes have a strong voice in AETF decision-making**, empowering them to advocate for necessary changes.
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4. Collaboration & Reporting

- **Reports to:** AETF Board of Directors.
 - **Works closely with:** Coaches Committee, Anti-Doping & Health Promotion Committee, Development Committee, Technical Director.
 - **External Partners:** Sports Psychologists, Performance Analysts, Funding Organisations.
 - **Reporting Frequency:** Quarterly reports on athlete well-being and representation.
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5. Conclusion

The **Athletes Committee** is essential in ensuring that athletes receive the resources, support, and recognition they need to excel. **By prioritising mental health, financial aid, and performance optimisation, this committee strengthens the foundation of Taekwon-Do ITF in Europe.**

Moving forward, the integration of athlete voices into AETF governance and the expansion of athlete support systems will be key in creating a sustainable and thriving competitive environment.