

中華奧林匹克委員會 函

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受文者：中華民國舉重協會

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速別：普通件

密等及解密條件或保密期限：

附件：研習招生簡章、參加計畫問卷調查表

主旨：檢送美國奧會與奧林匹克團結基金(OS)合作辦理第11屆國際教練提升認證研習計畫(2018-2019 International Coaching Enrichment Certificate Program, 簡稱ICECP)課程招生簡章乙份，貴會如欲推薦教練參加，請將參加者之資料彙送本會，俾憑辦理申請，請查照賜復。

說明：

- 一、依據美國奧會2018年3月27日電子郵件來函辦理。
- 二、旨揭研習計畫係奧林匹克團結基金與美國奧會為提升各國家之教練專業知識，藉由親身向國際級之教練及專家研習教練方法，修正指導觀念並實踐於其教練工作或改進其國家教練制度，爰委由美國德拉瓦大學(University of Delaware)承辦是項計畫。所有課程均以英語進行，各參加教練需完成四期課程：
 - (一)課程一：2018年8月15日至9月30日利用德拉瓦大學的線上課程虛擬實境教育模組課程進行遠程教學，內容約為運動教練、醫學、管理等理論講授。
 - (二)課程二：2018年9月30日至10月20日假科羅拉多泉美國奧林匹克訓練中心舉行，課程內容約為運動中心進駐、與美國各國家級教練見習。

(三)課程三：2018年10月20日至10月27日在指定的學徒培訓地舉行，課程內容約為進駐運動中心、教練教學、實際應用。

(四)課程四：2019年4月28日至5月3日假瑞士·洛桑國際奧會總部舉行，課程內容約為學術研討及授予證書。

三、被推薦者須英語流利、具所屬國家運動協會或國際運動總會認可之國家級教練資格，且於研習課程結束後，須參與所屬國家運動協會各項活動，貢獻所學。

四、檢送研習招生簡章（如附件）、參加計畫問卷調查表（如附件）與計畫課程網頁<http://www.udel.edu/ICECP/program/application.html>供參。貴會如擬推薦教練參加，請於本（107）年4月20日前函送申請者填答問卷內容文件、申請者英文簡歷、護照證件照（含電子檔）、並檢附協會英文推薦函、申請者英文自薦函、英文健康體檢證明書等相關資料函復本會以利本會向美國奧會及OS申請。報名申請者並須經本會英文面試，合格者始得獲本會推薦。

五、本案申請者如未獲OS核准補助，而仍擬前往參加者，本會可代向美國奧會報名，惟所需費用則須自行負擔。

正本：中華民國射箭協會、中華民國田徑協會、中華民國籃球協會、中華民國拳擊協會、中華民國擊劍協會、中華民國曲棍球協會、中華民國柔道總會、中華民國划船協會、中華民國橄欖球協會、中華民國游泳協會、中華民國桌球協會、中華民國網球協會、中華民國跆拳道協會、中華民國排球協會、中華民國舉重協會、中華民國角力協會

副本：本會國際組

中華奧林匹克委員會

ICECP

INTERNATIONAL COACHING
ENRICHMENT CERTIFICATE PROGRAM



2018-2019

11TH EDITION



UNIVERSITY OF
DELAWARE



INTERNATIONAL COACHING ENRICHMENT CERTIFICATE PROGRAM (ICECP) has been much enthusiasm amongst NOCs and more than 290 participating coaches in 11 countries from all five continents and 25 sports. Celebrating the success of the ICECP, we are looking forward to launching the eleventh partnership with Olympic Solidarity and the University of Delaware.

The United States has a long history of serving and supporting the Olympic Movement and has made a renewed commitment to sharing our resources, expanding our partnerships and extending a welcoming hand to the world. We are honored to be a part of the Olympic Movement's greatest asset—its human resources that contribute to the Olympic Movement's greatest strength and success, as well as developing friendships world-wide. With 87 nations having won a medal at the Olympic Games, the United States is one of the Olympic Movement's greatest strengths. We are pleased to have the opportunity to provide coaches with world-class training and expertise. This is of particular importance given the demands of the Olympic Movement and the need for the latest technical methods of their training of their athletes in the use of physiology, nutrition, psychology, and technology (among others). The value of a coach educated in sport science, and their sport is of the greatest value to the development of athletes.

At the level of the Olympic Movement, we are pleased to have the opportunity to provide coaches with world-class training and expertise. This is of particular importance given the demands of the Olympic Movement and the need for the latest technical methods of their training of their athletes in the use of physiology, nutrition, psychology, and technology (among others). The value of a coach educated in sport science, and their sport is of the greatest value to the development of athletes.

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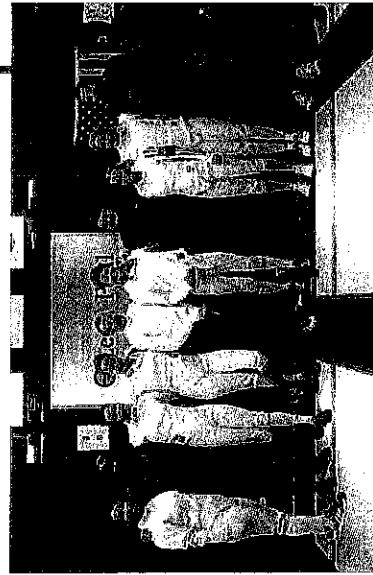
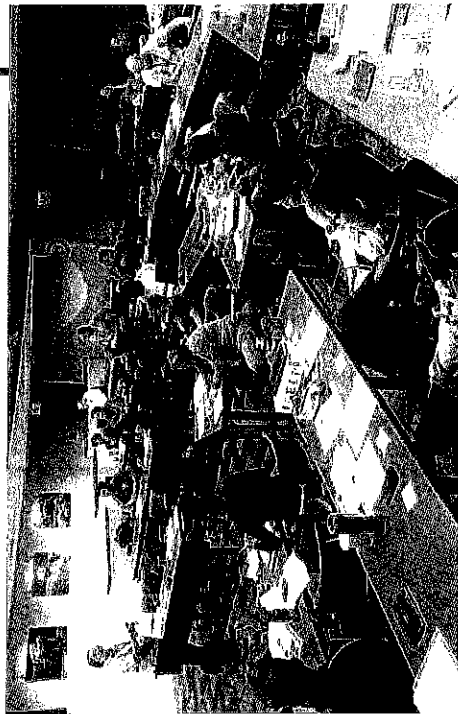
Mission

THE MISSION OF THE INTERNATIONAL COACHING ENRICHMENT CERTIFICATE PROGRAM is to provide national level coaches and those responsible for the development of the sport national coaching structures in their countries with a practical program orientated towards developing proficiency in

the areas of sport sciences, talent identification, athlete development, coaching education, coaching management, grass roots sport development and ethical aspects of coaching at all levels of competition and across multiple sports.

The focus of the program includes training participants to identify and develop athletes, but also provides the participants with the skills and competencies needed to educate aspiring coaches in their home country. The program will lay theoretical foundations and offer practical applications for the further growth of sport, coaching and the Olympic ideals within their home country.

The intended outcome is for ICECP participants to return to their countries and to serve as coaches within their respective sports as well as become foundation builders for future coaches and athletes while spreading the Olympic spirit.



Lecture

RICHMENT CERTIFICATE PROGRAM is an intensive coaches' education for guest speakers, participant presentations, group work, field trips, and more. The program is open to international coaches and national U.S. coaches scheduled over an academic year. In addition, the candidate will work with an individual coach on a personal project that will be implemented for the benefit of the respective sport.

Candidates will be provided reading materials that should be completed prior to arriving for the start of the program in the United States. This material will prepare the candidates for the topics that will be covered during the course.

COACHING	RUGBY	TENNIS
HOCKEY	SWIMMING	VOLLEYBALL
SOCCER	TABLE TENNIS	WEIGHTLIFTING
WRESTLING	TAEKWONDO	WRESTLING

PAST TOPICS:

- Basketball Coaching Education for Secondary School Coaches in Malawi
- Development of a Grass Root Marketing Campaign for Fencing in Macedonia
- Development of a National Judo Coaching Education System in Japan
- Development of Coaching Education for Taekwondo in Ethiopia
- Development of a Training Model to Prepare Elite Athletes for High Performance in Taiwan
- Long-Term Volleyball Development in Malaysia
- Development of a Program for Player Identification for Iran Basketball Teams at All Levels
- Planning and Preparation for Peak Performance in High School Athletics/Track and Field in Antigua and Barbuda
- A Model for the Implementation of Distance Weightlifting Competition (Piloted in the U.S.)
- Development Program for Volleyball in South Africa
- Development of a National Talent Identification Program for Youth Males Basketball Players in Sierra Leone
- Using Nonational Analysis as Function of Educating Coaches of the Judo Federation of Bosnia and Herzegovina

ANNUAL PROJECT:

Personal project on an international Olympic sport. The candidate will be provided with information and resources after consultation with the respective national federation prior to the start of the program. The candidate will be provided with information and resources thereafter.

PERSONAL PROJECT:

Personal project on an international Olympic sport. The candidate will be provided with information and resources after consultation with the respective national federation prior to the start of the program. The candidate will be provided with information and resources thereafter.

ASSIGNED READINGS:

Candidates will be provided reading materials that should be completed prior to arriving for the start of the program in the United States. This material will prepare the candidates for the topics that will be covered during the course.

Module 1:

The first module will be run virtually using an online system through the University of Delaware. The programming will start 15 August 2018 and run through late September 2018. The online distance learning module will consist of online lectures, guest speakers and online on-demand coach trainings through programming run by both the IOC and the USOC. In addition, candidates will be required to do self-reflection and self-analysis of coaching styles, tendencies and habits, to better prepare them for the personal and professional development that will happen during the next three modules. All online work can be done "Live" or "On-Demand" through the virtual platform, so in order that it fits within any work, coaching or life situation around the world.

SAMPLE TOPICS COVERED:

- Coaching Philosophy and Ethics
- Coaching Principles I: Training Design
- Coaching Principles II: Practice Design and Planning
- Coaching Principles III: Managing Relationships
- Exercise Physiology: Understanding the Athlete
- The Image of the Coach
- Talent Identification
- Business of Sport: Business of the Olympic Movement
- Business of Sport: Sport Marketing
- Project Preparation
- And more

Module 2:

COLORADO SPRINGS, COLORADO UNITED STATES OLYMPIC COMMITTEE

The second module will be held at the USOC's Olympic Training Center in Colorado Springs. The module will consist of a continuation on the development of the candidate's personal project and of the coaching

- Coaching Methods: Teaching and Learning
- Quality Coaching Framework and Implementation
- Long Term Athlete Development and American Development Model
- Exercise Physiology: Environmental Factors and Performance
- Exercise Physiology: Overtraining
- Exercise Physiology: Energy Systems
- Sport Physiology: Using the Rate of Adaptation to Guide Training
- Nutrition Periodization
- Sports Nutrition: Training Considerations
- Sports Nutrition: Competition Preparations
- Strength and Conditioning: Planning and Periodization
- Strength and Conditioning: Testing and Evaluation
- Sports Psychology: Team Build/Cohesion
- Sport Psychology: Individual Peak Performance
- Sport Psychology: Mental Preparation for Athletes and Coaches
- Team Management and Travel Preparation
- USOC Sport Services Division – case study
- Mini Projects
 - Training Design
 - Coach Development

National (U.S.) Candidates will attend the program for 14 days and will spend the last four days of the program preparing their projects with tutors that will assist them and mentor their next steps at both apprenticeship programming and project implementation and completion.

International Candidates will spend 21 days in Colorado Springs, with the last 4 days of the module dedicated to coaching the candidates on their projects by their tutors. The module will culminate with a presentation by the candidates on their proposed projects. There will be one tutor per three candidate coaches.

ACCOMMODATION:

Housing will be at the United States Olympic Training Center (USOTC) which is setup in a dormitory style. Each candidate will have a shared room. Bathrooms

Module 4:

Module 4 will take place in Lausanne Switzerland, headquarters to the IOC, ANOC and many International Federations. During the fourth module candidates will undergo an analysis of their projects by the academic board (made up of the University of Delaware, USOC, and international coaching experts). The candidates will receive recognition for the conclusion of the program based on the completion and/or implementation of their project. Successful candidates will be awarded a certificate of completion from the University of Delaware and the U.S. Olympic Committee after having undergone a public presentation of their projects.

NATIONAL (U.S.) CANDIDATES

National Candidates from the U.S. will have an option to attend the Module 4 in Lausanne or opt to attend an event in the U.S. to complete their report and project presentation (if scheduling of module 4 is an issue).



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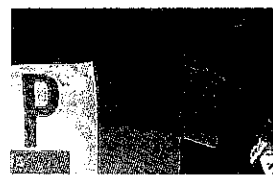
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International Tutors:

During the first module an international coaching expert will be assigned to tutor each participant, and through regular communication and through the use of email participants will consult with their assigned tutor on the development of their projects.

Tutors with significant experience in sports sciences and the development of coaching programs internationally and from internationally renowned coaching institutes have been recruited to support participants on the development of their projects.

A list of the following international tutors and their bios is to be posted on the ICECP website at: www.udel.edu/ICECP

Dragomir Cioroslan – U.S. Olympic Committee

Barbara Daniels – Sports Coach UK

Peter Davis – Sport Performance Management, United States

Nadine Dubima, USOC Coach Education

Josep Escoda – Centre d'Alt Rendiment (CAR), Barcelona

Michele Hurrado – U.S. Olympic Committee

Tracy Lamb – U.S. Olympic Committee

Sarah McQuade – Sports Coach UK

Matthew Robinson – University of Delaware

Jeff Schneider – University of Delaware

Chris Snyder – U.S. Olympic Committee

Application Process:

INTERNATIONAL CANDIDATE PROFILE:

The candidate for an Olympic Solidarity scholarship should be a coach with the following characteristics. He or she must:

- belong to a federation of a sport on the Olympic programme;
- hold the rank of official coach recognized in his/her country of origin and/or by the respective International Federation;
- be active and able to prove that he/she has practical experience as a coach at national/international level;
- be fluent in reading, writing, and speaking in English;

NOTE: New to the ICECP application procedure, Olympic Solidarity **MUST** receive the Olympic Solidarity Scholarships for Coaches Application by 14 May 2018. The USOC will not consider candidatures whose applications Olympic Solidarity has not received by 14 May 2018. The new procedure will also mean that candidates will not receive ICECP acceptance confirmation letters until after their candidatures have been approved for a scholarship by Olympic Solidarity and the respective International Federation. Acceptance notifications will be sent forth to accepted candidates between the middle and end of June 2018. Accepted candidates needing a Visa to enter the United States should begin their Visa application procedures immediately after receiving acceptance confirmation letter from the USOC and the ICECP.

The individual must be committed to returning and making an important and sustainable contribution to his or her sport and Olympic movement through application of the knowledge and experience gained from the program. Participants will be selected on the basis of their background and project proposal, as well as will be subject to approval by Olympic Solidarity and the International Federation of their sport, if wishing to benefit from an Olympic Solidarity scholarship. In accordance with the IOC's promotion of women in leadership positions in sport, NOCs are encouraged to support candidatures from women.

NATIONAL (U.S. RESIDENT) CANDIDATE PROFILE:

The candidate for a United States Olympic Committee scholarship should be a coach with the following characteristics. He or she must:

- belong to a National Governing Body (NGB) of a sport on the Olympic or Paralympic program;
- hold a coaching rank or certification from their National Governing Body in coaching or coach education or international federation certification;
- be recognized and approved for the program by their National Governing Body's coaching education or high performance departments for the program;
- be active and able to prove that he/she has practical experience as a coach at performance level within their sport in the U.S.;
- be fluent in reading, writing, and speaking in English;

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NATIONAL (U.S. RESIDENT) STUDENTS:

The course fee is USD 10,500, and if selected for the program will be eligible for a scholarship from by the United States Olympic Committee for the cost of the program. Program costs include the cost of tuition, shared accommodation, meals, health insurance, transportation to Colorado Springs, apprentice site and internal transportation including the cost of air travel to Lausanne, Switzerland for Module 4.*Note: U.S. candidate costs are higher as the scholarship includes the cost of the airline ticket to the Lausanne module. U.S. candidates are funded by the USOC and do not qualify for an Olympic Solidarity scholarship.

Application Submission

Instructions:

ICECP applications should be completed electronically by 14 May 2018

INTERNATIONAL CANDIDATES APPLICATION (NON-U.S. CANDIDATES)

As part of the application process, applicants need to be prepared to provide personal data (passport, etc.); professional background information related to their coaching experience and be prepared to respond to the following questions:

- What are your objectives and expectations in participating in the ICECP program?
- What are your NOC's and NF's expected goals and end results from participating in the ICECP?
- What is the title of your proposed project?
- Which particular area of coaching will be addressed? (Coaching education, youth sport development, long term athlete development, high performance management, talent identification, grassroots programming and or development).
- What are the objectives of your project? For example, your proposed project must have as its main objective: Improve some aspect of the sporting infrastructure in the home country, general and specific to a particular sport. Please see ICECP website for a list of possible topics.
- What are the reasons for your choice? Please explain your personal reasons for wishing to improve the selected area within your country's sporting infrastructure.

Once you have completed the online application, you need submit the following items:

1. Copy of ICECP Application Summary Form
2. NOC Endorsement Certification Form
3. Letters of support from your NOC and National Federation
4. Curriculum Vitae
5. Passport photograph (electronic version preferable)
6. Medical Certificate

Please submit the above documents to USOC and Olympic Solidarity electronically.

NOTE: New to the ICECP application procedure, Olympic Solidarity MUST receive the Olympic Solidarity Scholarships for Coaches Application by 14 May 2018. The USOC will not consider candidatures whose applications Olympic Solidarity has not received by 14 May 2018. The new

procedure will also mean that candidates will not receive ICECP acceptance confirmation letters until after their candidatures have been approved for a scholarship by Olympic Solidarity and the respective International Federation. Acceptance notifications will be sent forth to accepted candidates between the middle and end of June 2018. Accepted candidates needing a Visa to enter the United States should begin their Visa application procedures immediately after receiving acceptance confirmation letter from the USOC and the ICECP.

When submitting your NOC Endorsement Certification to your NOC and obtaining your letters of support from your NOC and national federation, you must provide a copy of your completed ICECP Application Summary Form to your NOC and National Federation to ensure approval of your selected project.

To complete the formal application process, you must submit your completed ICECP Application Summary Form with the NOC Endorsement Certification Form, curriculum vitae (CV), passport photo (electronic version preferable) and letters of support from your NOC and National Federation to USOC and Olympic Solidarity by 14 May 2018.

International Candidates: please send all correspondence to the attention of:

Carolina Bayón, Director
International Cooperation and Policy
USOC, International Relations

NATIONAL CANDIDATES APPLICATION (U.S. CANDIDATES)

As part of the application process, applicants need to be prepared to provide personal data (passport, etc.); professional background information related to their coaching experience and be prepared to respond to the following questions:

- What are your objectives and expectations in participating in the ICECP program?
- What is the title of your proposed project?
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- What are the objectives of your project? For example, your proposed project must have as its main objective: Improve some aspect of the sporting infrastructure in the home country, general and specific to a particular sport. Please see ICECP brochure for a list of possible topics.
- What are the reasons for your choice? Please explain your personal reasons for wishing to improve the selected area within your country's sporting infrastructure.
- How will you evaluate the success of your project? (e.g. number of participants, creation of curriculum, improvement in performance of athletes, development of athlete development pipeline, etc.)

Do not begin the application process until you are prepared to provide all the above information.

Please also make sure to have a printer available in order to print the ICECP APPLICATION SUMMARY FORM upon the conclusion of the application process.

Once you have completed the online application, you need submit the following items:

1. Copy of ICECP Application Summary Form
2. Letters of support from your NGB
3. Curriculum Vitae
4. Passport photograph (electronic version preferable)

Please submit the above documents to USOC by email or mail.

Comments from Past Participants:

"ICECP has given me a new life, more confident to speak up, to be a thinking person."

"The mentors were very professional and down to earth. They guided me and also reinforced my views on coaching. I can now say that this program has fulfilled my dream. I now understand what my role is and whom I represent."

"It is a great program for the coaches please carry on this program in future for the benefit of the sports and also for the promotion of Olympism."

"I've described my experience at ICECP as 'Standing on the shoulders of giants.' I feel that the exceptional quality of the lecturers has afforded me a greater understanding of the subjects. Along with this broad invaluable education, I feel a very humbling responsibility to be an agent of change."

"I am 100% in support of the ICECP because the program is enriching coaches from around the globe who will serve as pillars for developing the sport in their country and indirectly giving people most especially the young ones a chance to make a positive change in their lives."

"All the presentations were at a high level and the program has given us a great vision to improve our knowledge of sport."

"The theoretical and practical components of the program provided vital information and directions that have changed my entire view of coaching."

"ICECP is a great program because it allows relationships between people of different countries and customs. All of the participants work at different levels in their countries so it is a great opportunity to learn from each other."

"From the knowledge I have acquired I am highly convinced that I can and will make great impact as a coach to my national federation as well as other federations that operate under the NOC."

"There are components of this course that helped me to have a different view of my sport as a coach in general and I am going home as a different person, with new ideas."

"While the course content was very informative and valuable, the input from participants worldwide and how they dealt with issues was equally valuable."

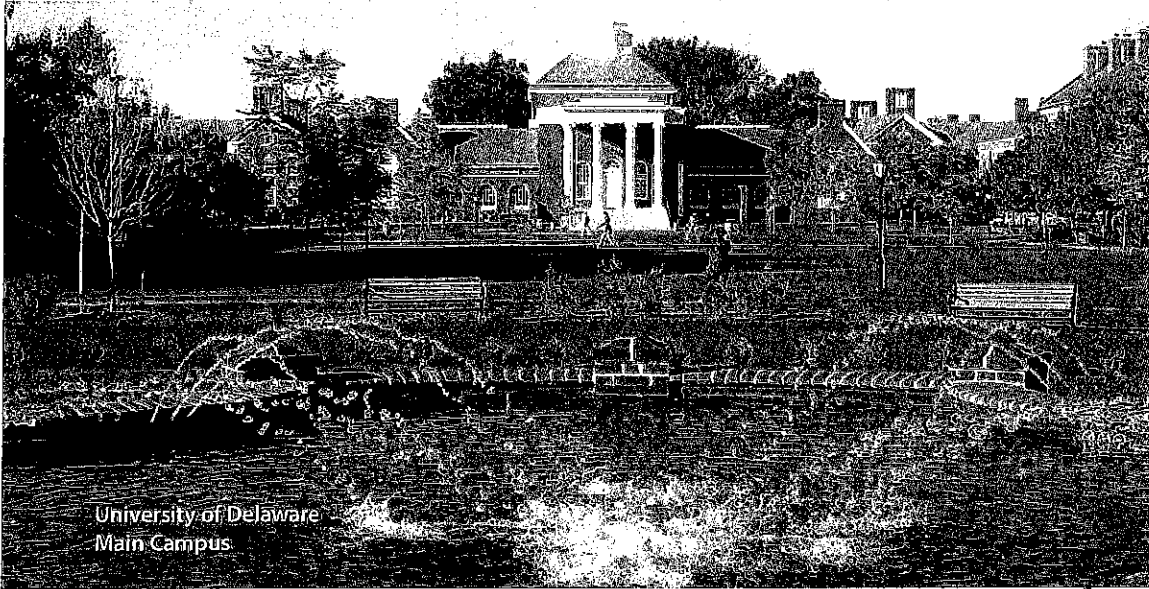
"Learning all the academic and theoretical components as well as experiencing high level teaching and mentoring from the professors and lecturers inspires me to become better and make an impact on coaches, athletes parents, and officials in my country."

"This is a very high classed coaching course taking into consideration its content and intensity, great idea to keep, there should be a follow up of past participants after they pass through this program for an international network. There should be a physical exercise by all coaches as a group twice a week, a proper tour of the gym because some of us saw certain machines for the first time. Thanks for all the great work!"



The University of Delaware

THE UNIVERSITY OF DELAWARE has grown from its founding as a small private academy in 1743 to a major university. The University offers an impressive collection of educational resources. The 16,000 undergraduate students may choose to major in any one or more of over 100 academic majors. The University's distinguished faculty includes internationally known scientists, authors and teachers, who are committed to continuing the University of Delaware's tradition in providing one of the highest quality undergraduate educations available in the United States.



University of Delaware
Main Campus

The central mission of the University of Delaware is to cultivate both learning and the free exchange of ideas. To this end, the University provides excellent undergraduate and graduate courses of study in a variety of disciplines. The University works cooperatively with the area's unique cultural and technical institutions; it provides the finest library in the state and offers the region's people a rich array of public lectures, exhibitions, performances, service programs, and athletic competitions. The University strives for an atmosphere in which all people feel welcome to learn, embracing creativity, critical thinking, and free inquiry, and respecting the views and values of an increasingly diverse population.

The University is home to the High Performance Figure Skating Center, one of the world's leading training sites and home to several national and international Olympic champions. The University of Delaware offers 23 intercollegiate athletic teams that compete at the highest level of intercollegiate competition in the United States. Their coaches are viewed as some of the best in their respective sports in the United States.

ICECP will use the Canvas Learning Management System as licensed and supported through the University of Delaware. This is a secure, password-protected online teaching and learning environment that facilitates educational activities like content delivery, assignment submission, discussion threads, communication, and assessment. ICECP participants have access to Canvas for the duration of the course of the program.

Visit www.udel.edu to learn more about the University.



University of Delaware
Athletic Complex

Contact Us:

If you have any questions regarding the program, please contact us as follows:

INTERNATIONAL CANDIDATES:

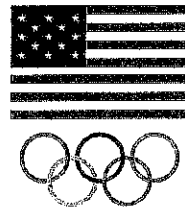
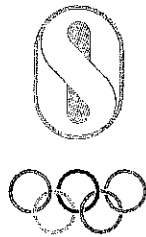
Attention: Carolina Bayón
Director, International Cooperation and Policy
USOC International Relations
1 Olympic Plaza
Colorado Springs, Colorado 80909
Email: ICECP@usoc.org
Tel: +1.719.866.2050

NATIONAL CANDIDATES:

Attention: Chris Snyder
Director, Coaching Education
1 Olympic Plaza
Colorado Springs, Colorado 80909
Email: ICECP@usoc.org
Tel: +1.719.866.2245

ICECP

INTERNATIONAL COACHING
ENRICHMENT CERTIFICATE PROGRAM



UNIVERSITY OF
DELAWARE.

USOC International Relations
1 Olympic Plaza
Colorado Springs, CO, USA 80909
Email: ICECP@usoc.org
Tel: +1.719.866.2050

www.udel.edu/ICECP

ICECP's Question to the Applicants

1. What are your objectives and expectations in participating in the ICECP program?
2. What are your NOC's and NF's expected goals and end results from participating in the ICECP?
3. What is the title of your proposed project?
4. Which particular area of coaching will be addressed? (Coaching education, youth sport development, long term athlete development, high performance management, talent identification, grassroots programming and or development).
5. What are the objectives of your project? For example, your proposed project must have as its main objective: Improve some aspect of the sporting infrastructure in the home country, general and specific to a particular sport.
6. What are the reasons for your choice? Please explain your personal reasons for wishing to improve the selected area within your country's sporting infrastructure.
7. How will you evaluate the success of your project? (e.g. number of participants, creation of curriculum, improvement in performance of athletes, development of athlete development pipeline, etc)