



# TERRANOVA SPORTS GROUP OVERVIEW

Discovering excellence in athletic training and performance





# **TERRANOVA SPORTS GROUP FOUNDATION AND VISION**

## **IDENTITY AND HIGH PERFORMANCE FOCUS OF TERRANOVA SPORTS GROUP ACADEMY**



### **Structured Athlete Development**

Terranova follows a long-term development pipeline from beginner skills to elite international competition.

### **Purpose-Driven Coaching**

Coaching focuses on measurable growth in discipline, technical skills, and tactical competition readiness.

### **Mental and Psychological Preparation**

Athletes receive training in mental toughness, decision-making, and competition strategy to perform under pressure.

### **Team-Based Identity and Excellence**

Terranova encourages athletes to represent the academy on provincial to international stages, promoting excellence and accountability.

# VISION AND LONG-TERM ATHLETE DEVELOPMENT PATHWAY

## Structured Athlete Development

A clear pathway guides athletes from foundational Taekwondo skills to international competition readiness.

## Holistic Athlete Growth

Development includes leadership, accountability, and resilience for well-rounded, disciplined competitors.

## Innovative Digital Integration

Virtual competitions and digital platforms expand athlete experiences beyond physical travel.

## Performance Tracking and Coaching

Data-informed coaching supports continuous athlete evolution within a sustainable development pipeline.





**TERRANOV**  
SPORTS CENTE

# PROGRAMS AND ATHLETE DEVELOPMENT SYSTEM

Amalgamated with Doroja Athletics  
Academy in May 2026

# **CORE TRAINING PROGRAMS: FOUNDATION TO OLYMPIC PERFORMANCE**



## **Foundational Training Program**

Focuses on basic Taekwondo techniques, discipline, endurance, and coordination for beginners.

## **Olympic High-Performance Program**

Emphasizes advanced sparring, tactical movement, and competition preparation aligned with world standards.

## **Personalized Coaching and Feedback**

Coaches provide tailored training plans and continuous feedback to refine athlete skills and readiness.

## **Cross-Training and Conditioning**

Incorporates strength and conditioning to enhance overall athletic performance and endurance.



# **HOLISTIC ATHLETE DEVELOPMENT: LEADERSHIP, WELLNESS, AND PERFORMANCE**

## **Leadership Development**

Terranova integrates leadership training to enhance decision-making, accountability, and team dynamics using real-world executive principles.

## **Athlete Wellness Focus**

Emphasizes nutrition, recovery, sleep, and injury prevention to promote long-term athlete health and performance sustainability.

## **Mental Resilience Training**

Trains athletes in stress management, focus, visualization, and goal-setting to enhance mental performance under pressure.

## **Balanced Lifestyle Integration**

Encourages athletes to balance rigorous training with healthy lifestyle choices for overall personal and professional growth.

# INNOVATION THROUGH VIRTUAL TAEKWONDO AND TECHNOLOGY INTEGRATION

## Virtual Taekwondo Competition

Virtual Taekwondo merges traditional martial arts with digital platforms enabling global competition without travel.

## Performance Analytics Integration

Use of motion tracking and video analysis provides detailed performance insights for athlete improvement.

## Technology Partnerships

Collaborations with technology organizations expand capabilities in digital sports and innovative training methods.

## Future of Athletic Training

Integrating virtual and physical sports prepares athletes for evolving digital and physical competitive environments.



# **STRATEGIC PARTNERSHIPS AND GLOBAL ECOSYSTEM**



## **Collaborative Athlete Support**

Strategic partnerships provide athletes with management, performance optimization, and technology integration support.

## **Access to Professional Resources**

Partnerships with sports groups and apparel providers offer equipment and branding opportunities for athletes.

## **Education and Empowerment**

STEAM collaborations prepare athletes for future careers and empower underrepresented groups, especially girls in STEM.

## **Technology and Innovation**

Partnerships with tech organizations enable virtual competitions and advanced performance analytics.