

DFF Træningslejr- The Values Camp

sep-17



Objectives of the camp: Start the season together as the Bruttotrup with specific focus on topics
 1) Values and meaning in elite sport.
 2) self awareness

Time	Saturday	Details	Objective	Sunday	Details	Objective	
8.45	Arrive	Write down 3-5 values that would be important to draw on this weekend	Increase awareness of why you are here and what you need to do to make the most of the time. Start thinking about what values can help you in fencing.	Arrive	Sign in on the board with your score out of 10 for how ready and motivated you are for the day	Time for check-in with your current state, become aware of any issues and a chance to acknowledge or address them before training starts.	
9.00	Circle introduction	Introduce yourself and complete the sentence- I want to be the kind of athlete who... This should be process not result orientated + sign in	Learn something about yourself and your teammates by sharing one value in sport that means something to you.	Circle introduction + mindful start	Meet and greet, go over the plan for the day and 10 mindful breaths	Start the day as a group, looking each other in the eyes and with a short but powerful exercise of focus and clearing the head.	
9.20	Dynamic warm-up	GB Olympic warm-up, lead by LH	Give ideas for effective warm-up exercises, make sure that everyone starts the weekend firing	Warm up games + stretching	Choice of games to get warm and stretches to prepare for fencing	Start the day with something nice and fun	
10.00	Fencing	3 x close distance fights to 5 hits. 3 x 6 mins with time, no points	Practice styles of competitive fencing which do not replicate competition exactly.	On piste footwork game	Competitive and tactical footwork exercise on the box	Learn the importance and power of distance control	
10.30				Fencing	To be confirmed, possible guest trainer		
11.00							
11.30	Introduction to values in sport + outline charity initiative	Discussion about why values are important in sport and life	Bring a helpful perspective to understand your own reasons for doing sport and sport in a wider context	Lunch	Bring your own lunch and snacks	Healthy and filling lunch to replenish lost energy, vitamins and minerals and be ready for the afternoon	
12.00	Mindfulness practice	A guided meditation exercise	Train focus and re-focus, gain understanding about the inner workings of your brain				
12.30	Lunch	Bring your own lunch and snacks	Healthy and filling lunch to replenish lost energy, vitamins and minerals and be ready for the afternoon				
13.00	Introduction to bruttotrup values work	Presentation of plans for identifying and working with a set of values for the DFF Bruttotrup	Create agreements on what it means to be a member of the nationals bruttotrup and how we want to represent those values in our behaviour.	Values of Olympism	Introduce the Olympic values and why they are important and useful to us	Continue discussion around the theme of values to bring new perspectives and meaning to your sport	
13.30				Values in action	Bruttotrup Charity initiative, in groups of 1,2 or 3	Action as well as words, to strengthen the concept of values work as a group	
14.00	Warm-up	Re-sign in		Mindful walk	Guided walking meditation	Try a new form of meditation, gaining in awareness of the body and the mind	
14.30	Fencing	Groups of 5, fence to 5 hits. 2 fencing, 1 videoing, 2 reviewing	Become comfortable with watching and reviewing your own fencing.. Help each other to analyse the fencing and share ideas for what to improve.	Dynamic warm-up	Also, re-sign in	See if your feeling of readiness and motivation has changed since the morning	
15.00				Fencing	Pyramid system (fights against the same opponent to 1,3,5,3,1 hits) x 4 followed by free fencing		Increase level of focus for first and last hit, generally help keep concentration high throughout a match
15.30							
16.00	Warm down and body scan	15 minute guided body scan meditation	Relaxation and aid recovery	Body Scan	15 Minute guided body scan as before	Relaxation and recovery	
16.30	Discussion on values continued	Sum up the discussions from earlier and prepare for value work tomorrow	Finish the day with some thoughts to take home and consider	Checkout/ Evaluation	Fill in an evaluation form about the weekend and your own input	Strengthen the experience through review and bring awareness to potential improvements for next time. Create a sense of responsibility in the process.	
17.00	Depart			Depart			