

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 | | |