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| **Fencing Category** | **Talent: U17 (cadet)** | **Talent: U20 (junior)** | **Elite: Senior** |
| **Focus** | **Training to Train** | **Training to Compete** | **Training to Win** |
| **Overall goal** | * **5-10 girls and 5-10 boys participate in brutto national team** | * **Women and Men Teams qualify for European and World Championships** | * **Women and Men Teams participate in World Cups and Grand Prix.** * **Fencers qualifies for the Olympic Games** |
| **Stage of Maturation** | Early puberty to late puberty | Late puberty to early adulthood | Adulthood |
| **Chronological age / Development age** | Developmental age:   * Male 12-16 y.o. * Female 11-15 y.o. | Develop./Chronological Age:   * Male 16-20 y.o. * Female 15-18 y.o. (girls fully mature at 17 y.o.) | Chronological age:   * Male 20-25 y.o. (boys fully mature at 23 y.o.) * Female 18-23+ y.o. |
| **Main Pathway Objectives** | * Introduction to the Talent Elite program * Develop training capacity * Develop new physical, technical & tactical skills | * Consolidate technical skills * More focus on tactical skills * Higher level of competitions * Athlete identity * Develop individual mental preparation plan | * Maximise performance * Fully individualised approach * Focus on how to win * Long term fencer retention |
| **Approximate Training Proportions:** | * S&C: 25% * Fencing skill: 50% * Fencing tactical 25% | * S&C 25% * Fencing skill 40% * Fencing tactical 35% | * S&C 25% * Fencing skill 30% * Fencing tactical 45% |
| **Pathway Challenges** | * Growth spurt * Start of gymnasium * Increased training load * Social life | * University * Exams and tournaments overlapping * Increased social life demands * Higher standard of competitions and pressure | * Increased life responsibilities (moving out from home, cooking) * Work/life/training balance * Financial demands of competing internationally * No option to train full time |
| **Pathway Progression** | * Increased training load from B&U program * Intro to sport psychology through workshops, mindfulness, training diaries, video analysis * More 1-on-1 lessons with coach * Formal reviews, pre-season, mid-season, post-season | * 1-on-1 sessions with sport psychologist * Increased video analysis * Development of U20 team through workshops, values & video analysis | * Tournament reviews and video analysis * Individual training schedules & plans * Regular development meetings * Individual S&C programs * Fixed & longer individual lessons * Financial support of trainer’s travel expenses from DFF for those who fulfil criteria. |
| **Periodisation** | * 1 periodisation * Focus on training and development | * 2 periodisation cycles * Using mesocycles and macrocycles to peak at start of the competitive season and then again for VM | * 3 periodisation cycles (Due to competition calendar, there’s a need for multiple peaks in one season) * Individual mesocycles, macrocycles & microcycles to optimise performance & preparation. |
| **Competitions** | * Competing 6-10 times a season * European U17 circuit * First EM & VM * Strongest cadets try a junior event | * Competing 10-15 times a season * U20 World cups are global and therefore a higher level * Top juniors try a senior event | * Competing 10-12 times a season * European U23 and Satellite World Cups as transition tournaments to Senior World Cups * Senior World Cups, GPs, EM, VM and OL |
| **Træningslejre** | * Participation as a group to training camp abroad. * Trekantens summer camp * DFFs 5 yearly retreats. | * Participation as a group to training camp abroad. * Trekantens summer camp * DFFs 5 yearly retreats. | * Participation in specifically defined trainint camps abroad as a team or individually. |
| **Superviseret fysisk træning** | * Preparation of an individualized physical training program * Supervision of physical training | * Preparation of an individualized physical training program * Supervision of physical training * Training log * Independent training | * Preparation of an individualized physical training program * Supervision of physical training * Training log * Independent training |
| **Mentaltræning** | * Group workshop on the framework for mental training | * Group workshops and support for etablishing independantly led group meetings. | * Individual sessions for elite fencers * Support for the management of independantly led group meetings |
| **Dual Career** | * Information about TC and TD lines in gymnasium | * Information about dual career opportunities and requirements * Group workshops with external consultant | * Individual program and support for negociations with education institutions or employer with external consultant |
| **Physiotherapy / injury prevention** | * Appointments available with club’s physio * Coach team have a constant focus on injury prevention exercises and education | * Appointments available with club’s physio * Coach team have a constant focus on injury prevention exercises and education | * Fixed appointments with the cub’s physio for injury prevention treatment * Book an extra appointment if required * Coach team have a constant focus on injury prevention exercises and education |
| **Social Capital** | Clubwide and age-related:   * Themed lounges * Evaluation, feedback, involvement * Group sessions * Team building | | |
| **DFF suport** | * Brutto national team gatherings * National team uniforms for first-time participants in international championships * Head of Delegation to the European Championships and the World Cup * Financial support for coach participation at European and World Championships * Team start and referee fees for the European and World Championships * Support function from DFF sports manager in relation to coaches / club visits | * Brutto national team gatherings * National team uniforms for first-time participants in international championships * Head of Delegation to the European Championships and the World Cup * Financial support for coach participation at European and World Championships * Team start and referee fees for the European and World Championships * Support function from DFF sports manager in relation to coaches / club visits | * Individual suppot for international training camps * Sponsorship from Leon Paul * Financial support for coach participation in World Cups and Grand Prix * Support for supervision of physical training * Support for individual mental training sessions * Support fonction from DDFF sportschef * Brutto national team gatherings * National team uniforms for first-time participants in international championships * Head of Delegation to the European Championships and the World Cup * Financial support for coach participation at European and World Championships * Team start and referee fees for the European and World Championships * Support function from DFF sports manager in relation to coaches / club visits |
| **FKT support** | * Definition of Individual process goals in relation to fencing skills and regular follow-ups | * Definition of Individual process goals in relation to fencing skills and regular follow-ups * Definition of individual goals in relation to result goals and regular follow-ups | * Definition of individual goals in relation to result goals and regular follow-ups * Definition of individualized plans for training camps * Definition of Individual process goals in relation to fencing skills and regular follow-ups * Definition of dual career plans and support to reach deals with education institutions and employers. |
| **Expectations for parents** | * Group workshops on becoming talent and elite parents * Regular feedback to coaches and Talent and Elite Udvalg * Financial support * Volunteering work in the club | | |
| **Individualized process** | * Competent fencer * Differentiated kickoff depending on physical and mental readiness | * Proficient fencer * The good sparring partner * The good team fighter * Assistant coach * Referee | * Expert fencer * Dual career as fencer/trainer/coach/refereee. |