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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.
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| **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
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| **Træningslejre** | * Participation as a group to training camp abroad.
* Trekantens summer camp
* DFFs 5 yearly retreats.
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* 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
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 |
| **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
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| **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
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* 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
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* 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
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 |
| **FKT support** | * Definition of Individual process goals in relation to fencing skills and regular follow-ups
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* 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.
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| **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
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| **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.
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