Athlete Development Framework - Olympic Program

The Olympic Program Athlete Development Framework has been developed by our High Performance Program team including our National Weapons Coaches, S&C coach, Mindset coach, and the High Performance Commission.
It includes the attributes and standards that athletes and our high performance system need to meet to be able to achieve results at the different stages of athlete development.
The ADF is closely aligned with athlete categorisation criteria and categories, and is based on research conducted on What it Takes to Win at benchmark events in fencing.

Athlete Development Category	Grow Talent		Develop Talent		Performance		Elite International
Athlete Categorisation Category	NSO 1	NSO 2	Emerging	Developing	Podium Potential	Podium Ready	Representative and Podium
Age Profile – Foil and Sabre	10-15	14-18	15-19	18-21	19-24	22-27+	22-29+
Age Profile – Epee	13-17	17-20	18-21	21-23	22-26	26-29	26-35+

Physical
An athlete factor that focuses on the physical and physiological development of athletes.

Technical
The athlete factor that focuses on the technical development of athletes and is specific to each weapon.

Environment
A system factor that the AFF needs to put in place for athletes to succeed such as camps.

Tactical
The athlete factor that focuses on the tactical development of athletes and is specific to each weapon.

Leadership
A system factor that the AFF needs to consider including partnerships and program management

Psychological
The athlete factor that focuses on the mindset and psychology of the athlete.

Wellbeing
The athlete factor that focuses on areas athletes need to develop as they contribute to their wellbeing.

Athlete Profile

Category	Physical			Technical			Tactical			Psychological			Wellbeing
	Foil	Sabre	Epee	Foil	Sabre	Epee	Foil	Sabre	Epee	Foil Priority interpretation (52% attacks) Adaptability to referee rulings (video-based scenario testing)	Sabre Anaerobic resilience (68% attacks) Stress tolerance in rapid exchanges (reaction-time metrics under fatigue)	Epee Strategic patience (47% offensive hits) Maintain focus during 9-minute bouts (measured via heart-rate variability)	
Grow Talent	**Energy Systems** **Lvl Yo-Yo:** 11-14 **Repeat Lunge Test,** F= >90s, M = >85s **Speed & Force Production** **Female** Speed Test: 10m Sprint, Under > 2.7 Seconds Power Test: Broad Jump - 1.55m+ **Male** Speed Test: 10m Sprint, > 2.5 seconds Power Test: Broad Jump - 1.95m+ **Movement Quality** Movement Skill: OH Squat - Score of 2+ on FMS System Jump & Land: Single Leg Hop & Stick - 2+ Score on FMS - Both Legs **Strength Endurance** Single Leg Wall Sit Hold - 15s+ Push Up x5 Single Leg Calf Raise - 15+ **Strength/Endurance - Core** Plank Hold - 60+ Seconds Side Plank 30s + Each Side Hollow Hold LV1 30s +			**Blade control & precision** Point control drills and coordination exercises **Footwork & Agility** Fundamental footwork drills and agility exercises **Timing & Distance Management** Introduction to timing drills and controlled distance sparring **Defensive Techniques** Basic parries and simple counter-attack drills **Attack Variability** Compound and direct attack drills	**NSO 1** **Offensive:** Basic attacks: Simple cuts and thrusts. Introduction to compound attacks with one feint. Emphasis on clean, accurate blade work. Early practice of flunge mechanics. **Defensive:** Basic parries: Tierce (Third) and Quarte (Fourth). Ripostes: Simple riposte after a successful parry. Counter-attacks: Straight counter-attacks with simple evasive footwork. **Footwork:** Fundamentals: Advances, retreats, and lunges. Basic recovery and balance after lunges. **NSO 2** **Offensive:** Execute of compound attacks with multiple feints. Developing precision with flunge techniques. Advanced blade work: Cuts, thrusts, and disengages. Preparation of actions (e.g., using small feints to force reactions). **Defensive:** Advanced parries: Quinte (Fifth) and Seconde (Second). Counter-time actions: Parry-riposte against counter-attacks. Anticipating opponent attacks and using preemptive actions. **Footwork:** Introduction to dynamic footwork: Explosive advances and retreats. Blade and foot coordination for offensive and defensive actions. Early practice of diagonal steps to change angles on the piste.	**Be able to:** Acquire all basic techniques including offensive, defensive, and counter-offensive actions such as direct and composed attacks, parries, counter-attacks, etc.	**Opponent Analysis** Basic understanding of opponent tendencies, introduction to video review **Bouting Strategy Development** Learning fundamental offensive and defensive plans **Second Intention** Introduction to Basic Second Intention **Situational Awareness** Recognising scoring opportunities, essential tactical decision-making	**Being able to:** • Orient yourself in the space of the fencing strip. • Position yourself at the right distance to execute direct and indirect attacks. • Attack and then defend while remaining in a lunge or returning to guard position. • Execute parries and riposte. • Execute counterattacks • Establish priority (right-of-way). • Simple feints to provoke a reaction. • Understand the concept of distance management. • Early focus on timing: When to initiate an attack versus waiting for the opponent. • Exposure to basic bout strategies, like pushing the opponent toward their end of the strip.	**Being able to:** • Orient yourself in the space of the fencing strip. • Position yourself at the right distance to execute direct and indirect attacks. • Attack and then defend while remaining in a lunge or returning to guard position. • Execute parries and riposte. • Execute counterattacks.	**Preparation** **B**asic goal-setting: learn to set simple, achievable goals for training and competition. **Performance** Emotional regulation: begin practicing techniques to manage emotions during practice and competition. Focus and attention control: build the ability to concentrate on tasks despite distractions. Foil & Sabre: Prioritize rapid reaction time and adaptability to referee interpretations of priority. Confidence building: foster belief in one's abilities through positive reinforcement. **Learning** Self-awareness: develop an understanding of personal strengths, weaknesses, and emotional responses.	**Preparation** **B**asic goal-setting: learn to set simple, achievable goals for training and competition. **Performance** **E**motional regulation: begin practicing techniques to manage emotions during practice and competition. Focus and attention control: build the ability to concentrate on tasks despite distractions. Epee: Focus on sustained concentration and strategic patience (longer bout durations). Confidence building: foster belief in one's abilities through positive reinforcement. **Learning** Self-awareness: develop an understanding of personal strengths, weaknesses, and emotional response**s.**	**Learn** Work-life balance: encourage balance between school, sports, and personal life. **Thrive** Health literacy: understand the basics of nutrition, hydration, rest, and recovery e.g Heat adaptation protocols (e.g., core temperature monitoring during Asian/European summer circuits). Resilience: introduce coping strategies for setbacks in training or competition e.g. referee communication training to reduce decision anxiety. **Contribute** Social connection: build positive relationships with peers, coaches, and family.
Develop Talent	**Energy Systems** Lvl Yo-Yo: F= 14.5 + , M=16+ 7-5-5-7 Agility: F= >10s, M=>8.5s Repeat Lunge Test: F= >85s, M=>80s **Speed & Force Production** Speed Test, 10m Sprint: F = Under > 2.45 Seconds M = Under > 2.25 seconds **Strength/Power Testing** **Upper Body Power:** F = Seated Chest Pass - 3.5m+ M = Seated Chest Pass - 4m+ **Jump Power** F = Broad Jump - 1.65m+ M = Broad Jump - 2.05m+ **Strength Tests (1 RM)** **Female** Front Squat @ 1x BW Trap Bar Deadlift @ 1.15 x BW Bench Press @ 0.6x BW 5 Band Assisted Pull Ups **Male** Front Squat @ 1x BW Trap Bar Deadlift @ 1.25 x BW Bench Press @ 0.7x BW Max Pull Up - 5 +	**Energy Systems** Lvl Yo-Yo: F = 14+, M = 15.5+ 7-5-5-7 Agility: F= >10s, M = >8.5s Repeat Lunge Test: F= >85s, M=>80s **Speed & Force Production** **S**peed Test , 10m Sprint: F = Under > 2.4 Seconds M = Under >2.2 seconds **Strength/Power Testing** **Upper Body Power:** F = Seated Chest Pass, 3.5m+ M = Seated Chest Pass - 4m+ **Jump Power:** F = Broad Jump - 1.65m+ M = Broad Jump - 2.05m+ **Strength Tests (1RM)** **Female** Front Squat @ 1x BW Trap Bar Deadlift @ 1.15 x BW Bench Press @ 0.6x BW **Male** Front Squat @ 1x BW Trap Bar Deadlift @ 1.25 x BW Bench Press @ 0.7x BW Max Pull Up - 5 +	**Energy Systems** Lvl Yo-Yo: F= 15+, M=16.5+ 7-5-5-7 Agility: F= >10s, M=>8.5s Repeat Lunge Test: F= >85s, M=>80s **Speed & Force Production** **Speed Test, 10m Sprint:** F = Under > 2.5 Seconds M = Under > 2.30 seconds **Strength/Power Testing** **Upper Body Power:** F = Seated Chest Pass - 3.5m+ M = Seated Chest Pass - 4m+ **Jump Power** F = Broad Jump - 1.65m+ M = Broad Jump - 2.05m+ **Strength Tests (1RM)** **Female** Front Squat @ 1x BW Trap Bar Deadlift @ 1.15 x BW Bench Press @ 0.6x BW 5 Band Assisted Pull Ups **Male** Front Squat @ 1x BW Trap Bar Deadlift @ 1.25 x BW Bench Press @ 0.7x BW Max Pull Up - 5 +	**Blade control & precision** Advanced blade control and Precision target practice **Footwork & Agility** Enhanced footwork patterns and agility exercises **Timing & Distance Management** Intermediate timing and distance drills and reaction-based training **Defensive Techniques** Defensive setups, complex parry-riposte drills **Attack Variability** Developing the second intention with direct and compound attacks and attacks in prep	**Emerging** **Offensive:** Perfecting advanced compound attacks with disengages. Developing speed and fluidity in flunge executions. Adding multi-action blade sequences (e.g., cut, parry, riposte). **Defensive:** Counter-parries: Parries in response to opponent disengages. Advanced ripostes: Indirect ripostes after successful parries. Execute of counter-attacks combined with subtle blade control. **Footwork:** Advanced directional footwork: Diagonal steps, half-steps, slide step and cross-steps. Quick transitions between offensive and defensive positions. Footwork setups for pushing the opponent off-balance. **Developing** **Offensive:** Execution of simple ot compose attacks with one or more feints, executed with lunge, advance-lunge or accompanied with blade work (beats, presses) finishing with e.g. Cut-over actions. Sharp, precise flunges or flèches to close distance rapidly. Attacking an opponent attending to defend. Hitting after parry based on the opponent's reactions and targeting uncovered areas. **Defensive:** Coordinated retreat with parry (distance management). Executing circular parries (e.g., counter-second) and prime parries, Mastering direct and indirect ripostes. Using body language to disguise. Riposte variations: Adding acceleration or delay to disrupt the opponent's timing. Preemptive actions: Anticipating attacks and cutting them off early. **Footwork:** Synchronizing explosive footwork with blade work mastering various leg preparations. Side-stepping to shift angles during engagements. Using varying tempo in footwork to disrupt opponents.	**Emerging** Be able to: • Control the tip with precision toward various targets. • Execute disengagement and cut correctly. • Prepare attacks by executing feints. • Perform a composed attack. • Master all lateral, circular, semi-circular, and diagonal parries. • Execute a counter-riposte. • Perform a counterattack coordinated with footwork to avoid being hit. • Execute remises and reprises. • Hit the "avancées" (hand, thigh, or foot). **Developing** Being able to: • Execute a simple attack in flèche, with or without an action on the blade. • Perform a remise and a reprise of the attack. • Feint a straight attack or a disengagement to precise targets such as the "avancées". • Execute a disengagement, either on contact or without contact. • Riposte by blade control (opposition, lienent and croisé). • Chain two counterattacks, two parries, or a counterattack followed by a disengagement or a parry.	**Opponent Analysis** Intermediate opponent analysis, recognising common strategies **Bouting Strategy Development** Developing adaptable strategies based on opponent type **Second Intention** Refining the second intention into tactical Bout **Situational Awareness** Developing awareness of bout pacing, strategic adaptability	**Emerging:** • Being able to: • Identify the optimal distance for both attacking and defending. • Execute attacks in one or two tempos. • Prepare to provoke a reaction from the opponent. • Vary the defensive system using the blade, and distance • Vary the amplitude and rhythm of forward and backward steps to optimize attacks or provoke a reaction from the opponent. • Learning to control the tempo of the bout. • Pre-planned actions: Setting up scenarios to exploit specific weaknesses. **Developing:** Being able to: • Perform composed attacks: one-two, double feints, high-low, and low-high sequences. • Perform simple or composed attacks as the opponent recovers to guard. • Adapting tactics mid-bout based on opponent behavior. • Combining distance management with blade dominance. • Setting up and executing complex scenarios to force errors. • Effective risk management: Knowing when to commit fully and when to reset. • Varied movements in terms of rhythm, amplitude, and speed (steps, double advances, balestra, glinting steps, double retreats) to positions oneself effectively to attack.	**Emerging:** Being able to: • Identify the optimal distance for both attacking and defending. • Vary attacks in one or two tempos. • Prepare to provoke a reaction from the opponent. • Vary the defensive system using the blade, the tip, and distance. • Vary the amplitude and rhythm of forward and backward steps to optimize attacks or provoke a reaction from the opponent. **Developing:** Being able to: • Perform composed attacks: one-two, double feints, high-low, and low-high sequences. • Perform simple or composed attacks as the opponent recovers to guard. • Hit after the parry while maintaining control of the opponent's blade (Opposition Riposte). • Hit before the opponent's riposte by continuing the attack immediately (Remise). • Hit by withdrawing the blade from the opponent's engagement (Disengagement).	**Preparation** Decision-making under pressure: apply tactical knowledge in competitive scenarios. Foil/Sabre: Train rapid reaction time through decision-making drills under time constraints **Performance** Stress management: learn techniques like mindfulness or visualization to manage precompetition anxiety. Adaptability: adjust to new environments or challenges during development transitions. Foil & Sabre: Prioritize rapid reaction time and adaptability to referee interpretations of priority. Motivation and drive: cultivate intrinsic motivation to sustain effort through challenges. **Learning** Self-regulation: take ownership of learning by monitoring progress and adjusting behaviors.	**Preparation** Decision-making under pressure: apply tactical knowledge in competitive scenarios. Epee: Focus on sustained concentration (longer bouts) via mindfulness training. **Performance** Stress management: learn techniques like mindfulness or visualization to manage precompetition anxiety. Adaptability: adjust to new environments or challenges during development transitions. Epee: Focus on sustained concentration and strategic patience (longer bout durations). Motivation and drive: cultivate intrinsic motivation to sustain effort through challenges. **Learning** Self-regulation: take ownership of learning by monitoring progress and adjusting behaviors.	**Learn** Time management: balance increasing demands of sport with education or work. commitments. **Thrive** Mental health awareness: recognize signs of stress or burnout and seek support when needed. Identity exploration: develop a sense of self beyond athletic performance. Team Dynamics: conflict resolution strategies for team events (e.g., shared leadership roles). **Contribute** Peer mentorship: engage in supportive roles with younger athletes to foster leadership skills.
	Movement Skill OH Squat - Score of 3+ on FMS System **Jump & Land** Continous Broad Jumps with Limited Ground Contact **Strength Endurance** Single Leg Squat to Box 10+ Reps Push Up x 10+ Single Leg Calf Raise - 30+ **Strength/Endurance - Core** Plank Hold - 90s+ Seconds Side Plank 60s + Each Side Supine Straight Leg Holds 60s +												
Performance	**Energy Systems** Lv2 Yo-Yo: F= 19.2, M=20.6+ 7-5-5-7 Agility: F= >9.5s, M=>8.0s Repeat Lunge Test: F= >80s, M=>75s **Speed & Force Production** **Speed Test, 10m Sprint:** F = Under > 2.4 Seconds M = Under > 2.1 seconds **Jump Power, Broad Jump:** F= 1.8m+ M = 2.25m+ **RSI/Power** 5 Hops for Distance - 8.5m+ - Prefered Leg with Less than 0.50m Difference Between Legs **Strength/Speed** **Female** Hang Clean x3 Reps @ 0.65 x BW + **Male** Hang Clean x3 Reps @ 0.7 x BW + **Strength Tests (1RM)** **Female** Back Squat @ 1.20 x BW Trap Bar Deadlift @ 1.6 x BW + Bench Press @ .7x BW + Max Pull Up - 1 Rep + **Male** Back Squat @ 1.2 x BW Trap Bar Deadlift @ 1.65 x BW+ Bench Press @ 1x BW + Max Pull Up 10 + Reps BW	**Energy Systems** Lv2 Yo-Yo: F=18.3+, M=20+ 7-5-5-7 Agility: F= >9.5s, M=>8.0s Repeat Lunge Test: F= >80s, M=>75s **Speed & Force Production** **Speed Test, 10m Sprint:** F = Under > 2.3 Seconds M = Under > 2 seconds **Jump Power, Broad Jump:** F=1.85m+ M = 2.3m+ **RSI/Power** 5 Hops for Distance - 9m+ - Prefered Leg with Less than 0.50m Difference Between Legs **Strength/Speed** **Female** Hang Clean x3 Reps @ 0.65 x BW + **Male** Hang Clean x3 Reps @ 0.7 x BW + **Strength Tests (1RM)** **Female** Back Squat @ 1.25 x BW Trap Bar Deadlift @ 1.65x BW+ Bench Press @ .7x BW + Max Pull Up - 1 Rep + **Male** Back Squat @ 1.25x BW Trap Bar Deadlift @ 1.75 x BW+ Bench Press @ 1x BW + Max Pull Up - 10 + Reps BW	**Energy Systems** Lv2 Yo-Yo: F= 20.1, M=21.3+ 7-5-5-7 Agility: F= >9.5s, M=>8.0s Repeat Lunge Test: F= >80s, M=>75s **Speed & Force Production** **Speed Test, 10m Sprint:** F = Under > 2.45 Seconds M = Under > 2.15 seconds **Jump Power, Broad Jump:** F = 1.75m+ M = 2.2m+ **RSI/Power** 5 Hops for Distance - 8m+ - Prefered Leg with Less than 0.50m Difference Between Legs **Strength/Speed** **Female** Hang Clean x3 Reps @ 0.65 x BW + **Male** Hang Clean x3 Reps @ 0.7 x BW + **Strength Tests (1RM)** **Female** Back Squat @ 1.15 X BW Trap Bar Deadlift @ 1.5 X BW + Bench Press @ 0.7x BW + Max Pull Up - 1 Rep + **Male** Back Squat @ 1.2x BW Trap Bar Deadlift @ 1.5x BW+ Bench Press @ 1x BW + Pull Up (Weighted) Max Pull Up 10 + Reps BW	**Blade control & precision** High-speed precision training and under-pressure exercises **Footwork & Agility** Explosive footwork integration and advanced agility drills **Timing & Distance Management** Advanced timing and distance drills and reaction-based training **Defensive Techniques** Defensive adaptability, countering opponent strategies **Attack Variability** Combination of attacks adapting opponent style	**Podium Potential** **Offensive:** Execute a high speed composed attack with seamless transitions. Offensive and counter-offensive actions targeting different areas: hit, cut (e.g. wrist and head). Attacking with or without blade, either simple or compose, against the opponent's leg or hand preparation. Managing the initiative or regaining it (with hand or leg preparations) to execute simple or compose attacks at the opponent's end of the piste. Execute variations of flunges. **Defensive:** Execute combining a counter-parries with riposte with the correct distance. Advanced counter-time actions to exploit opponent hesitation with or without blade. Defending against compose attacks and executing appropriate ripostes. **Footwork:** Perfected speed control in footwork transitions. Tactical retreats to set up counter-attacks. **Podium Ready** **Offensive:** Deliver touches to all target areas, guided hit or flick (etc.to hand above, below, outside, inside or to forearm, head, torso). Perfect synchronization of all offensive movements. Execute actions to consistently gain priority. **Defensive:** Execute mastery of counter-parry sequences. Precision in distance and timing defense ripostes. Counter stop-hits, counter-time, second-intention parry-riposte. Sequences of 2 or 3 parries followed by a simple or compose ripostes, either from basic fencing position or with lunge. Execute line position and use second intention parries. Sequences of counter-attacks during retreats and parry followed by simple or compose riposte. **Footwork:** Balancing explosive actions with measured retreat, unpredictable movements patterns. Variation in types of leg preparations and their speed, rhythm, length, use of hand body feints, and false attacks	**Podium Potential** Being able to: • Execute a simple attack, with or without an action on the blade, or a composed attack during the opponent's preparation. • Perform cut and feints of cut. Execute an opposition parry "du tac" or "en cédant". • Against a flèche attack, execute a counter offensive action or a parry-riposte with the correct distance. • Hit the body "en cavant", with or without blade control. • Execute remise touches with prime. **Podium Ready** Being able to: • Deliver precise touches to all target areas. • Execute false attack, false return to guard, body feint, invitation, and fixation. • Perform feint or false attack to the foot, thigh, hand, or body. • Execute guided hit or flick to the hand (below, above, outside, inside), forearm, thigh, or foot. • Perform composed attack ending in a flèche. • Defend and score touches in close combat. • Counter-stop hits, interceptions, etc. • Composed counterattack and composed disengagement.	**Opponent Analysis** Advanced real-time opponent assessment, predictive tactical adjustments **Bouting Strategy Development** Creating complex bout strategies, real-time tactical adjustments **Second Intention** Advanced second intention combinations, creating openings **Situational Awareness** Real-time bout control, reacting to changing scenarios effectively	**Podium Potential:** Being able to: • Performing appropriate preparations to execute attack on the opponent's preparation. • Vary offensive, defensive and counter offensive actions. • Execute parries based on the opponent's attacks. • Fight at any distance. • Identify and exploring opponent's habits. • Preparing and gather information on the opponent's behavior and to counter their offensive preparations. • Alternating between attacks, attacks on preparation, parry-ripostes, and counter attacks in tactical approach. **Podium Ready:** • Being able to: • Apply offensive pressure. • Neutralize the same opponent's attack in different ways. • Push the opponent into their last two meters to attack. • Alternate parries, footwork-based defenses, and counterattacks. • Counter-time action and second-intention parry-riposte. • Second-intention remise or reprise. • Execute parries "en cédant": Prime, Quarte, and Tierce while "céder". Master the concept of 'joker cards. • Planning detailed strategies for specific high-level opponents. • Reading and reacting to subtle cues in opponent body language. • Executing long-term strategies over the course of a tournament. • Elite-level focus on mental resilience and psychological dominance.	**Podium Potential:** Being able to: • Attack in the opponent's preparation. • Defend against a flèche attack and then hit. • Vary offensive, defensive and counter offensive actions. • Execute parries based on the opponent's attacks. • Fight at very close distance. • Identify the opponent's reactions to different hand and/or foot preparations during combat. • Understand the concept of 'joker cards' to maintain control of the bout—executing, at key moments, unexpected actions such as a flèche, a duck, or touches to the "avancées", etc. **Podium Ready:** Being able to: • Apply offensive pressure. • Perform second-intention actions. • Neutralize the same opponent's attack in different ways. • Push the opponent into their last two meters to attack or provoke their attack and defend. Alternate parries, footwork-based defenses, and counterattacks. • Counter-time action and second-intention parry-riposte. • Second-intention remise or reprise. • Execute parries "en cédant": Prime, Quarte, and Tierce while "céder". • Master the concept of 'joker cards'.	**Preparation** High-pressure decision-making: execute tactical decisions effectively under fatigue or stress. Foil/Sabre: Train rapid reaction time through decision-making drills under time constraints **Performance** Advanced emotional regulation: maintain composure during high-stakes competitions (e.g., referee disputes). Resilience and grit: overcome adversity during prolonged training cycles or competition setbacks. **Learning** Psychological flexibility: adapt mental strategies based on changing competitive demands.	**Preparation** High-pressure decision-making: execute tactical decisions effectively under fatigue or stress. Epee: Focus on sustained concentration (longer bouts) via mindfulness training. **Performance** Advanced emotional regulation: maintain composure during high-stakes competitions (e.g., referee disputes). Epee: Focus on sustained concentration and strategic patience (longer bout durations). Resilience and grit: overcome adversity during prolonged training cycles or competition setbacks. **Learning** Psychological flexibility: adapt mental strategies based on changing competitive demands.	**Learn** Career transition planning: explore pathways for life after sport through education or career workshops. Financial literacy for managing sponsorships or overseas tours**.** **Thrive** Sustain mental health through access to professional support systems (e.g., AIS programs). Team Dynamics: conflict resolution strategies for team events (e.g., shared leadership roles). **Contribute** Engage in community outreach or advocacy roles within the sport.
	Performance Movement Skills - Female Depth and Double Contact Jumps "w" Limited Ground Contact Time Proficient Completion of the Hang Clean Movement OH Squat x 10 Reps "w" 15 KG Bar Pull Ups 3+ Bodyweight Ability to Complete 5 Dragon Fly Lowers (5s Eccentric) **Performance Movement Skills – Male** Depth and Double Contact Jumps "w" Limited Ground Contact Time Proficient Completion of the Hang Clean Movement OH Squat x 10 Reps "w" 20 KG Bar Pull Ups 10+ Bodyweight Ability to Complete 5 Dragon Fly Lowers (5s Eccentric)												
Elite International	**Energy Systems** Lv2 Yo-Yo: F= 20.1+, M=21.3+ 7-5-5-7 Agility: F= >9s, M=>7.5s Repeat Lunge Test: F= >78s, M=>72s **Speed & Force Production** **Speed Test, 10m Sprint:** F=Under > 2.15 Seconds M = Under >2 seconds **Jump Power, Broad Jump:** F = 1.85m+ M = 2.35m+ **RSI/Power** 5 Hops for Distance - 9.5m+ - Prefered Leg with Less than 0.50m Difference Between Legs **Strength/Speed** **Female** Hang Clean x3 Reps @ 0.75 x BW + **Male** Hang Clean x3 Reps @ 0.85 x BW + **Strength Tests (1RM)** **Female** Back Squat @ 1.3 x BW + Trap Bar Deadlift @ 1.70x BW + Bench Press Bench Press @ .8 x BW + Max Pull Up - 3 Rep + **Male** Back Squat @ 1.5 x BW + Trap Bar Deadlift @ 1.8x BW + Bench Press @ 1.25 x BW Pull Up (Weighted) 1 REP @ BW + 10 %	**Energy Systems** Lv2 Yo-Yo: F=19.2+, M=20.6+ 7-5-5-7 Agility: F= >9s, M=>7.5s Repeat Lunge Test: F= >78s, M=>72s **Speed & Force Production** **Speed Test, 10m Sprint:** F = Under > 2.1 Seconds M = Under > 1.95 seconds **Jump Power, Broad Jump –** F= 1.9m+ M = 2.4m+ **RSI/Power** 5 Hops for Distance - 10m+ - Prefered Leg with Less than 0.50m Difference Between Legs **Strength/Speed** **Female** Hang Clean x3 Reps @ 0.75 x BW **Male** Hang Clean x3 Reps @ 0.85 x BW + **Strength Tests (1RM)** **Female** Trap Bar Deadlift @ 1.75 x BW+ Bench Press @ .8 x BW + Max Pull Up - 3 Rep + **Male** Back Squat @ 1.5-1.75 x BW Trap Bar Deadlift @2x BW + Bench Press @1.25 x BW Pull Up (Weighted) 1 REP @ BW + 10 %	**Energy Systems** Lv2 Yo-Yo: F= 20.7+, M=22.1+ 7-5-5-7 Agility: F= >9s, M=>7.5s Repeat Lunge Test: F= >78s, M=>72s **Speed & Force Production** **Speed Test, 10m Sprint** F = Under > 2.2 Seconds M = Under > 2.05 Seconds **Jump Power, Broad Jump –** F = 1.8m+ M = 2.3m+ **RSI/Power** 5 Hops for Distance - 9m+ Prefered Leg with Less than 0.50m Difference Between Legs **Strength/Speed** **Female** Hang Clean x3 Reps @ 0.75 x BW + **Male** Hang Clean x3 Reps @ 0.85 x BW + **Strength Tests (1RM)** **Female** Back Squat @ 1.3 x BW + Trap Bar Deadlift @ 1.65 x BW + Bench Press Bench Press @ .8 x BW + Max Pull Up - 3 Rep + **Male** Back Squat @ 1.5 x BW + Trap Bar Deadlift @ 1.8x BW + Bench Press @ 1.25 x BW Plus Pull Up (Weighted) 1 REP @ BW + 10 %	**Blade control & precision** High-speed precision training and under-pressure exercises **Footwork & Agility** Explosive footwork integration and advanced agility drills **Timing & Distance Management** Advanced timing and distance drills and reaction-based training **Defensive Techniques** Defensive strategies and adaptability in high-pressure bouts **Attack Variability** High-level strategic attack (second intention) planning and adaptability across styles	Offensive, defensive and transition actions mastery. The athlete is well-rounded and knows all the techniques listed in the fencing repertoire. Development of unique actions to remain unpredictable. Athlete is capable of selecting his favorite ones during the bout. However, if needed, fencer can use any of them to adapt to a match situation. Effectively use the the varieties of offensive actions depending on the context of the game. Footwork mastery change of rhythm in order to stay in step. High level bout control	The athlete is well-rounded and knows all techniques from each action family including offensive and defensive actions. They are capable of selecting their favorite ones during the bout. However, if needed, they can use any of them to adapt to a match situation.	**Opponent Analysis** **M**astery of opponent profiling, in-depth strategic countering **Bouting Strategy Development** Creating complex bout strategies, real-time tactical adjustments **Second Intention** Advanced second intention combinations, creating openings **Situational Awareness** Real-time bout control, reacting to changing scenarios effectively	Being able to: • Tactically use different preparation to master the middle (4 meters) of the strip. • Perform selection of predefined actions for better positioning on a strip • Hide blade if the opponent seeks blade contact, increase distance • Vary counter-offensive actions. • Position strategically on the strip according to a predefined game plan. • Adapt the gameplay based on match analysis, score, and remaining time. Absolute control over the flow of a bout. • Deep tactical understanding of individual opponents. • Adapting and countering elite-level strategies. • Long-term preparation for Olympic and World Championship events.	Being able to: • Disrupt the opponent's game. • Neutralize the opponent's preparations. • Remove the blade if the opponent seeks blade contact, increase distance if they try to close in, and slow the pace if they accelerate. • Vary counter-offensive actions. • Vary reactions and prepare actions simultaneously with the opponent. • Position strategically on the strip according to a predefined game plan. • Adapt the gameplay based on match analysis, score, and remaining time.	**Preparation** High-level decision-making: execute complex tactical decisions under extreme time constraints and fatigue, reflecting years of experience. Foil/Sabre: Train rapid reaction time through decision-making drills under time constraints. **Performance** Mastery of emotional regulation: sustain composure during critical moments in high-stakes competitions, including managing external pressures such as media and public expectations. Resilience in adversity: demonstrate exceptional mental toughness to recover from setbacks or unexpected challenges during international events. **Learning** Leadership and mentorship: act as a role model for younger athletes, providing guidance and fostering team cohesion in group settings. Psychological flexibility: adapt seamlessly to varying competitive environments, opponents, and unforeseen circumstances.	**Preparation** High-level decision-making: execute complex tactical decisions under extreme time constraints and fatigue, reflecting years of experience. Epee: Focus on sustained concentration (longer bouts) via mindfulness training. **Performance** Mastery of emotional regulation: sustain composure during critical moments in high-stakes competitions, including managing external pressures such as media and public expectations. Resilience in adversity: demonstrate exceptional mental toughness to recover from setbacks or unexpected challenges during international events. **Learning** Leadership and mentorship: act as a role model for younger athletes, providing guidance and fostering team cohesion in group settings. Psychological flexibility: adapt seamlessly to varying competitive environments, opponents, and unforeseen circumstances.	**Learn** Sustainable work-life balance: navigate the demands of international travel, training, and personal life effectively. Identity beyond sport: cultivate a strong sense of self outside athletic achievements to prepare for post-career transitions. Continue lifelong learning through advanced career transition planning and professional development opportunities. **Thrive** Advanced recovery strategies: incorporate cutting-edge recovery techniques to sustain peak performance across extended competition schedules. Maintain optimal mental health with access to tailored support systems, such as sports psychologists or wellness programs. **Contribute** Engage in meaningful community outreach or advocacy roles within the sport to leave a legacy.
	Performance Movement Skills - Female Depth and Double Contact Jumps "w" Limited Ground Contact Time Proficient Completion of the Hang Clean Movement OH Squat x 10 Reps "w" 15 KG Bar Pull Ups 3+ Bodyweight Ability to Complete 5 Dragon Fly Lowers (5s Eccentric) **Performance Movement Skills – Male** Depth and Double Contact Jumps "w" Limited Ground Contact Time Proficient Completion of the Hang Clean Movement OH Squat x 10 Reps "w" 20 KG Bar Pull Ups 10+ Bodyweight Ability to Complete 5 Dragon Fly Lowers (5s Eccentric)												

Athlete Development Framework - Olympic Program

Athlete Development Category	Grow Talent		Develop Talent		Performance		Elite International
Athlete Categorisation Category	NSO 1	NSO 2	Emerging	Developing	Podium Potential	Podium Ready	Representative and Podium
Age Profile – Foil and Sabre	10-15	14-18	15-19	18-21	19-24	22-27+	22-29+
Age Profile – Epee	13-17	17-20	18-21	21-23	22-26	26-29	26-35+

Physical
An athlete factor that focuses on the physical and physiological development of athletes.

Technical
The athlete factor that focuses on the technical development of athletes and is specific to each weapon.

Tactical
The athlete factor that focuses on the tactical development of athletes and is specific to each weapon.

Psychological
The athlete factor that focuses on the mindset and psychology of the athlete.

Wellbeing
The athlete factor that focuses on areas athletes need to develop as they contribute to their wellbeing.

Leadership
A system factor that the AFF needs to consider including partnerships and program management

Environment
A system factor that the AFF needs to put in place for athletes to succeed such as camps.

System Profile

Category	Environment					Leadership				
	Performance Support	Competition	Coaching	Camps	Daily Performance Environment	Program management & review	People management	Partnerships	Policies & procedures	Research & innovation
Grow Talent	Nutrition, Hydration, Recovery, S&C, Mindset and skill acquisiton– deployed through clubs and Youth Squad camps with group sessions	Domestic Youth, U17 and U20 podiums. National competitions in the US and China, and other large Federations in Asia.	Coaching experience and competencies – senior club and State level coach. Level 1 and 2 accreditations.	Camp timing – 2 x yearly, ideally during school holidays and start/ mid-season. Camp nature – introduction to high level training. Camp programming – 2 days including technical and tactical training. Camp staff - NACs Camp attendees – Youth and Adult HPP to allow for integration	**Centralised** 2 x centralized training camps per year. 1 x centralized state squad training per week **Decentralised** Training 3 times a week at club. **Equipment** Has own competition level fencing equipment. Has access to basic reaction and agility equipment at club. **Training squad** Trains with older competitive fencers at state squad and camps. **Location** Local State and club based training. Travel for interstate camps and competitions.	State level programs – reviewed by SSO	Level 1 coaching courses delivered at a State level for upskilling coaches Workforce: HP Manager and club coaches	SSO partnership for State Squad delivery AIS partnership for camp delivery ASC Clubs Parents	National Competition Policy NIF Anti-Doping Policy Social Media Policy Code of Conduct	**Potential Collaborative Partners** Australian Sports Commission University Network National Club network **Potential themes:** -low cost materials for fencing equipment that needs to be replaced regularly such as swords -barriers to access to HPP program -Learning from other combat sports on implementing grading systems across clubs
Develop Talent	Nutrition, Hydration, Recovery, S&C, Mindset – deployed through Senior National Squad camps and 1-1 remote support . Skill acquistion - deployed through club training, camps and remote support from national coaches.	Domestic Senior Podiums. Top 8 in Junior World Cups L3 and Champs. Top 64 and 32 in Senior World Cups. Top 8 Senior Asian Champs. Competing internationally at least 8-10 events in age group, including 6 as a senior.	Coaching experience and competencies – National Assistant Coach and National Coaches with Level 2 to 3 accreditations. May include Gen32 program.	Camp timing – 2 x yearly, ideally during school holidays and start/ mid-season. Camp nature – high level team focused training. Camp programming – 4 days including technical and tactical training including team competition practice. Camp staff – NACs and NCs, S&C, Mindset and Nutrition coaches. Camp attendees – Youth and Adult HPP to allow for integration	**Centralised** 2 x centralized training camps per year. 1 x centralized national squad training per week **Decentralised** Training 4 times a week at club. **Equipment** Has own competition level fencing equipment. Has access to S&C equipment through S&C coach. Has basic recovery and warm up equipment for travel. **Training squad** Trains with competitive fencers at national squad and camps. **Location** Local State and club based training. International Travel for competitions, and local travel for camps and competitions.	National and state level programs – reviewed by HPC, NSO	Coaching professional development – Gen32 program and mid-level ASC program Level 2 coaching courses Level 2 and 3 coaching courses – delivered by national federation and FIE academy. Workforce: HP Manager, NACs, NLCs, S&C, Mindset and Nutrition	SSO partnership for NS delivery AIS partnership for camp delivery SIS/SAS partnerships for delivery of support to categorised athletes ASC Parents	National Competition Policy NIF Selection Policy Athlete Agreement Anti-Doping Policy Social Media Policy Code of Conduct	**Potential Collaborative Partners** Australian Institute of Sport and State Institutes and Academies of Sport National Club network University Network Technological Industry Partners **Potential themes:** -barriers to access international competitions -College pathway for athletes -Further S&C performance research -injury prevention strategies
Performance	Nutrition, Hydration, Recovery, S&C, Mindset – deployed through 1-1 remote support while travelling and localised SIS/SAS support Skill acquistion - deployed through overseas training, training, camps and remote support from national coaches.	Top 16 or top 8 in Senior World Cups or Champs. Podium Senior Asian Champs. Competing internationally at least 8-10 events in age group, at least 7 for seniors.	National Lead Coach with Level 3 accreditation and international experience. May include middle program.	Camp timing – 4 x yearly, start of season, pre-tour, during tour (overseas), and pre-world championships (overseas). Camp nature – team competition focused. Camp programming – 3 to 4 days focused on competitive preparation. Camp staff – NACs and NCs, S&C, Mindset and Nutrition coaches. Camp attendees – Adult HPP, with focus on top 8 athletes per weapon and gender.	**Centralised** 4 x centralized training camps per year. 1 x centralized national squad training per week **Decentralised** Training 5 times a week at club. Trains internationally a third of the season. **Equipment** Has own competition level fencing equipment. Has access to S&C equipment through S&C coach. Has recovery and warm up equipment for travel, and has access to equipment in international training base. **Training squad** Trains with competitive fencers at international camps. **Location** Elite club and overseas based training. International Travel for competitions, and training. Local travel for camps.	National and international programs – reviewed by HPC, NSO	Coaching professional development – Enhance ASC program FIE coaching academy Workforce: HP Manager, NLCs, S&C, Mindset and Nutrition	SSO partnership for NS delivery AIS partnership for camp delivery International club and federation partnerships SIS/SAS partnerships for delivery of support to categorised athletes ASC	NIF Selection Policy Athlete Agreement Anti-Doping Policy Social Media Policy Code of Conduct	**Potential Collaborative Partners** Sourcing 'experts' (athletes, coaches & HP Managers) to consolidate athlete performance profiling. Sport Science and Sports Medicine research including new technologies and methods of training and recovery. AIS National Training Centre for research and innovation. Australian Institute of Sport and State Institutes and Academies of Sport Technological Industry Partners **Potential themes:** -barriers to moving from junior competition to senior competition -Further psychological factors research for elite environments -injury prevention strategies
Elite International	Nutrition, Hydration, Recovery, S&C, Mindset – deployed through 1-1 in person support while travelling and localised SIS/SAS support. Skill acquistion - deployed through overseas training, camps and remote support from national coaches.	Top 4 in Senior World Cups or Champs. Medalist at Olympic Games. Competing internationally at least 8-10 events in age group, at least 7 for seniors.	National Lead Coach with Level 3 accreditation and prior podium level experience. May include high level ASC program.	Camp timing – 4 x yearly, start of season, pre-tour, during tour (overseas), and pre-world championships (overseas). Camp nature – team competition focused. Camp programming – 3 to 4 days focused on competitive preparation. Camp staff – NACs and NCs, S&C, Mindset and Nutrition coaches. Camp attendees – Adult HPP, with focus on top 4 athletes per weapon and gender.	**Centralised** 4 x centralized training camps per year. **Decentralised** Training 5 times a week at club. Trains internationally most of the season or full time. **Equipment** Has own competition level fencing equipment. Has access to S&C equipment through S&C coach. Has recovery and warm up equipment for travel, and has access to equipment in international training base. **Training squad** Trains with competitive fencers at international training base. **Location** Elite overseas based training. International Travel for competitions, and training. Local travel for camps.	National and international programs - – reviewed by HPC, NSO	Coaching professional development – Summit ASC program Workforce: HP Manager, NLCs, S&C, Mindset and Nutrition, International coaches	SSO partnership for NS delivery AIS partnership for camp delivery International club and federation partnerships SIS/SAS partnerships for delivery of support to categorised athletes ASC	NIF Selection Policy Athlete Agreement Anti-Doping Policy Social Media Policy Code of Conduct Sponsorship Policy	**Potential Collaborative Partners** Sourcing 'experts' (athletes, coaches & HP Managers) to consolidate athlete performance profiling. Sport Science and Sports Medicine research including new technologies and methods of training and recovery. AIS National Training Centre for research and innovation. Australian Institute of Sport and State Institutes and Academies of Sport Technological Industry Partners **Potential themes:** -performance profiling -video analysis technology