

# HIGH PERFORMANCE PROGRAM ANNUAL PLAN 2020

1 February 2020 to 31 August 2020

U23 – Sabre

|   | AFT  | AFS  | Insert Y if you require a variation. | Provide a detailed explanation as to why a variation should be granted and what the proposed substitution is. |
|---|--|--|--------------------------------------|---|
| <b>International Competition Commitment</b>       | Seoul Open/U23 Foil Tour   | Seoul Open/U23 Foil Tour   |                                      |   |
| <b>National Camp Commitment</b>                   | <p>One, four-day HPP camp.</p> <p>One 3-hour strategy seminar to be held with the NWC alongside an AFC event (before or after the individual event) in weapon and gender groups TBC dates.</p> | <p>One, four-day HPP camp.</p> <p>One 3-hour strategy seminar to be held with the NWC alongside an AFC event (before or after the individual event) in weapon and gender groups TBC dates.</p> |                                      |   |
| <b>Training Commitment – General Conditioning</b> | A strength and conditioning program in support of sport specific training.   | A strength and conditioning program in support of sport specific training.   |                                      |   |

|  |   |   |  |  |
|--|---|---|--|--|
| <p><b>Training Commitment – Squads</b></p>                                     | <p>Two weekly State Squad Sessions per year.</p> <p>AND: Two squad or state-based sessions per year, run by the NWC or an ANWC in every state and compulsory for those individuals that reside in that state and recommended for those individuals who reside out of that state.</p> <p>If your state does not run squads, substituted training as agreed with the NWC.</p> | <p>Two weekly State Squad Sessions per year.</p> <p>AND: Two squad or state-based sessions per year, run by the NWC or an ANWC in every state and compulsory for those individuals that reside in that state and recommended for those individuals who reside out of that state.</p> <p>If your state does not run squads, substituted training as agreed with the NWC.</p> |  |  |
| <p><b>Training commitment –personal coach supervised training sessions</b></p> | <p>Two supervised training sessions per week with your personal coach.</p>  | <p>Two supervised training sessions per week with your personal coach.</p>  |  |  |

CAMP DATES – 2020 (SUBJECT TO CHANGE IF REQUIRED)

|                             |                 |
|-----------------------------|-----------------|
| <i>Winter Camp (Sydney)</i> | 17-29 July 2020 |
| <i>Sydney Camp</i>          | TBC             |
| <i>Summer Camp (AIS)</i>    | N/A             |
| <i>Winter Camp (AIS)</i>    | N/A             |
| <i>Melbourne Camp</i>       | TBC             |

U23 – SABRE

| PROGRAM ELEMENT  | ADDITIONAL COMMITMENT  |
|--|--|
| <i>International Competition Commitment (AFT Only)</i> | NWC tour(s) for age category<br>Open/U23 Men – Seoul (April 2020)<br>Open/U23 Women – Seoul (April 2020) |