

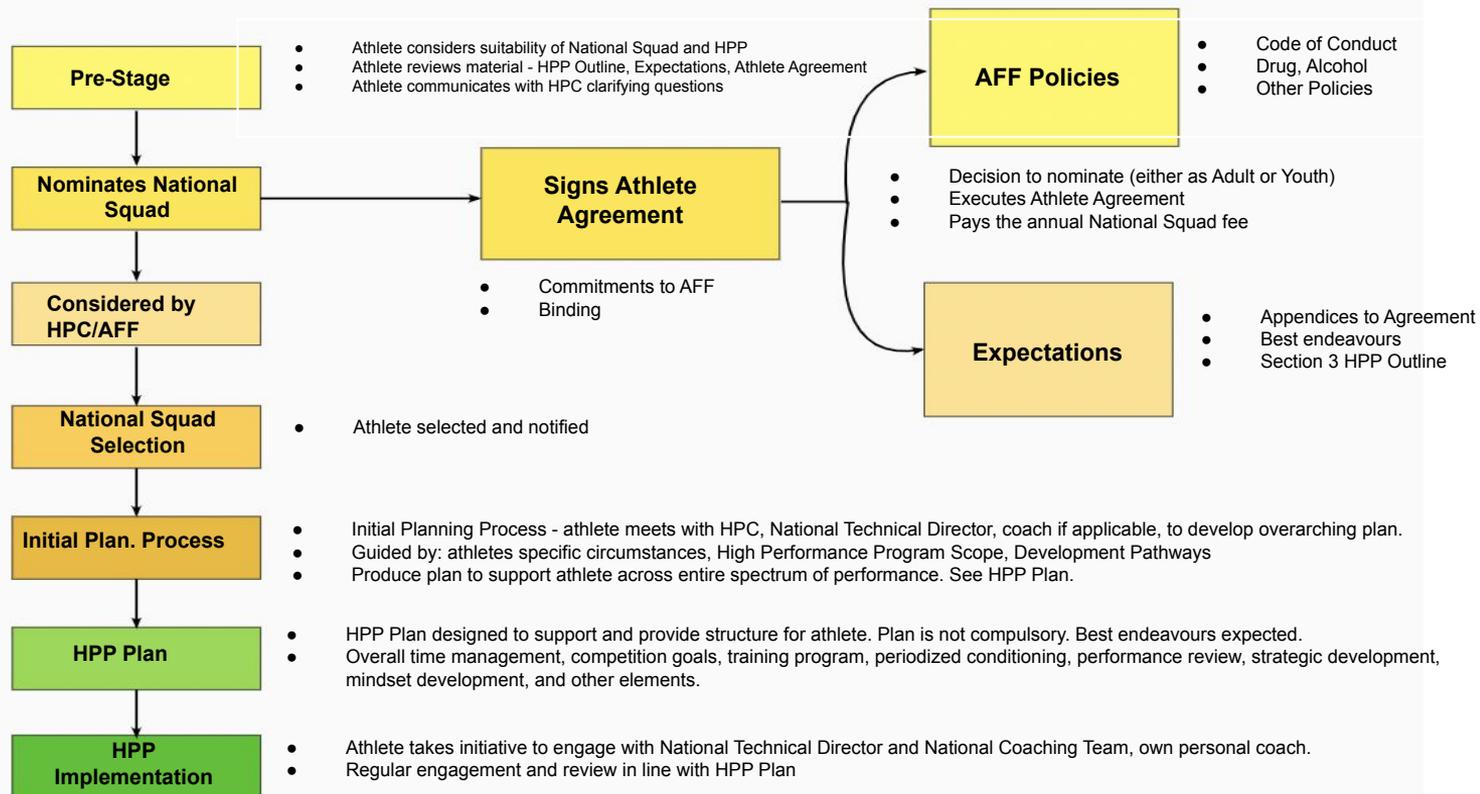
NATIONAL SQUAD HIGH PERFORMANCE PROGRAM OUTLINE

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1. Overview

- National Squad Members will be part of the **High Performance Program (HPP)**.
- Focus of the HPP is to deliver **support to National Squad Members**.
- Athletes are not required to meet a pre-designed training program, except for attending State Squad at least once a week as an expectation; or a predetermined number of tournaments and camps, but rather to agree and progress with a High Performance Program Plan, and be part of the High Performance Program.
- Following selection to the National Squad, during an **Initial Planning Session** with members of the HPC and National Coaching Team, where relevant personal coach, athletes will establish a training structure and clear aims for the HPC Calendar. The High Performance Program Scope and National Squad Pathways will form a reference from which parties can discuss the basis of the **High Performance Program Plan (HPPP)** for the athlete.
- The High Performance Program for an athlete, therefore, will be a combination of the HPPP and the evolving High Performance Program Scope (see Section 6) and its delivery, which will develop over time.
- Athletes enter into an Athlete Agreement that outlines basic commitments. As part of this agreement, athletes are expected to make **best endeavours** to meet **Expectations** outlined in Section 3.

2. National Squad Process



3. National Squad Member Expectations

- **Commitment:** As National Squad Members it is expected that you are committed to develop your fencing to the best of your ability, given your circumstances.
- **Responsibility:** that you take ultimate responsibility for the development of your fencing. You proactively seek out resources that are available to you within the High Performance Program, including engagement with the National Technical Directors, National Coaching Team, program coaches, and any material that HPP makes available to you.
- **Planning:** you will make a concerted effort to balance your commitments to create the time needed to develop your fencing as best you can. You will work together with the HPC and the National Coaching Team to determine a program, being guided by these coaches, the HPP Outline, and your commitments.
- **Establish Goals:** you understand the importance of clear goals and agree to establish these for your aim as part of your HPPP.
- **Mindset:** work to improve your mindset to the point where this is an advantage for you in your fencing and other areas of your life.
- **Fit for Purpose:** you undertake to have your physical condition fit for the purpose of fencing at the elite level. This includes an appropriate periodized strength and conditioning program and an appropriate nutritional plan.
- **Undertake the HPPP:** make best endeavours to undertake the High Performance Program Plan that you have agreed with the National Technical Director.
- **Support Local Fencing:** make every effort to attend your local State Squad at least once per week.
- **Review:** to conduct review of your performances and evolve as a fencer, as a person.
- **Strategic Understanding:** commit to the development of your understanding of your weapon strategy.
- Adhere to the Athlete Agreement and the various AFF Policies, available on www.ausfencing.org

4. National Squad Member Benefits*

	Senior National Squad	Senior Non-National Squad	Junior/Cadet National Squad	Junior/Cadet Non-National Squad	Youth National Squad
High Performance Athlete Agreement	Yes	No	Yes	No	Yes
Selection for World Championships and Asian Championships	Yes	No	Yes	No	N/A
Selection for International Championships (or International Youth Tour)	Yes	No	Yes	No	Yes
Selection for HPC Designated Events	Yes	No	Yes	No	N/A
Selection for International Events (non-Designated)	Yes (priority)	Yes	Yes (priority)	Yes	N/A
Selection for International Events (Other)	Yes (priority)	Yes	Yes (priority)	Yes	N/A
Other benefits reserved for Team Members	Yes	No	Yes	No	Yes
High Performance Program					
- Management Support	Yes	No	Yes	No	Developing
- Performance Development Pathway	Yes	No	Yes	No	Yes
- Goal-setting	Yes	No	Yes	No	Yes
- Mindset Coaching	Yes	No	Yes	No	Developing
- Nutritional Planning and Support	Yes	No	Yes	No	Yes
- Physical - mechanics, strength and conditioning - general and individualized	Yes	No	Yes	No	Developing
- Works with National Technical Director and weapons coach (lesson, review of performance, video analysis, education)	Yes	No	Yes	No	Developing
- HPC Camps, interstate training exchange, overseas training,	Yes	No	Yes	No	Yes
- Education (online platform, theme discussions, seminars,)	Yes	No	Yes	No	Developing
- Analysis - own performance, competitive analysis, themes (video, data sets)	Yes	No	Yes	No	Developing
- Overseas Training (exchange program, AFF facilitated, individual/group)	Yes	No	Yes	No	Yes
- Mentor Program	Yes	No	Yes	No	Yes
Funding					
- Access to AFF funding	Yes	No	Yes	No	N/A
- Able to utilise AFF for sponsorship; access to AFF-procured sponsorship	Yes	No	Yes	No	N/A
- Consideration of grant and funding	Yes	No	Yes	No	N/A

5. High Performance Program Scope

Connection with HPC	<ul style="list-style-type: none"> Facilitates engagement and support for athlete
Competition Aims	<ul style="list-style-type: none"> In discussion with NTD, establish competition and training aims for the athlete. Performed early in the process, post closure of nominations. Develop clear competition aims for period of National Squad calendar.
Training Structure and Approach	<ul style="list-style-type: none"> In Initial Planning Sessions, develop High Performance Program Plan, including clear aims, training structure, frequency and approach. Review this periodically with National Coaching Team, and HPC.
Ongoing Engagement with National Technical Director	<ul style="list-style-type: none"> Direct connection and engagement with NTD Also needs initiative from fencer (not all down to NTD) NTD plus personal coach (if applicable) Coaching time with NTD (camps, visits to NTD). In arrangement with NTD. NTD discussion of competition aims for fencer. Technical review and planning with NTD Review of performance from strategic perspective by NTD. NTD will also work with National Assistant Coach and, in time, National Analysis Coach
National Weapons Coach and National Assistant Coach	<ul style="list-style-type: none"> NTD will be supported by the National Weapons Coach and National Assistant Coaches, as well as National Program-specific coaches

5. High Performance Program Scope

Online Education and Resources	<ul style="list-style-type: none"> Fencer joins online Squad Group (per category, weapon, and gender) NTD disseminates information, video instruction, emerging themes in weapon, refereeing convention for priority weapons, various other content. Online sessions. NTD will call online zoom sessions from time to time and make these available to Squad Members. Guest lectures online – HPC driven content spanning whole of program (Technical, strength and conditioning, wide-ranging)
Goal Setting	<ul style="list-style-type: none"> Course material available to athletes on goal setting and self-management Discussion with HPC Resources Zoom sessions: guest speakers
Movement, Strength, Endurance	<ul style="list-style-type: none"> In Initial Planning Sessions, develop clear training structure, frequency and approach. Review this periodically with National Coaching Team, and HPC.
Refereeing Course	<ul style="list-style-type: none"> Squad Members of priority weapons must take online referee accreditation course and attend referee accreditation in their state. Squad Members (epee) can take refereeing online referee accreditation course and attend accreditation in their state on an optional basis. Connected to refereeing education
Analysis and Review	<ul style="list-style-type: none"> Review and analysis of performance supported by National Coaching Team and Program Coaches.

5. High Performance Program Scope

Overseas Training	<ul style="list-style-type: none">• HPC will conduct training tours with NTD and Squad Members from time to time.• Overseas training opportunities in a number of locations for National Squad Members to train.• HPC can also assist to facilitate training when you are travelling for non-fencing purposes.
HPC Designated Tours	<ul style="list-style-type: none">• Course material available to athletes on goal setting and self-management• Discussion with HPC Resources• Zoom sessions: guest speakers
Selection	<ul style="list-style-type: none">• Squad Members are the only athletes selected for International Championships (Asian Championships, World Championships, Commonwealth Championships, Asian Games)• Squad Members are the only athletes selected for HPC Designated Events and tours.• Squad Members have priority selection for International Events (non-Designated)
Other	<ul style="list-style-type: none">• Other aspects developed as part of High Performance Program

6. Performance Pathway Outline - Senior

State State Championships (Points)	National AFC, National Championships; Foundation of Ranking	International (non-Designated) Nat Squad Member Preference. Points	HPC Designated National Squad Member only. Key development chance.. Enhanced Points.	Intl Champs & Olympics National Squad Member only. Points
Mindset				
<ul style="list-style-type: none"> • Understands the importance of mindset and actively manages. • Balances work/study demands with those of fencing. • Remains calm, centred, and resilient in bouts when challenged. • Ability to be present throughout a bout, and adapt to situation. • Works on refining and develop mindset and mindfulness consistently 		<ul style="list-style-type: none"> • Works with mindset coach to develop plan, approach, and be mindful. • Has defined goals allowing development of focus. • Uses visualization (opponents, “shadow fencing”, technical practice; etc) • Reviews mental performance in competitions. Actively replicates competition situations in training. 		
Physical				
<ul style="list-style-type: none"> • Can replicate high intensity quality movement patterns in training • Can identify athletically limiting factors and develop them • Can maximize sport specific athletic capabilities (strength, speed, power, endurance, reactivity) • Disciplined athletic preparation, potentiation, and recovery. 		<ul style="list-style-type: none"> • Clear individualized periodic strength and conditioning program • Works with dedicated strength and conditioning coach (HPP) • Multiple S & C sessions per week, as per programming • Has clear nutritional program • Uses tech to measure, monitor, to improve and prevent injury 		
Technical				
<ul style="list-style-type: none"> • Deep understanding of concept of preparation, priority (foil/sabre) and is able to execute a large variety of actions after preparation • High level of positive execution and rarely commits unforced errors • Has deeply developed technical range that is essentially open-ended in its deployment, and controls the use various tempos and speeds 		<ul style="list-style-type: none"> • Continues to work and refine craft with coach and NTD. (x3 lesson p/w) • Sparring (state squad (x2-4 p/w), HPP camps, O/S fencer exchange program, o/s trainings, own work • Competing: domestic, International Championships, HPC designated • Dedicated training of all areas (feet, tempo, hand, balance, distance) 		
Strategic				
<ul style="list-style-type: none"> • A student of fencing - deep understanding of strategy. • Is able to set up hits and work through strategic challenges • Able to adapt to unforeseen circumstances and pivot through different strategies as needed. • Able to see self and opponent from independent perspective 		<ul style="list-style-type: none"> • Working together with NTD to develop elite-level strategic outlook • Video review - works with own coach and NTD, actively reviews possibilities • Actively reviews competition performance (statistics,, video, tech,3rd-party) • Maximizes quality international competition and training exposure • Education: online platforms; zoom seminars; HPP-driven 		



6. Performance Pathway Outline - Junior



State State Championships (Points)	National AFC, National Championships; Foundation of Ranking	International (non-Designated) Nat Squad Member Preference. Points	HPC Designated National Squad Member only. Key development chance.. Enhanced Points.	Intl Champs & Olympics National Squad Member only. Points
Mindset				
<ul style="list-style-type: none"> • Understands the importance of mindset and actively manages. • Balances work/study demands with those of fencing. • Mostly calm, centred, and resilient in bouts when challenged. • Has developed ability to be present throughout entirety of a bout • Continues to develop mindset and mindfulness. 		<ul style="list-style-type: none"> • Works periodically with mindset coach (HPC) to develop approach. • Has clearly defined goals allowing development of focus. • Uses visualization (opponents, "shadow fencing", technical practice; etc) • Reviews mental performance in competitions. Actively replicates competition situations in training. 		
Physical				
<ul style="list-style-type: none"> • Can replicate high intensity quality movement patterns in training • Can maximize sport specific athletic capabilities (strength, speed, power, endurance, reactivity) • Disciplined athletic preparation, potentiation, recovery, and load management. 		<ul style="list-style-type: none"> • Clear individualized periodic strength and conditioning program • Works with dedicated strength and conditioning coach (HPP) • Two (2) times S & C sessions per week • Has clear nutritional program • Measures output, changes, and tech to improve and prevent injury 		
Technical				
<ul style="list-style-type: none"> • Deep understanding of concept of preparation, priority (foil/sabre) and is able to execute a large variety of actions after preparation • High level of positive execution and low level of unforced errors • Has well developed technical range that is essentially open-ended in its deployment, and is able to use varying tempos and speeds well. 		<ul style="list-style-type: none"> • Continues to work and refine craft with coach and NTD. (x3 lesson p/w) • Sparring (state squad (x2-3 p/w), HPP camps, O/S fencer exchange program, o/s trainings, tours, own work • Competing: domestic, International Championships, HPC designated • Dedicated training of all areas (feet, tempo, hand, balance, distance) 		
Strategic				
<ul style="list-style-type: none"> • Good understanding of strategy. • Is able to set up hits and work through strategic challenges. • Able to adapt to unforeseen circumstances and pivot through different strategies • Able to see self and opponent from independent perspective 		<ul style="list-style-type: none"> • Working together with NTD to develop high level strategic outlook • Video review - works with own coach and NTD, actively reviews possibilities • Actively review competition performance (statistics., video, tech, 3rd-party) • Education: online platforms; zoom seminars; HPP-driven • Has good international competition exposure 		



6. Performance Pathway Outline - Cadet

State State Championships (Points)	National AFC, National Championships; Foundation of Ranking	International (non-Designated) Nat Squad Member Preference. Points Senior	HPC Designated National Squad Member only. Key development chance.. Enhanced Points.	Intl Champs & Olympics National Squad Member only. Points
Mindset				
<ul style="list-style-type: none"> • Understands the importance of mindset and actively manages. • Balances work/study demands with those of fencing. • Tries to stay calm, re-centre, and resilient in bouts when challenged. • Has developed ability to be present throughout entirety of a bout • Continues to refine and develop mindset and mindfulness. 		<ul style="list-style-type: none"> • Engages with mindset coach to identify areas for development • Has clearly defined goals allowing development of focus. • Uses visualization (opponents, “shadow fencing”, technical practice; etc) • Reviews mental performance in competitions. 		
Physical				
<ul style="list-style-type: none"> • Has high quality movement sequencing, proprioceptive awareness, strong stability and good primary movement patterns while active • Includes strength development and incorporation of specifics to fencing • Works significantly on aerobic and anaerobic capacity building • Athletic preparation, potentiation, recovery, and load management. 		<ul style="list-style-type: none"> • Clear individualized periodic strength and conditioning program • Works with dedicated strength and conditioning coach • Two (2) times S & C sessions per week • Actively manages load to ensure rest and recovery. 		
Technical				
<ul style="list-style-type: none"> • Understanding of concept of preparation, priority (foil/sabre) and is able to execute a large variety of actions after preparation • High level of positive execution and reducing unforced errors • Developing technical range that is essentially open-ended in its deployment, with varying tempos 		<ul style="list-style-type: none"> • Continues to work and refine craft with coach and NTD. (~x3 lesson p/w) • Sparring (state squad (x2-p/w), HPP camps, O/S fencer exchange program, tours, own work • Competing: domestic, International Championships, HPC designated • Dedicated training of all areas (feet, tempo, hand, balance, distance) 		
Strategic				
<ul style="list-style-type: none"> • Actively developing understanding of strategy. • Is able to set up hits and work through strategic challenges. • Able to adapt to unforeseen circumstances and pivot through different strategies • Able to see self and opponent from independent perspective 		<ul style="list-style-type: none"> • Working together with NTD to develop strong strategic outlook • Video review - works with own coach and NTD, actively reviews possibilities • Actively review competition performance (statistics., video, tech, 3rd-party) • Education: online platforms; zoom seminars; HPP-driven • Has good international competition exposure 		



6. Performance Pathway Outline - Youth



State
State Championships (Points);
Wide-ranging participation at State
Level

National
AYC, AFC, National
Championships; Foundation
of Ranking

International Youth Tour
National Squad Member
only.



Mindset

- Learning the importance of mindfulness and mindset
- Developing understanding how areas of life affects athletic performance
- Learning to remain calm, re-centre through bouts when challenged.
- Continues to develop mindset and mindfulness..
- Works with various coaches and mindfulness material to develop self-awareness and competing mindset.
- Learns to set goals
- Learning and practicing visualization
- Learns to review mindset and emotions in competitions



Physical

- Understanding importance of training/competing load preparation, potentiation and recovery.
- Develop high quality movement sequencing, proprioceptive awareness, strong stability and good primary movement patterns,
- Develop acceleration/deceleration mechanics
- Participates in a number of sports (developing wide range of skills).
- Has periodic strength and conditioning program, and engages in movement skills and stability development at least once per week.
- Has sufficient recovery, sleep, a nutritional plan, and active recovery.
- Actively minimize injury possibility (mechanics,



Technical

- Is developing a solid technical foundation, good understanding of concept of preparation, priority (foil/sabre) and able to execute a large variety of actions after preparation
- Good level of positive execution and reducing unforced errors
- Developing range of techniques to be deployed on open-ended basis
- Works with coach/NTD (x2 lesson p/w)
- Sparring (state squad (x2 p/w), HPP camps, various HPC activities)
- Dedicated training of all areas (feet, tempo, hand, balance, distance)
- Actively competes in State, National, and International competitions
- Reviews and learns from performance.



Strategic

- Developing understanding of strategy.
- Is able to set up hits and work through strategic challenges.
- Learning to manage unforeseen circumstances and trial and asses different strategies
- Learning to see self and opponent from independent perspective
- Working together with Coach and NTD to develop strategic outlook
- Reviews performance of self and other elite-level fencers through reflection and video.
- Education: online platforms; zoom seminars; HPP-driven

