

CADET /JUNIOR NATIONAL WOMEN'S EPEE HIGH PERFORMANCE PROGRAM

2000-01 TRAINING & COMPETITION PLAN FORM

Send to: Barbara Daniel, 8 Springwater Ct., Islandview, N.B., E3E 1A1

Application Deadline: October 1st, 2000

NAME: _____

Please complete the following form in collaboration with your personal coach:

1. Junior Selection Competition Plan:

- _____ Jr. Elite Circuit* Toronto, ON Nov. 18-19, 2000
- _____ Jr. Elite Circuit* Montreal, QC Jan. 19 & 22, 2001

Choose from the list below, a **MAXIMUM OF 6** competitions for selection.

- _____ NAC - Junior Denver, CO Nov. 3-6, 2000
- _____ Jr. World Cup Osnabruck, Germany Nov. 26, 2000
- _____ Jr. World Cup Dijon, France Dec. 3, 2000
- _____ NAC - Division I Ontario, CA Dec. 8-10, 2000
- _____ Jr. World Cup Palermo, Italy Dec. 17, 2000
- _____ Jr. World Cup Budapest, Hungary Jan. 7, 2001
- _____ NAC - Junior/Division I Greenville, S. Carolina Jan.12-15, 2001
- _____ Jr. World Cup Santiago de Cuba Jan. 26, 2001
- _____ Jr. World Cup Modling, Austria Feb. 11, 2001

*** The two elite circuits plus a minimum of one international event are mandatory to be eligible for team selection.**

2. Cadet Selection Competition Plan:

- _____ Jr. Elite Circuit* Toronto, ON Nov. 18-19, 2000
- _____ Jr. Elite Circuit* Montreal, QC Jan. 19 & 22, 2001

Identify from the list below, the competitions you plan to attend.

- _____ NAC - Cadet Greensboro, NC Oct. 13-16, 2000
- _____ NAC - Cadet/Junior Denver, CO Nov. 3-6, 2000
- _____ NAC - Division I Ontario, CA Dec. 8-10, 2000
- _____ NAC - Junior/Division I Greenville, SC Jan.12-15, 2001

*** The two elite circuits plus a minimum of one international event are mandatory to be eligible for team selection.**

3. TRAINING OBJECTIVES: Describe specific improvements you plan to make in your fencing skills:

OBJECTIVE #1: _____

OBJECTIVE # 2: _____

OBJECTIVE #3: _____

OBJECTIVE #4: _____

4. TRAINING PROGRAM:

a. Outline your regular (typical) weekly training program (ie. fitness sessions, group training, individual lessons, etc.). If your training program involves specific periods of higher volume and intensity training and recovery periods, please attach this information to this form.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

5. STUDENT SCHEDULE: Please provide details of your school schedule as follows:

Term	Start date	End Date	Exam Dates
Fall	_____	_____	_____
Winter	_____	_____	_____
Spring	_____	_____	_____

6. OTHER COMMITMENTS: Please describe any other commitments (with dates, if possible): eg. work, family, religious, etc. which may affect with your training and competition program.

7. HEALTH: Describe any current injuries or health problems which may affect your ability to train and/or compete this season.

Date: _____ Signature of Athlete: _____

Approval by Personal Coach: _____ (signature)

Personal Coach's Name: _____ Club: _____

Phone: _____ Fax: _____ E-mail: _____