

OPTIMIZING THE SPORT EXPERIENCE

The U.S. Olympic & Paralympic Committee has been a leader in the development and promotion of the **American Development Model**. This framework for developing athletes is based on work from Istvan Balyi, a worldwide leader in long-term athlete development principles. "The ultimate goal is to create positive experiences for American athletes at every level.

By using the American Development Model, clubs, coaches and parents can help maximize potential for future elite athletes, and improve the health and well-being for future generations in the United States."

(USOPC ADM Brochure 2016)



CORE VALUES

- Developmentally appropriate training and competition
- Multisport or multi-activity participation - building an athletic base
- Fun and engaging learning environments
- Quality coaching at all age levels
- Focus on development over results, success through personal growth



Following these Core Values will help USA Fencing optimize fencers' experience and long-term development in the sport, whether it be success at the elite level or a lifetime of fencing participation

BASED ON OUR ADM CORE VALUES, WE ARE GOING TO ...

- Promote physical literacy and athleticism
- Implement developmentally appropriate activities and competitions
- Encourage multisport / multi-activity participation
- Focus on well-being and psychosocial development
- Foster an athlete-centered environment focused on engagement and enjoyment
- Support success and development of athletes
- Retain athletes in the sport of fencing
- Promote fencing / physical activity across the lifespan
- Decrease overuse injuries and burnout