

TEAM DANMARK

DANSK SVØMMEUNION
VERDENSKLASSEFORBUND

MASTERPLAN 2017-2020

PERIODE: 01 JAN. 2019 - 31 DEC. 2019

AFTALE

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A. Resultatmål

SKRIV SÆSONENS SPORTSLIGE RESULTATMÅL HERUNDER:

Hold / Atlet / Disciplin	Mesterskab / konkurrence	Tidspunkt	Målsætning	Acceptabelt	Opnået resultat
Swimming	World Championship - Long Course	July 2019	2 medals in 5 finals	1 medal in 3 finals	
Swimming	European Championship - Short Course	December 2019	5 medals in 10 finals	3 medals in 6 finals	

SKRIV SAMARBEJDSAFTALE PERIODENS OVERORDNEDE SPORTSLIGE RESULTATMÅL FOR PERIODEN 2019 -2020

Hold / Atlet / Disciplin	Mesterskab / konkurrence	Tidspunkt	Målsætning	Acceptabelt	Opnået resultat
Svømning	OL Langbane	Aug 2020	2 medaljer i 6 finaler	1 medalje i 3 finaler	

B.1 International High Performance

Beskriv overordnet plan/strategi for indsatsområdet igennem aftaleperioden

We are developing the framework for the development of Danish swimmers, so that medals can be won at the highest international, senior level at the European and World Championships and the Olympic Games in the Olympic swimming disciplines.

We believe that targeted international activities, an innovative world-class program at the National Training Center (NTC) and motivating club-based senior elite environments, will allow results at the highest international level to be perceived as a shared concern for all stakeholders in Danish swimming.

Our ambition for Danish swimming towards 2024 is to

- create greater synergy and cohesion between the swimmers and coaches of the various senior elite environments, our international activities and the National Training Center
- create partnerships between clubs, elite-municipalities and local authorities and institutions, that strengthen the synergy in the development of international juniors to international senior swimming.
- strengthen the National Training Center's role as a link between national and international elite swimming, with the possibility of international sparring and inspiration together with experienced high performance coaches.

Key targets for Danish Swimming for 2017-2020 is:

- Win individual medals at international championships.
- Strengthening the relay culture in Danish swimming and to have a minimum of four relay teams qualify for the Olympics in Tokyo 2020.
- Continuously monitor the status of the number of swimmers placed in the top 300 of the world rankings and ensure that there is a progression during the period.
- Further develop the structure of the Federation's talent and high performance work, with a view to strengthening the development from junior to the highest international senior level.
- Describe the practise for making NTC to a focal point for knowledge sharing on international high performance.

Titel på udviklingsmål

Structure of the Federation's talent and high performance work

2017

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Win individual medals at international championships and strengthening the development from junior to the highest international senior level

Handler

Hvilke konkrete handlinger skal der foretages?

- 1) Development and implementation of a new model for the Federation national team's structure.
- 2) Further development of the high performance environment at nationals teams and at NTC. Including implementation of the ethos "One team, one goal" in the daily work at training and competition.

Structure of the Federation's talent and high performance work

2018

Win individual medals at international championships and strengthening the development from junior to the highest international senior level

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Development and implementation of a new model for the Federation national team's structure.
- 2) Further development of the high performance environment at nationals teams and at NTC. Including implementation of the ethos "One team, one goal" in the daily work at training and competition.
- 3) Implementation of innovative world class programs and a strengthened practice for knowledge sharing under the NTC.
- 4) Update and harmonize the talent and elite concepts of Danish swimming sport.

Structure of the Federation's talent and high performance work

2019

Win individual medals at international championships and strengthening the development from junior to the highest international senior level

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

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- 1) Development and implementation of a new model for the Federation national team's structure.
- 2) Further development of the high performance environment at nationals teams and at NTC. Including implementation of the ethos "One team, one goal" in the daily work at training and competition.
- 3) Implementation of innovative world class programs and a strengthened practice for knowledge sharing under the NTC.
- 4) Update and harmonize the talent and elite concepts of Danish swimming sport.
- 5) Evaluation of the NTC as a flagship for international elite swimming in Denmark with the possibility for exchanges of experience with and inspiration from internationally experienced top coaches.

Individualized race caps

2017

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Individualized race caps (e.g. better fit and less resistance) for world class athletes for World Championship in 2019 and Olympic games in 2020.

Handlinger

Hvilke konkrete handlinger skal der foretages?

Investigate the possibilities for developing individualized/personal race caps together with TYR (equipment sponsor), Force Technology and Team Danmark (defining and clarification meetings)
Design an innovative development project (project plan, funding etc.).
Prepare and set-up the project (on behalf of the above actions)

Individualized race caps

2018

Formål / Målsætning

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Testing protocol for high performance swimming

2017

A new testing protocol for high performance swimming that can be integrated in the national monitoring concept

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

Develop a new testing protocol for physiological, physical and bio-mechanical monitoring in high performance swimming.
Try-out the the protocol at NTC and adjust the protocol afterwards if needed.
Build in the testing protocol in a national monitoring concept and at National Team Squads from junior to senior.
Describe guidelines and recommendations for testing in club environments - mainly partnership clubs and clubs with swimmers in national team squads.

Testing protocol for high performance swimming

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A new testing protocol for high performance swimming that can be integrated in the national monitoring concept

Formål / Målsætning

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Try-out the the protocol at NTC and adjust the protocol afterwards if needed.
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Describe guidelines and recommendations for testing in club environments - mainly partnership clubs and clubs with swimmers in national team squads.

Optimizing of video equipment at Bellahøj Svømmestadion

2018

To develop the Danish National Training Centre (NTC) at Bellahøj Svømmestadion in Copenhagen towards an innovative world-class programme in the daily training for better use of expertise in training and competition for the best swimmers, and with the possibility of international sparring and inspiration for swimmers at national squads and their coaches.

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

Realizing of the projekt supported from Team Danmark with kr. 300.000 from the Salling Foundation to:
1) Fully equipped moveable camera system at Bellahøj
2) Preparation of the pool deck to secure the right use of the camera system.

Optimizing of video equipment at Bellahøj Svømmestadion

2019

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Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

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1) Fully equipped moveable camera system at Bellahøj
2) Preparation of the pool deck to secure the right use of the camera system.

B.2 Talented club environments

Beskriv overordnet plan/strategi for indsatsområdet igennem aftaleperioden

We inspire each other by creating networks and collaboration for the development of talented and sustainable club environments in Danish clubs. This can provide the basis for a strong production line of talent with an international focus at the senior level, which can create strong, honest and proud local club environments.

We wish to further develop the existing practice in the clubs' talent and senior environments, based on Team Denmark's and the Sports Confederation of Denmark's "Ethos for developing talent in Danish sports", and clear career pathways for the development of senior swimmers with international potential.

Our ambition for Danish swimming towards 2024 is to

- implement a model for club certification focused on the long term development of club environments and relationships between individuals.
- create a clear structure and division of roles between clubs, union and municipalities committed to coordination and dynamic interaction on talent. Including establishing of a network of elite-municipalities with focus on swimming.
- define a monitoring concept that can support bench learning in relevant sporting fields and skills.

Key targets for Danish Swimming for 2017-2020 is:

- Enter into a minimum of eight partnership agreements between clubs, the Federation and municipalities based on sporting and/or geographical criteria.
- Implement "Values for talent development in Danish sport" in the sport of Danish swimming.
- Gain more knowledge about the swimmer's sporting development and develop a national monitoring concept and facilitate holding two annual monitoring days in club and Federation auspices.
- Create a model for a "elite-municipality swimming network"
- Do annual seminars for clubs, municipalities and the Federation for the coordination of the interaction on talent development.

Titel på udviklingsmål

Club partnership

2017

Further development of the existing practice in club-based talent and senior environments (partnership clubs)

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Update the framework for club-partnerships. Including the written partnership agreements.
- 2) Further develop and update the club matrix as a development tool for partnership clubs.
- 3) Describe the overall role and division of responsibilities for a dynamic interaction on talent development.

Club partnership

2018

Further development of the existing practice in club-based talent and senior environments (partnership clubs)

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Update the framework for club-partnerships. Including the written partnership agreements.
- 2) Further develop and update the club matrix as a development tool for partnership clubs.
- 3) Describe the overall role and division of responsibilities for a dynamic interaction on talent development.
- 4) Mid-term review of partnerships between clubs, elite municipalities, local authorities and institutions. Including a review of the practice of partnership clubs in relation to "Core values for Talent Development in Danish Sports".
- 5) All partnership clubs and clubs with senior elite groups have defined their goals and realistic capacity for the work related to talents and the elite.

Club partnership

2019

Further development of the existing practice in club-based talent and senior environments (partnership clubs)

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Update the framework for club-partnerships. Including the written partnership agreements.
- 2) Further develop and update the club matrix as a development tool for partnership clubs.
- 3) Describe the overall role and division of responsibilities for a dynamic interaction on talent development.
- 4) Mid-term review of partnerships between clubs, elite municipalities, local authorities and institutions. Including a review of the practice of partnership clubs in relation to "Core values for Talent Development in Danish Sports".
- 5) All partnership clubs and clubs with senior elite groups have defined their goals and realistic capacity for the work related to talents and the elite.

Career pathways for the development of senior swimmers with international potential

2017

Gain more knowledge about the swimmer's sporting development to highest international level.

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Describe and visualize career paths for the development of senior swimmers with the potential for the highest international level (dual career). Including "Values for talent development in Danish sport"
- 2) Develop a national monitoring concept.

Career pathways for the development of senior swimmers with international potential

2018

Gain more knowledge about the swimmer's sporting development to highest international level.

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Describe and visualize career paths for the development of senior swimmers with the potential for the highest international level (dual career). Including "Values for talent development in Danish sport"
- 2) Develop a national monitoring concept.

Career pathways for the development of senior swimmers with international potential

2019

Gain more knowledge about the swimmer's sporting development to highest international level.

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Describe and visualize career paths for the development of senior swimmers with the potential for the highest international level (dual career). Including "Values for talent development in Danish sport"
- 2) Develop a national monitoring concept.

B.3 Knowledge, innovation and competence

Beskriv overordnet plan/strategi for indsatsområdet igennem aftaleperioden

We encourage each other to increase the knowledge and skill levels of swimmers, parents, coaches, managers and officials, so that several swimmers can be developed and retained at beginner, junior and senior level, and any potential for swimming at the highest international level is realized.

Interdisciplinary networks and partnerships will allow us to recognize commonalities and differences, and encourage innovation for new solutions to complex problems and specific practical areas within Danish swimming.

Our ambition for Danish swimming towards 2024 is to

- implement a Danish model for trainer certification
- provide appropriate platforms and networks for innovation and the sharing of knowledge and best practice between different groups
- provide greater clarity regarding the skills required by the stakeholders of Danish swimming; e.g. swimmers, parents, coaches, managers and officials.

Key targets for Danish Swimming for 2017-2020:

- Competence profiles have been described for the Danish competition swimming coaches that may be included in a Danish coach certification.
- Develop and implement a "coach accelerator program" in order to "train the coach".
- Draw up a curriculum for a relevant sporting education program for swimmers and their parents. Including anti-doping and media as priority areas.
- Create fertile soil for the international development of referees, and a continue development of the speak-er role at championships.
- Continuously monitor the status of the number of Danish club swimming coaches with a diploma coaching qualification (level 3), and ensure that there is a progression during the period

Titel på udviklingsmål

Swimmer and parents sporting education program

2017

Strengthen the general athlete education for the swimmers and their parents.

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

Draw up a curriculum for a relevant sporting education program for swimmers and their parents. Including anti-doping and media as priority areas, and the e-learning program of Team Danmark

Swimmer and parents sporting education program

2018

Strengthen the general athlete education for the swimmers and their parents.

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

Draw up a curriculum for a relevant sporting education program for swimmers and their parents. Including anti-doping and media as priority areas, and the e-learning program of Team Danmark

Swimmer and parents sporting education program

2019

Strengthen the general athlete education for the swimmers and their parents.

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Handlinger

Hvilke konkrete handlinger skal der foretages?

Draw up a curriculum for a relevant sporting education program for swimmers and their parents. Including anti-doping and media as priority areas, and the e-learning program of Team Danmark

Development of chief referees and of the role of announcers

2019

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Create a breeding ground for international development of chief referees and further development of the role of announcers at national championships and meets.

Handlinger

Hvilke konkrete handlinger skal der foretages?

A minimum of two work-shops for announcers at competitions are completed.

B.4 A multiplicity of swimming competitions

Beskriv overordnet plan/strategi for indsatsområdet igennem aftaleperioden

We will set up swimming competitions (local, regional and national) which will, in various ways, support long-term athletic development and healthy sporting competitiveness, and create synergies between the clubs and the Union's talent and elite initiatives.

We believe that a multiplicity of events and competitions can inspire and motivate swimmers, coaches, managers, officials and spectators in Danish swimming sports, so that their commitment and good sportsmanship can help create a high quality and competitive atmosphere.

Our ambition for Danish swimming towards 2024 is to

- make the championships more worth seeing and audience-friendly
- provide greater diversity of event concepts for children, adolescents and adults.
- strengthen the common thread between different types of local, regional and national competitions

Key targets for Danish Swimming for 2017-2020 :

- Increase the sporting quality of the championships in Denmark with a view to improving performance in all age groups.
- To maintain and develop the professional level of the Federation's referees and starters.
- Raising and consolidation of the Danish Open's international profile.
- Strengthening the common thread from regional competitions to Federation championships.
- Identify the future organisation and areas of competence and responsibilities of the Sports Department's political organisation.

Titel på udviklingsmål

Sporting quality of championships in Denmark

2019

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Increase the sporting quality of championships in Denmark with a view to improving the performance of especially junior and senior swimmers

Handlinger

Hvilke konkrete handlinger skal der foretages?

- 1) Establish a common platform for a catalogue of ideas for different types of competitions.
- 2) Evaluation of the structure for championships in Danish swimming sport.

Dialog between the sports department and competitive clubs

2019

Formål / Målsætning

Hvad vil I opnå indenfor indsatsområdet?

Strengthening the platform for dialog and ownership between the Sports Department and the competitive clubs about coach education, national competitions, talent development and international high performance. Final target is a model like attached to this goal.

Handlinger

Hvilke konkrete handlinger skal der foretages?

Political proces towards a re-organization of the yearly meeting (området) at the General Assembly.

C.1 - Fysioterapi

Overordnet beskrivelse af ekspertindsatsen indenfor fagområdet

At the NTC we request a physio to do dryland and injury prevention exercises two mornings per week. These will be Tuesday and Thursday morning from 7.15-7.30. Further we request individual treatment and exercise of swimmers with injury problems. This will be Tuesday and Thursday morning for 30 mins in the timespan between 8.30-10.00. Time decided in collaboration with the individual swimmers and the coaches. We request Marlene's presence in strength training at our strength sessions, which are Monday, Wednesday and Friday, to provide feedback and support, especially around those with injuries or in rehab. We estimated this will require about 2 hours a week divided based on the requirements of the patients.

Prioritet 1

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 Athletes

Formål / Målsætning
Hvad vil I opnå med indsatsen?

Dyland at Bellahøj. This is to prevent injuries and build a culture for good dryland/preparation work

Handlinger:
Hvilke konkrete handlinger skal der foretages?

Physio to do dryland and injury prevention exercises two mornings per week. These will be Tuesday and Thursday morning from 7.15-7.30.

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Fysioterapi	30	01.01.2019	31.12.2019	Ja Marlene Søby Vestergaard

Prioritet 2

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 athletes

Formål / Målsætning
Hvad vil I opnå med indsatsen?

Individual treatment. To help rehabilitate and prevent injuries.

Handlinger:
Hvilke konkrete handlinger skal der foretages?

Treatment and consulting Tuesday and Thursday morning for 30 mins in the timespan between 8.30-10.00.

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Fysioterapi	60	01.01.2019	31.12.2019	Ja Marlene Søby Vestergaard

Prioritet 3

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 Athletes

Formål / Målsætning
Hvad vil I opnå med indsatsen?

. We request Marlene's presence in strength training at our strength sessions, to provide feedback and support, especially around those with injuries or in rehab.

Handlinger:
Hvilke konkrete handlinger skal der foretages?

Weight sessions are Monday, Wednesday and Friday. We estimate this to be a time commitment of about 2 hours per week.

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Fysioterapi	60	01.01.2019	31.12.2019	Nej

C.2 - Fysiologi og fysisk træning

Overordnet beskrivelse af ekspertindsatsen indenfor fagområdet

We are very pleased with the opportunity to have a dedicated S&C trainer working with the NTC almost full time. However, this does not mean we do not see any value in continuing the work with Mads Brink. Mads has been much more than a S&C trainer for the NTC. Together we developed a dryland routine including motor control exercises, balance and yoga/relaxation. We value this aspect highly and would be very unhappy if these elements would leave our program with the arrival of a new S&C trainer. Therefore the NTC requests to use Mads Brink for yoga training two times per week. The time commitment will be about two hours each week. The sessions can be scheduled either in Brøndby or Bellahøj and should take place on Tuesday and Thursday. However the schedule is negotiable to fit both Mads Brinks and our schedule.

Prioritet 1

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 Athletes

Formål / Målsætning
Hvad vil I opnå med indsatsen?

Weekly yoga sessions. To developed a dryland routine including motor control exercises, balance and yoga/relaxation.

Handlinger:
Hvilke konkrete handlinger skal der foretages?

Two weekly yoga-sessions.

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Fysiologi og fysisk træning	70	01.01.2019	31.12.2019	Nej There will be yoga-sessions in Brøndby as a common Team Danmark activity.

C.3 - Analyse, laboratorie og teknologi

Overordnet beskrivelse af ekspertindsatsen indenfor fagområdet

At the NTC we request to use Susanne for body-composition measurement work. This is done every 4-6 weeks, is planned in advances in communication with Susanne, and requires about 1.00 hours per time. We also request Susanne to provide us with support for our physiological testing. A rough estimate is, this will be done once every 2 weeks, and will require her presence for approximately 3 hours. Also this service is planned in advance in good communication with Susanne. At the NTC we like to start working with the biomechanist/analyst on a project basis. This is different than before and we came to this conclusion based on our previous experience. Working on a project basis should help to increase focus and involvement and therewith increase the effective impact of this service provision. Each project will be defined in advance and presented to the expert at hand. Then in collaboration we make the project happen or not.

Prioritet 1

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 Athletes

Formål / Målsætning
Hvad vil I opnå med indsatsen?

Body-composition measurement work. To help monitor the physical state of the swimmers.

Handlinger:
Hvilke konkrete handlinger skal der foretages?

At the NTC we request to use Susanne for body-composition measurement work. This is done every 4-6 weeks, is planned in advances in communication with Susanne, and requires about 1.00 hours per time.

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Analyse, laboratorie og teknologi	8	01.01.2019	31.12.2019	Ja Susanne Jørgensen

Prioritet 2

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 athletes

Formål / Målsætning
Hvad vil I opnå med indsatsen?

Support for our physiological testing.

Handlinger:
Hvilke konkrete handlinger skal der foretages?

Susanne will come to the pool and help run our physiological tests.

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Analyse, laboratorie og teknologi	20	01.01.2019	31.12.2019	Ja Susanne Jørgensen

Prioritet 3

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 athletes

Formål / Målsætning
Hvad vil I opnå med indsatsen?

At the NTC we like to work with the biomechanist/analyst on a project basis.

Handlinger:
Hvilke konkrete handlinger skal der foretages?

A project will be defined in advance and presented to the expert at hand.

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Analyse, laboratorie og teknologi	20	01.01.2019	31.12.2019	Ja Hanne Bloch Lauridsen.

Prioritet 4

Hvem:
Hold/atlet, disciplin, antal atleter

Coaches of Great Danes and National Team swimmers not part of the NTC
10 Coaches, total of 15 swimmers

Formål / Målsætning
Hvad vil I opnå med indsatsen?

To add value and content in a consultative and advisory manner throughout the season as prescribed on a priority and appropriate timing from the Performance Evaluation and Gap Analysis exercises and process

Handlinger:
Hvilke konkrete handlinger skal der foretages?

Completion of the Performance Evaluation and Gap Analysis exercised by the identified coach to the National Coach- October.November 2018. Once the process is completed the identified coach and the sport expert would collaborate and coordinate

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Analyse, laboratorie og teknologi	40	01.01.2019	30.11.2019	Ja Only national team swimmers.

C.4 - Ernæring og kropssammensætning

Overordnet beskrivelse af ekspertindsatsen indenfor fagområdet

At the NTC the nutritionist is used for individual advice and/or group education. We have been working on a request on demand basis which has work fine so far. I am quite sure the Olympic schedule (morning finals) will bring us to new questions and projects that probably require a larger involvement.

Prioritet 1

Hvem:

Hold/atlet, disciplin, antal atleter

Formål / Målsætning

Hvad vil I opnå med indsatsen?

Handlinger:

Hvilke konkrete handlinger skal der foretages?

Involvering af TD-eksperter:

Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Ernæring og kropssammensætning	0			Nej

Prioritet 2**Hvem:**

Hold/atlet, disciplin, antal atleter

Great Dane and National Team not associated with the NTC
 10 coaches/15 swimmers
 Nutrition Services and Body Composition

Formål / Målsætning

Hvad vil I opnå med indsatsen?

To provide service and advise to both swimmer and coach when determined (from the Gap Analysis process)
 To add value and measurements to the swimmer profile to assist in moving their performance forward

Handlinger:

Hvilke konkrete handlinger skal der foretages?

Once the Gap Analysis and Needs Assessment process is complete then collaboration and coordination can take place
 This to include time for measuring during the World's Team Debriefing April 2019

Involvering af TD-eksperter:

Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Ernæring og kropssammensætning	30	01.01.2019	31.10.2019	Nej

C.5 - Sportspsykologi

Overordnet beskrivelse af ekspertindsatsen indenfor fagområdet

At the NTC we value the input of sport psychology highly. We acknowledge the importance of this working field for elite performance. Based on our previous experiences we like to come to an integrated solution where the sport psychologist is part of the daily training environment instead of a 'go to when in trouble' person only. This requires the sport-psychologist to be at the pool at least once a week (preferable twice) to discuss with coaches, observe the swimmers in action and reflect together. Together with the sport psychologist the route to improvement will be defined for the individual athlete (as well as the coach). A rough estimation of time would be up to 4 hours a week.

Prioritet 1

Hvem:
Hold/atlet, disciplin, antal atleter

NTC 17 Swimmers

Formål / Målsætning
Hvad vil I opnå med indsatsen?

Weekly sessions with either the whole team or on an individual basis. Work on implementing sport psychology tools and patterns to be used in both training and competition.

Handlinger:
Hvilke konkrete handlinger skal der foretages?

Individual or team sessions, on Tuesdays and Thursdays, either after morning practice or before/after the afternoon practice

Involvering af TD-eksperter:
Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Sportspsykologi	40	01.01.2019	31.12.2019	Ja Nina Due Stagis. Total of 80 hours for priority 1 and 2.

Prioritet 2**Hvem:**

Hold/atlet, disciplin, antal atleter

National Team Swimmers not associated with NTC-- potential of 7 swimmers and their coaches

Second priority if necessary to swimmers and coaches of the Great Danes program.

Potential of 7 swimmers.

Formål / Målsætning

Hvad vil I opnå med indsatsen?

Provide service and consultation based on a Needs Assessment from the Gap Analysis exercise and process.

Handlinger:

Hvilke konkrete handlinger skal der foretages?

Follow-up from the Gap Analysis and Needs Assessment-- October/November 2018 via national coach visits

Involvering af TD-eksperter:

Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Sportpsykologi	40	01.01.2019	31.10.2019	Ja Nina Due Stagis. Total of 80 hours for priority 1 and 2.

C.6 - Tværfaglig ekspertindsatser

Overordnet beskrivelse af ekspertindsatsen indenfor fagområdet

Expert Out Reach Program- National Team swimmers not in the NTC along with the coach has access to expert consultation (nutrition, sport psychology, video bio mechanics)

Prioritet 1

Hvem: Hold/atlet, disciplin, antal atleter	Relay Team Development Camps (3-6 camps per season/ 2-3 days) 6-12 swimmers plus coaches "Tokyo and Beyond- W-4x200 FR; M 4x100 FR; M-4x200 FR, M-4x100 MR				
Formål / Målsætning Hvad vil I opnå med indsatsen?	to add value and expertise to the content and delivery on the designated opportunities				
Handlinger: Hvilke konkrete handlinger skal der foretages?	Continue the application of the "Tokyo & Beyond" Relay Development Proposal Select swimmers, designate location and lead coaches Determined dates				
Involvering af TD-eksperter: Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt	Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
	Analyse, laboratorie og teknologi	36	01.01.2019	30.10.2019	Nej
	Sportpsykologi	20	01.01.2019	30.10.2019	Nej
		0			Nej

Prioritet 2**Hvem:**

Hold/atlet, disciplin, antal atleter

National Team Swimmers and coaches (50 participants)

Formål / Målsætning

Hvad vil I opnå med indsatsen?

Education- Theoretical and Practical means to the swimmer and coach during the scheduled pre season Event Camp according to the illustrated model on the Svoem web page as well supporting the Coach Network meeting practices.

Handlinger:

Hvilke konkrete handlinger skal der foretages?

Establish the Date and the content of expert delivery

Involvering af TD-eksperter:

Omfang i tid (ekskl. forberedelse) samt evt. tidspunkt

Ekspertområde	Timer	Start tidspunkt	Slut tidspunkt	Bevilling fra TD
Fysioterapi	6	01.04.2019	13.09.2019	Ja
Analyse, laboratorie og teknologi	6	01.04.2019	13.09.2019	Ja
Ernæring og kropssammensætning	6	01.04.2019	13.09.2019	Ja
Sportpsykologi	6	01.04.2019	13.09.2019	Nej

C.7 Medrejsende TD eksperter

Ønsker om medrejsende Team Danmark eksperter (i prioriteret rækkefølge). Endelig bevilling vedrørende omfang af medrejsende eksperter foretages, når Team Danmark har behandlet alle forbundenes ønsker vedrørende medrejsende eksperter.

Prioritet 1

Hvilken træningslejr / konkurrence samt sted?

2019 World Championships Gwangju South Korea
Competition Dates: July 21-28 (arrive July 18 from Nagano City/ depart July 29)
Pre Staging Camp Nagano City: July 7-18

Hold, Atlet, Disciplin

World Championship Team (12-15 swimmers) plus staff

Formål med medrejsende ekspertbistand

To provide coaches, swimmers and staff specified expert service and support at various stages of preparation for best intended results and outcomes at the 2019 World Championships.
Physio: Full Tour--Treatment for recovery, prehab, Race Readiness
Perf.Analysis: Competition Race Video, Analysis, Feedback
Sport Psych: Pre Competition Preparation, tools and strategies

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi	23	07.07.2019 - 29.07.2019	Ja. Marlene Søby Vestergaard
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi	12	18.07.2019 - 29.07.2019	Ja. Christian Kejser. The set up needs to be tested during the autumn to make sure that the system meets the needs and will be used.
Ernæring og kropssammensætning			Nej
Sportspsykologi	12	07.07.2019 - 18.07.2019	Ja. Nina Due Stagis

Prioritet 2

Hvilken træningslejr / konkurrence samt sted?

2019 World Championships and Select National Team Training Camp Turkey May 5-18

Hold, Atlet, Disciplin

2019 Worlds and Select National Team members

Formål med medrejsende ekspertbistand

To provide coaches, swimmers and staff specified expert service and support at various stages of preparation for best intended results and outcomes.

Physio: Full Tour--Treatment for recovery, prehab, Race Readiness

Analysis/Lab Screening: Athlete profile monitoring- body comp. training monitoring, hydration

Sport Psych: Pre Competition Preparation, tools and strategies

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi	14	05.05.2019 - 18.05.2019	Ja. Marlene Søby Vestergaard
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi	10	05.05.2019 - 14.05.2019	Ja. Christian Kejser
Ernæring og kropssammensætning	7	05.05.2019 - 11.05.2019	Ja. Kasper Otte Dideriksen
Sportpsykologi	5	05.05.2019 - 14.05.2019	Ja. 5 days. Nina Due Stagis.

Prioritet 3

Hvilken træningslejr / konkurrence samt sted?

NTC Training Camp South Africa 2019

Hold, Atlet, Disciplin

All NTC swimmers.

Formål med medrejsende ekspertbistand

Sports Psychologist: Work on team dynamics. Evaluate coaches.
 Physiotherapist: Continue the daily work with the swimmers.
 Physical training: We request to bring Mads Brink. His presence creates a spring-board for the dryland program and strengthens the quality of our work. I have worked with some of the best in the field but none of them could provide a package as complete.

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi	10	16.02.2019 - 10.03.2019	Ja. 10 days - Only one weekend if possible. Marlene Søby Vestergaard
Fysiologi og fysisk træning	23	16.02.2019 - 10.03.2019	Nej. Maybe - to be decided early January
Analyse, laboratorie og teknologi			Nej
Ernæring og kropssammensætning			Nej
Sportpsykologi	5	16.02.2019 - 25.02.2019	Ja. 5 days. Nina Due Stagis.

Prioritet 4

Hvilken træningslejr / konkurrence samt sted?

2019 World Championships Preparation (Compete-Train-Compete) Barcelona Mare Nostrum-Ostia Camp- Settecolli, Rome June 13-24

Hold, Atlet, Disciplin

2019 Worlds Team (15 swimmers) plus staff

Formål med medrejsende ekspertbistand

To provide coaches, swimmers and staff specified expert service and support at various stages of preparation for best intended results and outcomes.
 Physiotherapy- Treatment, Pre Hab, Re hab, Race Readiness
 Performance Analysis- Race Video, Analysis, Feed back
 Sport Psychology- Performance and Coping Strategies

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi	12	13.06.2019 - 24.06.2019	Ja. Marlene Søby Vestergaard from the 15th.
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi	12	13.06.2019 - 24.06.2019	Ja. Christian Kejser can arrive the 19th og 20th debending om competition schedule
Ernæring og kropssammensætning			Nej
Sportspsykologi	3	13.06.2019 - 24.06.2019	Ja. 3 days. Nina Due Stagis

Prioritet 5

Hvilken træningslejr / konkurrence samt sted?

2019 European SC Championships Glasgow Scotland December 2-9

Hold, Atlet, Disciplin

National Team- SC European Championship Team (15-20 swimmers)

Formål med medrejsende ekspertbistand

To provide coaches, swimmers and staff specified expert service and support at various stages of preparation for best intended results and outcomes
 Physio/Massage: Race Readiness, Race Recovery Treatments
 Sport Psychology: Performance and Coping Strategies

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi	8	02.12.2019 - 09.12.2019	Nej
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi			Nej
Ernæring og kropssammensætning			Nej
Sportpsykologi	8	02.12.2019 - 09.12.2019	Nej

Prioritet 6

Hvilken træningslejr / konkurrence samt sted?

Danish Open April 6-10 2019 Denmark

Hold, Atlet, Disciplin

National Team- Sr and Great Danes for selection to the International Summer events

Formål med medrejsende ekspertbistand

To provide coaches, swimmers and staff specified expert service and support at various stages of preparation for best intended results and outcomes
 3.5 hours Preliminaries 3.0 hours Finals
 Physio/Massage: Race Readiness, Race Recovery Treatments
 Perf.Analysis: Race Video and Race Analysis

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi	5	06.04.2019 - 10.04.2019	Nej
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi	5	06.04.2019 - 10.04.2019	Ja. 4 hours per day.
Ernæring og kropssammensætning			Nej
Sportpsykologi			Nej

Prioritet 7

Hvilken træningslejr / konkurrence samt sted?

Stockholm Open

Hold, Atlet, Disciplin

All NTC swimmers

Formål med medrejsende ekspertbistand

Provide treatment and continue daily workout routines with the swimmers.

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi	6	10.04.2019 - 15.04.2019	Nej
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi			Nej
Ernæring og kropssammensætning			Nej
Sportpsykologi			Nej

Prioritet 8

Hvilken træningslejr / konkurrence samt sted?

Sr Euro Tour- March 1-11 2019-- Barcelona-Antwerp-Edinburgh (Race-Technical Camp-Race)

Hold, Atlet, Disciplin

National Team Senior

Formål med medrejsende ekspertbistand

To provide coaches, swimmers and staff specified expert service and support at various stages of preparation for best intended results and outcomes.
 Perf.Analysis/ Biomechanics: Lead feedback and interventions in the technical areas for swimmers and coaches

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi			Nej
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi	7	01.03.2019 - 07.03.2019	Nej
Ernæring og kropssammensætning			Nej
Sportpsykologi			Nej

Prioritet 9

Hvilken træningslejr / konkurrence samt sted?

Great Danes Euro Tour January 18-28 2019 Antwerp-Luxembourg (Race-Technical Camp-Race)

Hold, Atlet, Disciplin

National Team- Great Danes/ NTC swimmers

Formål med medrejsende ekspertbistand

To provide coaches, swimmers and staff specified expert service and support at various stages of preparation for best intended results and outcomes.

Perf.Analysis/ Biomechanics: Lead feedback and interventions in the technical areas for swimmers and coaches

Angiv nedenfor ønsker til medrejsende TD-eksperter

Ekspertområde	Dage	Dato	Bevilling fra TD
Fysioterapi			Nej
Fysiologi og fysisk træning			Nej
Analyse, laboratorie og teknologi	7	18.01.2019 - 24.01.2019	Ja. Hanne Bloch Lauridsen.
Ernæring og kropssammensætning			Nej
Sportpsykologi			Nej