|  |  |  |  |
| --- | --- | --- | --- |
| Core element | Competition |  | Comments |
| Performance | Result |  |  |
| Age Group |  |
| Pre Com. Ranking |  |
| Seeding |  |
|  |  |  |
| Technical | Defensive actions |  |  |
| Offensive actions |  |
| From on guard |  |
| Open play |  |
|  |  |  |
| Tactical | Understanding opponent |  |  |
| Pre match preparation |  |
| Ability to adapt |  |
| Ability to perform advice |  |
|  |  |  |
| Physical | Sustainable fitness |  |  |
| Ability to keep fencing position |  |
| Footwork |  |
| Lunge |  |
|  |  |  |
| Mental | Resilience/ability to keep focus |  |  |
| Winning close matches |  |
| Body language |  |
| Coach – athlete communication |  |
|  |  |  |
| Lifestyle | Professionalism |  |  |
| Nutrition |  |
| Hydration |  |
| Discipline |  |
|  |  |  |