



Development Plan

German Surf Federation 2021 v1



Management Olympic Department

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Gender Notice:

For readability, this document refrains from using gender-specific formulations. Insofar as personal names are only mentioned in male form, they refer to men and women in the same way

1. Introduction and goal

In DWV talent development, we talk about a composition of different talent-related factors that have a high influence on a surfer's potential. Different Factors such as condition, psyche, coordination, and technique are of great importance in the development of a surfer and determine the potential of his performance. To improve performance in the long term and participate in international competitions, localization is particularly important in the development process of the young surfer.

The focus of the DWV is primarily the personality development of the young surfers. Based on this, special attention is paid to the sporting development of young surfers. A thoughtful approach, such as the development plan, should ensure that the development of the young surfer, is given. It is about creating pathways and establishing structures that allow the young surfer to easily work on their performance from the beginning to the end of their career. With the help of this Development Plan, we want to support the efforts of the young surfers and ensure that everyone works towards a common goal. At this point, it should be noted that this concept is a manual, which can be used for action orientation.

2. Meaning of talent development

Various instances play a role in the talent development of DWV. This article shows once which possibilities the young surfers have in the professional development. In addition to the athletic training, the DWV tries in cooperation with parents, coaches and trainers to enable the young surfers a dual career path (school, training, study).

3. The role of the DWV in finding targets

The German Surf Federation (DWV) attaches great importance to the goals and development plans of the athletes in the training of both the sport and the young surfers. In doing so, it is particularly important to the DWV to support each surfer in their individual goals and to take into account the specific needs of the young surfers. Through a variety of institutions as well as supporting structures within the competitive sports department at DWV, we try to develop our surfers in terms of their performance and career. For the optimal support of our young surfers, professional staff is always available to assist the athletes, such as the sports psychological support of the DWV as well as the career support of the DOSB. At this point it should be noted that a claim to professional support from the DWV and the DOSB exists only from the squad status junior squad (NK).

4. DWV Development Template

In order to achieve its long-term goals, a systematic promotion of young talent is sought, which functions under the auspices of the DWV and the DOSB. The template of the talent development system in the DWV, serves as an illustration of how a systematic development in organized sports. A controlled development can significantly

increase performance and bring about a positive career for the young surfers. A systematic development and goal setting in cooperation with the DWV is only possible from the squad status of the junior squad (NK).

Table 1: Template of the talent development system in DWV

Name of class	DWV- Squad Requirement profile & system (AGA; GLT; ABT; AST; HLT)
Age	At what chronological age is this stage completed?
System	<ul style="list-style-type: none"> • Which training system? • Which competition system? • How sighting? • Which squad? • Who finances?
Objectives	What are the development steps in terms of training/technique/placement/structure?
In-Surf	<ul style="list-style-type: none"> • How many days does the athlete spend on average per year on the water at this stage? • Which sports program in the water, is it intended for the athlete? • Tactile and technical training methods
Off-Surf	<ul style="list-style-type: none"> • Sports program outside the water. • General training load outside the water
Coaches/Super-visors	<ul style="list-style-type: none"> • Who should train the athlete at this level? • What qualification should the coach have for this? • What role does the association play in the care of? • What other support options are available?

5. Development and Vision with regard to the squad classes

The DWV distinguishes in the development of a young surfer in different promotion classes, which are characterized by the promotion of the young surfer up to the first squad membership as NK - athlete. In different promotion classes the young athletes are divided. For example, in juniors, cadets and Groms. The purpose behind this is to provide optimal support in terms of performance improvement, training and career development of the athletes. More on this topic can be found in the **framework training concept for junior competitive sports** as well as in the **junior concept of the German Surf Federation e.V.** Based on the objectives regarding the squad classes of the DWV, an insight into the developmental alder of the DWV shall be given. *Figure 1* shows

an overall view of the surfing youth of the DWV. The figure shows that there is always a division of the young surfers into the squad classes. In relation to the development, however, the DWV considers the overall development of the respective athlete. **At this point, it is particularly important to note that the DWV is only active in an advisory capacity up to the talent promotion class junior squad (NK).** Funding, as well as all measures, will only take place from the squad status junior squad (NK). Until then, self-financing is to be expected.

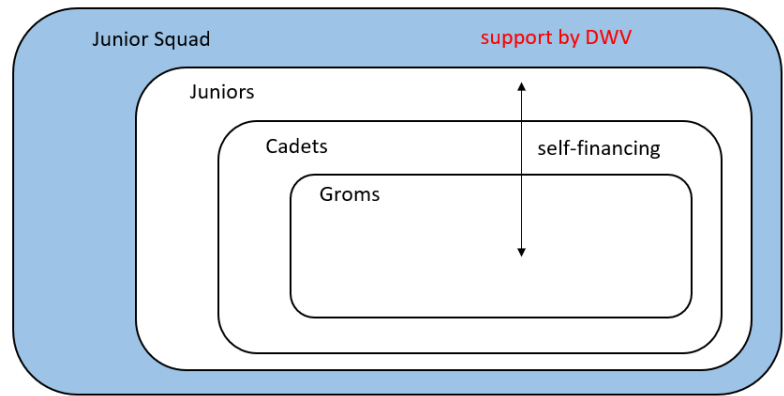


Figure 1: DWV - Template integral development

5.1 Talent Development in DWV competitive sports

5.1.1 Talent Development Class – Kids

The Kids Talent Development class in the DWV refers to those surfers who show exceptional performance in the water at a young age and also outstanding athletic performance off the water.

Table 2: Class of talent promotion - Kids

Kids	AGA- General Basic Structure (Cognitive Phase)	
<i>Age</i>	8-11 years	
<i>System</i>	Training system:	None
	Competition system:	No
	Sighting:	via Online and DM
	Squad membership:	none (self-financed)
<i>Objectives</i>	<ul style="list-style-type: none"> • Experience the "environment" ocean and get to know the surf, board and body. • Visuomotorische Grundausbildung mit Fish, Longboard, Malibu, FunShapesExtra Foamies, Handplants, Etc. • Systematic support and performance enhancement 	
<i>In-Surf</i>	Min. 100 water days per year	
<i>Off-Surf</i>	Enable daily sports activities and polysports training: volleyball, basketball, Jiu-Jitsu, skateboarding, mountain biking, swimming, tennis, trampoline etc..	

<i>Coaches/Supervisors</i>	<ul style="list-style-type: none"> Family, Club-Coach, Experienced instructors from the children's/youth sport, surf instructor C
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5.1.2 Talent Development Class - Groms

In the class of talent development Groms, the young surfer learns the basic movements on the surfboard and how to play with the wave.

Table 1: Class of talent promotion - Groms

Groms	GLT – Basic training (Associative phase)
<i>Age</i>	11-13 years
<i>System</i>	Training system: small surf training system, small training on land Competition system: None Sighting: via Online and DM Squad membership: No (self-financed)
<i>Objectives</i>	<ul style="list-style-type: none"> Small training system in-surf (not by the DWV) Learn basic technical skills of surfing Visuomotorische Grundausbildung mit Fish, Longboard, Malibu, Foamies, Handplants Etc. Systematic support and performance enhancement
<i>In-Surf</i>	<ul style="list-style-type: none"> At least 160 water days per year – playful handling of wave, board and performance. regular video feedback (at least once/week.) Tactical games with peers
<i>Off-Surf</i>	<ul style="list-style-type: none"> Small training system off-surf (not by the DWV) 100 Days "Streetboard" Technique training per Year
<i>Coaches/Supervisors</i>	<ul style="list-style-type: none"> Family, Club Coach, Surf-Trainer-C, Surf Coach (ISA Level 2 ; Postgraduate o. Equivalent) A close observation of the young Surfers. Sighting by DWV – Groms Camp

5.1.3 Talent Development Class - Cadets

With the talent development class Cadets the performance of young surfers can be systematically increased and trained. Here, special conditions are created for the sub-elite.

Table 2: Class of talent promotion - Cadets

Cadets	ABT- Advanced training (Associative Phase)
Age	13-15 years (Cave: Growth and degree of freedom problems cause momentary performance degradation in technology) = normal and no reason for drop-out.
System	<p>Training system: extended surf training system and training system on land. (not by the DWV)</p> <p>Competition system: none (regional competitions)</p> <p>Sighting: via online and DM as well as sighting camps from 2022.</p> <p>Squad membership: No (self-financed)</p>
Objectives	<ul style="list-style-type: none"> • Advanced training system In-Surf (not by DWV) • Support in the development of technical skills • <i>Consistency</i> for Average- bis Good-Scoring-Potential • Systematic support and performance enhancement
In-Surf	<p>3-4 Sessions a 60 min x weekly + regional competitions</p> <ul style="list-style-type: none"> • Regular video feedback (at least 2 sessions/week) • Tactical games with peers • Momentum ABC
Off-Surf	<ul style="list-style-type: none"> • Extended training system Off-Surf (not by the DWV) • 100 Days "Streetboard" Technique training With Cones: • Miniramp Skills + Pumptracks
Coaches/Supervisors	<ul style="list-style-type: none"> • Family, Club Coach, Surf-Trainer-C, Surf Coach (ISA Level 2; Postgraduate o. Equivalent) • A close observation is carried out by young Surfers. • Sighting by DWV- Groms Camp.

5.1.4 Talent Development Class - Juniors

At this point, the semi-professional system is designed to provide optimal support for both the jump into the junior squad and the jump into professional sports.

Table 3: Class of talent promotion - Juniors

<i>Junior</i>	AST = Follow-up training (Automated Phase / Sub Elite)
<i>Age</i>	16-18 years (Cave: Growth and degree of freedom problems cause momentary performance degradation in technology) = normal and no reason for drop-out.
<i>System</i>	Training system: Great (not by the DWV) Competition system: large (JQS + Nationals) Squad membership: possible = junior squad Perspective squad: only for outstanding international achievements Without squad status: self- financed For squad status: partially financed (possible) Sighting: via online, DM and sighting camps
<i>Objectives</i>	<ul style="list-style-type: none"> • Technical And Tactical Skills • Video feedback from each training session: Deliberate Practice • 5/20 Average Pace • Systematic support and performance enhancement (not by the DWV)
<i>In-Surf</i>	<ul style="list-style-type: none"> • Large training system in-surf (not by the DWV) • Tactical games with peers • Momentum ABC: Major = > 4,5
<i>Off-Surf</i>	<ul style="list-style-type: none"> • Large training system off-surf (not by the DWV) • 50 Days "Streetboard" Technique training With Cones • Miniramp Skills + Pumptracks
<i>Coaches/Supervisors</i>	<ul style="list-style-type: none"> • Parents, coaching staff, club coaches, surf coaches (professional high performance surf coaches with competition coaching experience at national level) are support for decision-making aids, etc. • A close observation of the young surfers. • Possibility on sponsoring program. • Training with DWV Trainingcard- System.

5.1.5 Talent Development Class - junior squad

In the junior squad, the young surfers prepared for a professional career as a competitive athlete.

Table 4: Class of talent promotion - NK

NK	<i>NK junior squad - high-performance training (Automated Phase / Near Elite)</i>
Age	18-23 years (completion of the age of 23)
System	<p>Training system: Professional</p> <p>Competition system: international (squad status NK)</p> <p>Squad membership: No</p> <p>Sighting: via online, DM, other sightings and possible camps</p> <p>Without squad status: self - financed</p> <p>For squad status: partially financed (possible)</p> <p>With outstanding international successes, PK and OK classification possible.</p>
Objectives	<p>DWV Competition Algorithm will be deepened and the Young surfers has to get used to high training loads and training intensities. Point: "Athletes Identity" And Occupation "top athlete".</p> <ul style="list-style-type: none"> • Development technical and tactical Skills • Mental, physiological Care • Systematic support and performance enhancement
In-Surf	<ul style="list-style-type: none"> • 6/20 Pace/Average • regular video feedback (at least once/week.) • Tactical games with peers • "Momentum ABC: Major = > 5,0
Off-Surf	Sporting activities as compensation: volleyball, basketball, skateboarding, mountain biking, swimming, tennis, etc.
Coaches/Supervisors	<ul style="list-style-type: none"> • DWV-Coaching staff, Olympic base, Club-Coaches, Professional High-Performance-Surf-Coaches With mind. 3 years QA coaching experience international level. • The association has groundbreaking influence due to consultations with parents, coaches and caregivers. A close observation of the Athletes. • Possible financial support from dan OSP. • Support from the Olympic base Rheinland. • Possibility on sponsoring program. • Dual career system in combination with a training or university career. • Right to sports medical examinations.

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| | <ul style="list-style-type: none">• Training control through performance diagnostic evaluation of results.• DWV career supervisor offers optimal decision support. |
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6. Closing Word

As can be seen from this document, it is very important to the German Surf Federation e.V. to support the young athletes on the way to their career. The DWV would like to take especially for the young surfers, a caring function to support them safely and fairly. It is important to mention that the individual wish of a young athlete will be considered as good as possible. In addition, it should be noted that this Development Plan is intended to be a handout for action. Each athlete and each situation, is an individual situation, where decisions must be made from a different basis.