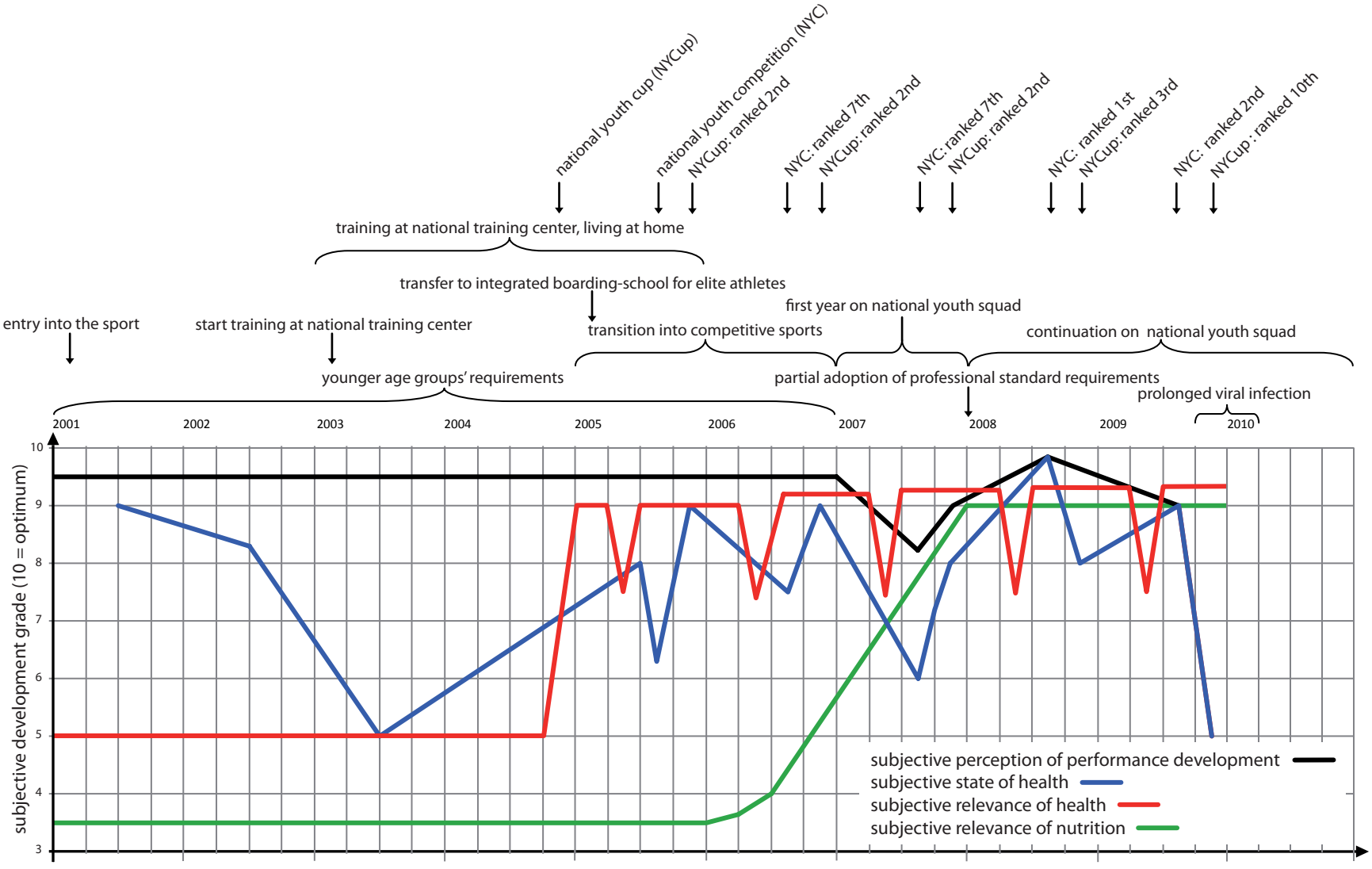
national youth cup (NYCup)
national youth competition (NYC)
NYCup: ranked 2nd
NYC: ranked 7th
NYCup: ranked 2nd
NYC: ranked 7th
NYCup: ranked 2nd
NYC: ranked 1st
NYCup: ranked 3rd
NYC: ranked 2nd
NYCup : ranked 10th
training at national training center, living at home
transfer to integrated boarding-school for elite athletes
first year on national youth squad
entry into the sport
start training at national training center
transition into competitive sports
continuation on national youth squad
younger age groups' requirements
partial adoption of professional standard requirements
prolonged viral infection
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
subjective development grade (10 = optimum)
10
9
8
7
6
5
4
3
subjective perception of performance development
subjective state of health
subjective relevance of health
subjective relevance of nutrition