subjective development grade (10 = optimum)

subjective perception of performance development

subjective state of health

subjective relevance of health

subjective relevance of nutrition

entry into the sport

start training at national training center

training at national training center, living at home

transfer to integrated boarding-school for elite athletes

first year on national youth squad

transition into competitive sports

continuation on national youth squad

partial adoption of professional standard requirements

prolonged viral infection

2001 2002 2003 2004 2005 2006 2007 2008 2009 2010

national youth cup (NYCup)
national youth competition (NYC)
NYCup: ranked 2nd
NYC: ranked 7th
NYCup: ranked 2nd
NYC: ranked 1st
NYCup: ranked 3rd
NYCup: ranked 2nd
NYCup: ranked 10th

subjective perception of performance development

subjective state of health

subjective relevance of health

subjective relevance of nutrition