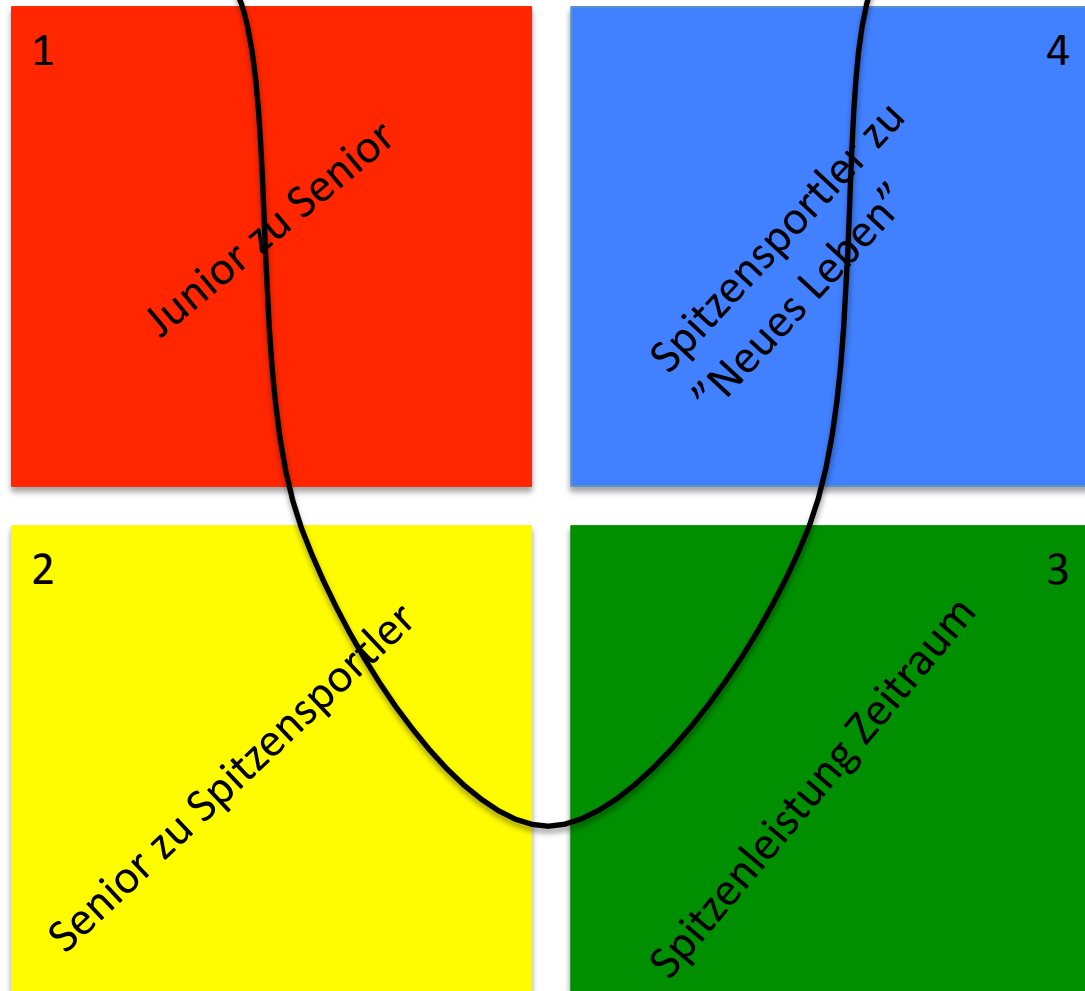


# Badminton-Karriere

# DBV Karriere – OSP Saarbrücken

Karriere Beginn

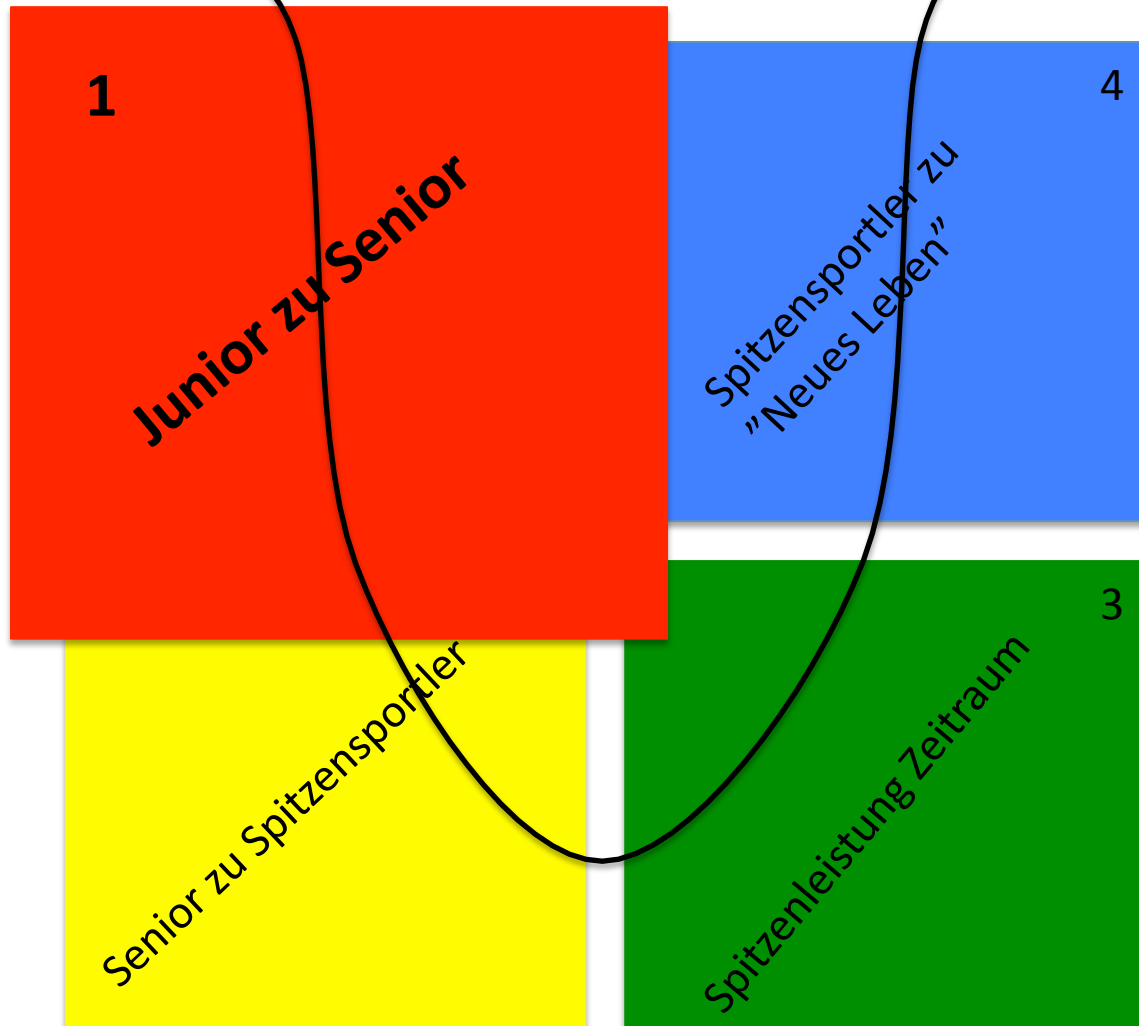
Karriere Ende



# DBV Werdegang – OSP Saarbrücken

Karriere Beginn

Karriere Ende



# Junior zu Senior

- Expectations when joining OSP SB
  - You are able to cook
  - You are able to laundry
  - You are able to clean your room
  - You are able to ask for help
- You will be treated as an adult!

# Junior zu Senior

- You have to understand and accept that you are in competition with the best from the last 10-15 years
- You have a lot of time ahead of you -> patience + focus on working hard and develop step by step
- You have to learn and adapt to the senior badminton-game
- The financial support for tournaments, physio etc will be at it lowest -> you will have to work your way up in the system

# Junior zu Senior

- You will have to take care of your own daily life
- You will have to learn to balance your education with the life as a professional badminton player – Badminton has to be 1st priority
- You will have to be humble to the system as a lot of players before you has fought to reach the service-level you receive now

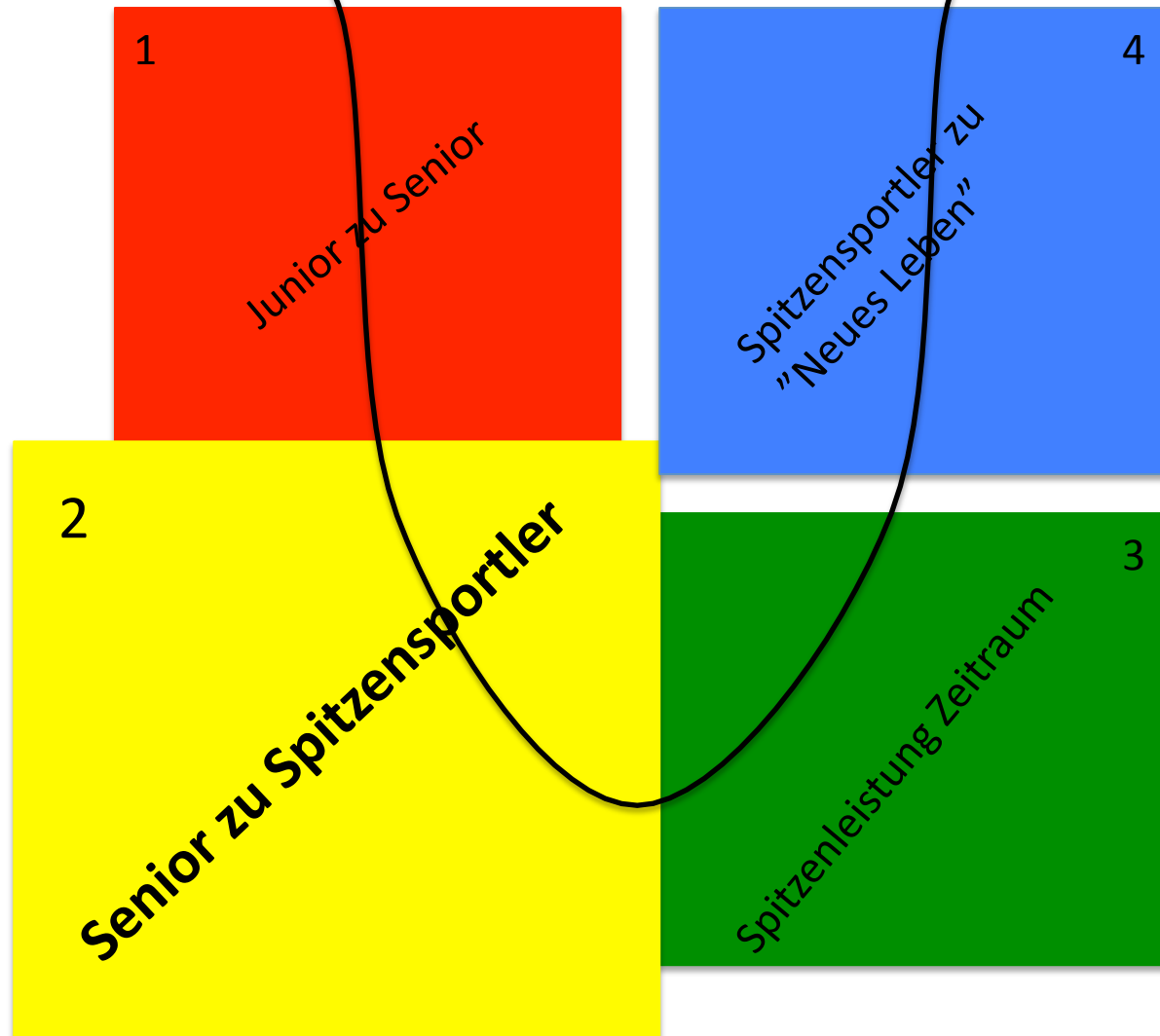
# Junior zu Senior

- You are valuable for the training group as you have lots of energy, dedication to prove yourself and determination to learn, develop and explore your badminton talent
- You should work with a "growth mindset": Think and reflect about learning and improving every day, every practice session
- You have to deal with setbacks and failure

# DBV Werdegang – OSP Saarbrücken

Karriere Beginn

Karriere Ende





# Senior zu Spitzensportler

- The demands to your professionalism will increase
- You will have to realise that it is basically up to you how much you want to get out of your career
- The financial support for tournaments, physio etc will increase
- In the end of this phase you will start to play some of the biggest tournaments (in Europe and Asia) as development into "Spitzensportler"

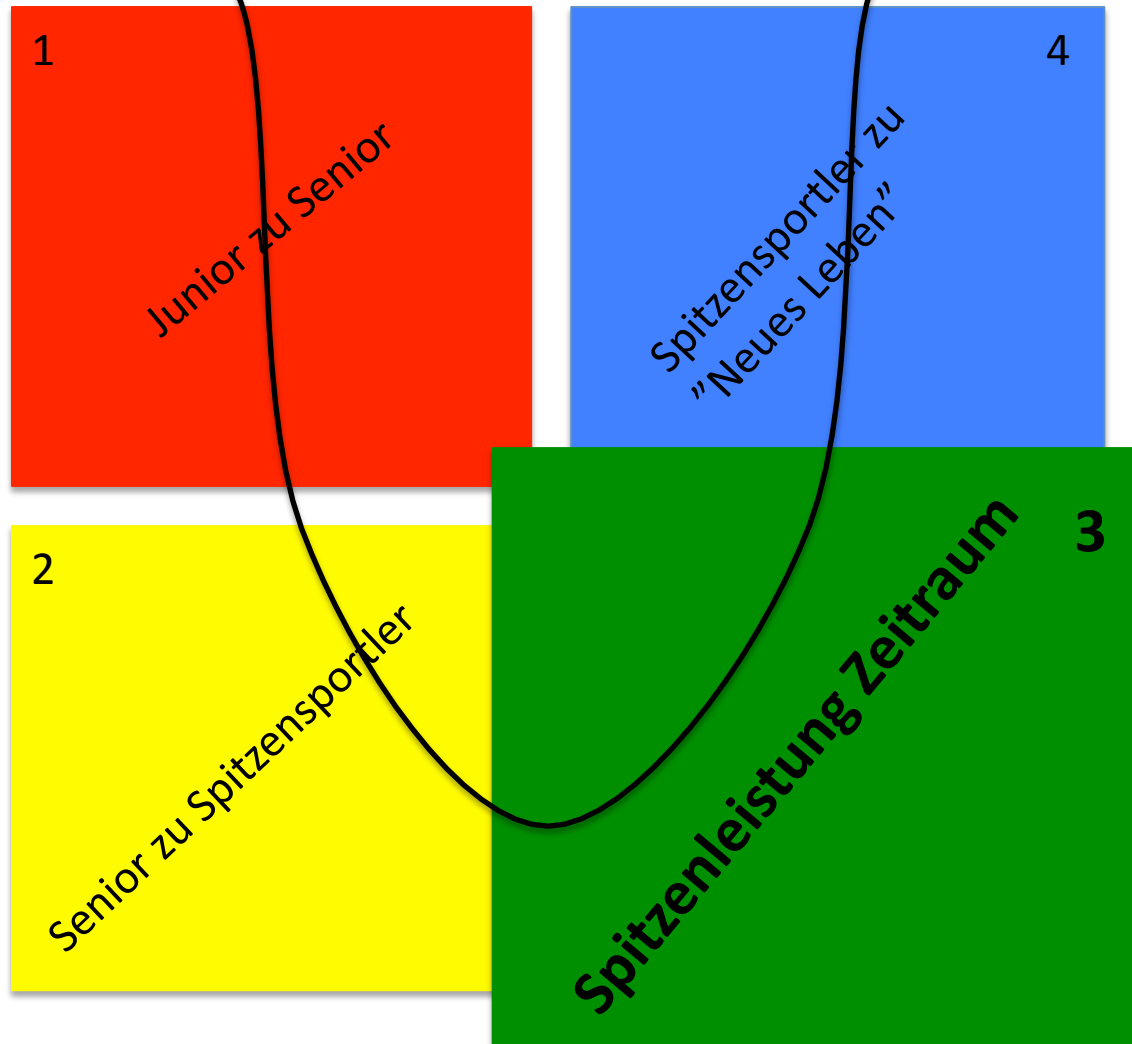
# Senior zu Spitzensportler

- During this phase you will start to be a part of the Thomas Cup team and maybe the Sudirman Cup Team
- You are valuable for the training group as your performance level is high and that you can challenge and push the "established Spitzensportler" with the right focus and commitment to continue your growth and learning

# DBV Werdegang – OSP Saarbrücken

Karriere Beginn

Karriere Ende



# Spitzenleistung Zeitraum

- This is your best years!! (age 25-33 years)
- You will be playing the biggest tournaments around the world
- You will be getting the most financial support for tournaments, physio etc as possible
- You are an integral part of the Thomas Cup and Sudirman Cup team

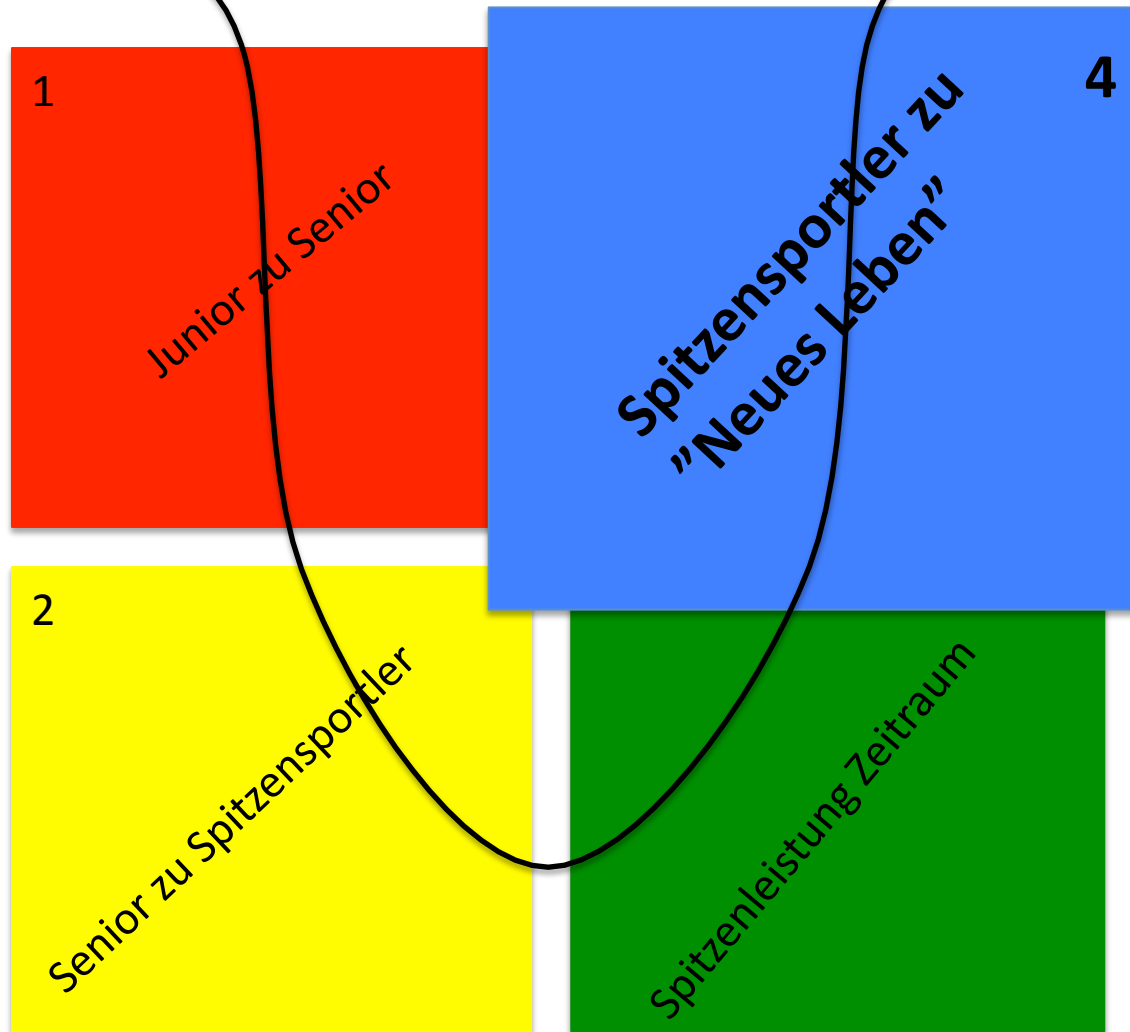
# Spitzenleistung Zeitraum

- You are a role-model in every way for the rest of the training group and the people around you
- You now know that you can not blame anyone else than yourself if you don't succeed
- You are valuable for the training group as you have an extremely high performance level in each training, you push the limits in any aspects of the game and take responsibility for the well-being of the group

# DBV Karriere – OSP Saarbrücken

Karriere Beginn

Karriere Ende



# Spitzensportler zu "Neues Leben"

- You are at the end of your career and need to find a good way to leave badminton and get started with a new life with new goals
- You are now in a process where you accept that your performance level slowly will decrease
- Badminton has another priority in your life

# Spitzensportler zu "Neues Leben"

- You are still a valuable member of the traininggroup because of your experience as "Spitzensportler" and still have a high performance level
- You will start to play less tournaments and especially the tournaments in Asia will not be a part of your tournamentplan
- You will still have financial support for tournaments, physio etc.