



Technical/Tactical Profile

WINNING STYLE OF PLAY

Key Performance Factors	Performance Indicators	Qualitative Measure (current)
	Low idle time (Davis 2015, Nasser 2021, Thomas 2015)	Frequent attacks, feints, or tactical movements
EFFECTIVE AGGRESSION "Deciding when and how the action happens"	Attacking appropriately and/or pugnacious countering (El-Ashker 2011, Langholz 2013, Thomas 2015)	Boxing based on using vulnerability of the opponent and a defense that is active
	Clinch determination	Ability to engage or disengage from the clinch
	Absence of hesitation	Pushing the action and active defense to set counters
CONTROL OF EXCHANGES "Clearly winning in the judges' minds"	Winning exchanges	Ability to land more significant punches and/or finish exchanges with dominance
	Setting up attacks and counters from previous interactions <i>(Kapo, 2021)</i>	Clear strategy that shows reactivity to the opp. performance
	Ability to change momentum (Dilmurodov 2021)	Fighter loses an exchange(s) and then win exchanges later in r/b
	Maintaining composure under pressure	Capability to engage opp. while under attack in exchanges
ADAPTABILITY "Never surprised"	Displaying resiliency in the face of bout or events that vary from the norm	Performance is maintained after fouls, controversial calls, traveling issues, etc
	Successful against a variety of opponents from around the globe <i>(Baginska 2022)</i>	As explained
	Shifting tactics within and between rounds	Changes seen throughout r/b in response to successful or failed performances
	Non-linear defense	Multiple angles used for evasion and egress





Technical/Tactical Profile (cont'd)

WINNING STYLE OF PLAY

Key Performance Factors	Performance Indicators	Qualitative Measure (current)	
	Setting up attacks through feints, guard manipulation, tempo changes, and combinations (Davis 2015 & 2018, El-Ashker 2011, James 2014, Nasser 2021)	A clear strategy is implemented throughout r/b	
UNPREDICTABILITY "Always surprising"	Varied punch selection, defensive tactics, and targets (Davis 2016 & 2018, Kapo 2016 & 2021, Thomas 2015, Thomson 2016)	No overreliance on any one technique: Variety of punch, defensive tactics, and targets	
	Shifting attack angles	Entry into exchanges and between phases is not repetitive	
DIVERSE SKILL SET "Complete boxers"	Varied types of combinations - Including the use of multiple phases of attack and an active defense (Davis 2015 & 2018, El-Ashker 2011, James 2014, Nasser 2021)	As explained	
	Adaptive foot work that creates opportunities	Changes seen in foot work through r/b that are used for offense and defense	
	Sound mechanics when performing attacks and defensive movement <i>(Thomson 2016)</i>	The techniques used by the fighter are individually unique but fundamentally correct	
	Fluid and balanced foot work	Fundamentals are maintained while linking actions	
PURPOSE IN MOVEMENT	High percentage of hits on intended targets (Davis 2015, 2016 & 2018, Dunn 2017, Langholz 2013)	Few missed punches	
"Technically sound"	Ring control	Places the opp. in desired locations	
	Precision/economy in offense & defense (Davis 2018, Dunn 2017, El-Ashker 2011, Kapo 2016 & 2021, Latham 2018)	Little wasted energy	





Mental Profile/Health Profile

Key Performance Factors	Performance Indicators	Description	Metrics	Frequency
Mental health Mental performance competencies Boxer's mindset	Mental Health Check In	Mental health Check Ins involve the scheduling of bi-annual meetings with the team's psychologist to assess psychological well-being and provide necessary support. These meetings allow boxers to address any stressors, anxieties, or performance-related concerns they may be experiencing. By prioritizing mental health through consistent monitoring and support, boxers can effectively manage the pressures of competition, enhance their coping skills, and maintain a healthy mindset, ultimately contributing to their overall personal wellness.	Confirmed via team psychologist report (Purcell et al., 2019)	Bi-annually
	Mental Performance and Resilience Plan	Boxers will develop a comprehensive mental performance plan during their yearly check-in with their mental performance coach, outlining strategies to enhance focus, confidence, and emotional regulation throughout the year. Additionally, camp and event-specific resilience plans will be created to address the unique challenges and stressors of life outside the DTE. These plans empower boxers to proactively manage their mental well-being, cultivate resilience, and optimize performance, ensuring they are mentally prepared to navigate the highs and lows of training and competition effectively.	Confirmation of plan creation by MPC (shared when approved) <i>(MacNeill et al., 2014)</i>	Annually
	Qualitative Assessment	The mental performance qualitative assessment for boxers integrates camp and competition observations with semi-structured interviews, utilizing a custom Likert scale to gauge various aspects of resilience, teamwork, emotional regulation, and attention specific to boxing. By combining direct observation with in-depth interviews, this assessment offers a more holistic understanding of the boxer's mental strengths and areas for improvement. Focused on boxing-specific pillars, it provides actionable insights to tailor mental training strategies, fostering psychological resilience and optimizing performance in the demanding and dynamic environment of boxing.	Upper quartile scoring on custom Likert scales (Jebb et al., 2021)	Annually





Nutritional Profile

Key Performance Factors	Performance Indicators	Description	Metrics	Frequency
Appropriate	Training Diet Quality	Exploring nutritional quality, periodization, and timing with the Athlete Diet Index Questionnaire provides valuable insights into the boxer's dietary habits, allowing coaches and dietitians to understand nutritional strategies leading in to training phases and competition schedules. Appropriate scoring on the Athlete Diet Index Questionnaire alignes with training goals, such as weight management, recovery, and energy optimization, boxers can enhance their performance, endurance, and overall well-being, ensuring they are adequately fueled for training sessions and peak performance in the ring.	Meets Athlete Diet Index Questionnaire recommendations (range score > 110) (Capling et al., 2021)	Bi-annually
fueling Nutritional health	Energy Availability	The IOC-REDs-CAT-2 allows dietitian and medical professionals to identify potential energy deficits that can compromise training adaptations, recovery, and overall well-being. By detecting and addressing low energy availability early on, interventions can be implemented to mitigate the risk of injuries, hormonal imbalances, and performance decrements, ensuring boxers can sustainably meet the demands of training and competition while prioritizing their long-term health.	IOC-REDs-CAT-2 "Green" coding (Stellingwerff et al., 2023)	Annually
Competition body mass	Performance Weight	Assessment of performance weight in boxers involves ensuring that the boxer has successfully made weight for every bout over the past 12 months and has developed a validated individualized weight cut plan under the guidance of the team dietitian. These tasks are essential for optimizing performance and health as they demonstrate the boxer's commitment to proper nutrition and weight management practices. By actively participating in creating and adhering to a personalized weight cut plan, boxers can maintain their strength, endurance, and wellness, thus enhancing their competitiveness in the ring while minimizing the risks associated with rapid weight loss methods.	12 month weigh-in success from competition data Individualized plan confirmed via team dietitian (Oppliger et al., 1995)	Annually





Medical Profile

Key Performance Factors	Performance Indicators	Description	Metrics	Frequency
	Integrative Health Gap Analysis	An integrative health gap analysis involves the team doctor, physiotherapist, strength and conditioning coach, and performance coaches. This comprehensive assessment allows for a holistic understanding of the boxer's physical condition, identifying areas for improvement, and injury mitigation strategies. By collaborating across disciplines, the team can tailor training programs, address any deficiencies, and optimize performance, ensuring the boxer's health, and competitive edge are maintained throughout the year.	Confirmed via medical team lead <i>(Drew et al., 2023)</i>	Annually
Injury mitigation Movement enhancement	Neurological Health	Performing a yearly concussion baseline and neurological health screen is essential for boxing athletes' safety and health. This assessment provides a crucial reference point for detecting any changes in cognitive function, balance, and reaction time, which are particularly susceptible to impact-related injuries in boxing. By establishing a baseline and regularly monitoring neurological health, medical professionals can promptly identify any signs of concussion or deterioration, enabling timely intervention, rehabilitation, and ultimately safeguarding the long-term health of boxers amidst the inherent risks of the sport.	Confirmed via medical team lead (Sosa et al., 2011; Patricios et al., 2023)	Annually
Boxer wellness	Training Availability	Monitoring training availability through Timpka et al.'s framework via weekly integrated service team meetings is vital for gathering longitudinal data and ensuring training complience. This structured approach enables the collection of consistent data over time, allowing coaches and medical staff to track trends and patterns in boxer availability. By regularly assessing and addressing factors that may impact training attendance, such as injuries or fatigue, the team can proactively manage workload and recovery strategies, ensuring boxers have adequate preparation for optimal performance while minimizing the risk of overtraining or burnout.	Available for >80% of training (Raysmith & Drew, 2016)	Weekly





Physical Profile

Key Performance Factors	Performance Indicators	Description	Metrics	Frequency
	Energy Production	Aerobic capacity determines the fighter's ability to sustain high-intensity activity over multiple rounds, maintain endurance and recover efficiently between rounds. Anaerobic power, reflects the fighter's ability to generate quick, explosive bursts of energy crucial for delivering powerful punches and swift movements during short, intense exchanges in the ring.	Incremental treadmill test - Vo2Max of > 55 ml/kg/min (Brown et al., 2022) 30 second jump test - Mean jump height > 30cm (Brown et al., 2022; Dal Pupo et al., 2014)	Incremental treadmill test - Annually 30 second jump test - 3x per year
Competition fitness Physical scaffolding	Lower Limb Strength and Power Qualities	The slow stretch-shortening cycle assesses the boxer's ability to store and utilize elastic energy during slower, more deliberate movements, crucial for maintaining balance and stability while delivering punches. In contrast, the fast stretch-shortening cycle and reactivity evaluates their capacity for rapid muscle contraction and explosive movements, allowing for quick evasive maneuvers and powerful strikes. Testing maximal strength further explores a boxer's ability to generate force, enabling them to swiftly capitalize on openings and deliver strikes while maintaining defensive integrity, ultimately enhancing their overall performance and competitiveness in the ring.	Countermovment Jump - Jump height > 37cm (Brown et al., 2022) Drop Jump - Reactive Strength Index > 2.0 (Flanagan, 2017) Isometric Squat - Body mass to force ratio > 1.5 (Brown et al., 2022)	3x per year
Sport Specific Execution	Punching Performance	Testing punching performance, includes measurements of force, impulse, and rate of force development. Force measurement determines the the boxer's general ability to generate impactful strikes that can effectively damage opponents or score points. Impulse measurement assesses the duration and magnitude of force application, indicating the boxer's efficiency in transferring energy into their punches, which is vital for maximizing the effectiveness of each strike. Rate of force an generate force during impact, directly influencing the ability to produce superficial damage.	All variables will be equipment dependant (Lenetsky et al., 2022)	3x per year



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