

## 17-29 Training program in USA and WC competition

We arrived in Washington 17<sup>th</sup> and the next day we spend in a gym, to do some running exercises and gym drills, after the long plane trip, and the change of time.

Every next day we spend in the fencing venue, training twice a day with the best teams of the World, such as- Japan, Ukraine, USA, France, Argentina or Turkey.

This camp gave me a lot to understand where is our weakness, and where I should find our strong sides. I am little disappointed by this training time of the performance of Ya Hui Lin, she always do the same mistake, even we do the fencing lesson, even Ye Yi Shan or Chen Yu Ling are always telling her the same.

Competition:

**Chen Yu Ling:** Every training, every competition I see the progress of Chen Yu Ling. She won 3 fights and lost also 3. She was really close to win the other fights losing: 5-4, 5-3, 5-3 with China, Korea and Canada, but she won with France, GBR and USA.

I am pleased of her fencing by this time.

Direct elimination was not good for her. She discussed with the referee, and got angry because of his decision, she couldn't concentrate all fight. Finally, it was easy loss, she couldn't control emotions and did not realize our plan for the fight.

For the team competition I am also really pleased about her fencing, real team leader, she finished with a +6 indicator, best of all girls.

Chen Yu Ling work hardest from all girls I have in Kaohsiung. Even on her free day, on Sunday, you can find her running or in the gym. I am really disappointed that other girls are not talking example of her real professional attitude to the sport.

Final note: 4/5

### Ya Hui Lin:

I really don't know how to rate her performance. She is not ready to go for the World Cup competition, she is not ready even to go for any outside competition, if it would be my decision and I would have more fencers in Kaohsiung, she would never come here for the training program. She is not even in the top 8 of senior Taiwan National Ranking and we are sending her to be in the team for the World Cup competition. She is not making a visible progress, she is not a real hard worker, she is not sure if she want to train fencing for a long time, she don't have a good physical conditions, she didn't win any fight again in the World Cup competition. If there will be other girls in Kaohsiung, she will not go for any other competition outside this season.

Individual competition- Honestly there is nothing much to say. She lost all fights, only one good side is that she lost two fights only by one point, and only because I've had to scream on her after the hopeless loss to USA girl 5-0 she changed her fencing and realize the plan losing to China and France only by one point.

Team competition- she didn't fence any fight.

Note 1/5

### **Ye Yi Shan:**

Individual competition- In my opinion she have a problem to control the emotions during the competition. She is starting the competition very well, but if she will loss one or two fights than she is almost giving up. She also is making only one mistake, trying to be too fast, so always better fencers will have advantage during the fight with her, punishing her with counterattack. She knows about it, but she also didn't realize the plan for this competition, she won only one fight with a GBR.

Team competition: Disappointing performance, last World Cup we also fenced with Canada, she fenced really well last time, I was sure that with Tiffany this time we really have a chance to beat Canada. But Ye Yi Shan performance didn't give us this chance. She won only one fight, in the other ones. she lost many points.

After the competition Ye Yi Shan refused to talk with me. I understand that she was also disappointed by her own performance. I gave her few minutes to come down, and talk with me. She didn't do it. I explained her, that if she will not do it, she will not go for the next World Cup competition. After the competition I also didn't hear any word of apologize. On the airport, only because Yu Ling Chen told her she must go and apologize, she send me message with apologize.

On the airport I explained Ye Yi Shan and Ya Hui Lin that they have a 30 days to make the visible progress of their fencing. I am really disappointed in Ye Yi Shan. She have a real talent, but she is just satisfied because there is no other people who can take her place to go for the international competition. She is feeling safe because there is no competition inside the team. She is not working as hard as she can. Always she feels tired, and always I must ask her to do something. Many times I need to talk to her and explain her she must change the attitude. Yu Ling Chen is always trying to help her with her experience but it looks like Ye Yi Shan is thinking there is no problem with her and she don't care. But the truth is she didn't do any progress from the last Asian Championships, only because of her laziness. We've had a tough conversation after the competition. She have a 30 days to prove me that it was not a mistake to give her 2<sup>nd</sup> chance. If she will not make a progress, or I will see she is lazy, she will have to leave Kaohsiung Training Center.

Note: 1/5

### **TEAM COMPETITION:**

CANADA-CHINESE TAIPEI 45:43

Final result 18 place. I am disappointed because Kazakhstan also lost their first fight and we really had chance to be higher than them in the World ranking.



One more time I would like to say thank you to the Chairman, Secretary General, and all of the members of Chinese Taipei Fencing Association for letting us train with the best fencers from all of the world. I hope that this experience would be priceless for us, for the upcoming Asian Championships.

Michal Kosman