


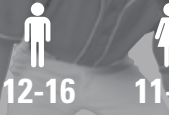





# PATHWAY TO LONG TERM ATHLETE DEVELOPMENT

	ACTIVE START	FUNdamentals	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAIN TO WIN	ACTIVE FOR LIFE
	 0-6      0-6	 6-9      6-8	 9-12      8-11	 12-16      11-15	 16-23+/-      15-21+/-	 19+/-      18+/-	 ENTER AT ANY AGE
WHERE	Home, day care, sport programs, pre-schools, community recreation, health care practitioners, media	Schools, community recreation, sport programs, sport clubs, home, health care practitioners, media	Schools, community recreation, sport programs, sport clubs, home, health care practitioners, media	Schools, community recreation, sport programs, sport clubs, health care practitioners, media	Schools, post-secondary institutions, sport programs, sport clubs, health care practitioners, media	Post-secondary institutions, sport clubs, training centres, professional sport, health care practitioners, media	Community recreation, sport programs, sport clubs, senior care facilities, health care practitioners, media
LEADERS	Parents, pre-school & kindergarten educators, day care providers, health care practitioners, media	Parents, educators, recreation leaders, volunteer coaches (mainly), health care practitioners, media	Parents, educators, recreation leaders, volunteer coaches (mainly), health care practitioners, media	Health care practitioners, media, recreation leaders, volunteer coaches (mainly), health care practitioners, media	Educators, volunteer & professional coaches, sport science, medicine & nutrition consultants, health care practitioners, media	Professional coaches, integrated support teams, health care practitioners, media	Health care practitioners, media, recreation leaders, volunteer coaches (mainly)
TRAINING	<b>NONE</b> focus on learning proper basic movement skills i.e running, jumping, kicking, catching etc.	<b>UNSTRUCTURED &amp; STRUCTURED PLAY</b> short seasons, multiple activities, overall movement skills & development of athleticism	<b>REGULAR PRACTICE</b> seasonal activities, multiple sports, overall sport skills development	<b>REGULAR STRUCTURED PRACTICE</b> seasonal activities, more than one sport, sport-specific skill development	<b>REGULAR STRUCTURED PRACTICE</b> planned & periodized schedule, focused on 1 sport, sport & position specific physical, technical & tactical training	<b>REGULAR STRUCTURED PRACTICE</b> planned & periodized schedule, focused on 1 sport	<b>UNSTRUCTURED &amp; STRUCTURED PRACTICE</b> Seasonal activities, multiple activities/sports, overall movement skills/sport skills & maintenance of athleticism
COMPETITION		<b>MINIMAL</b> local area, modified formats, informal, all activity is FUN based	<b>OCCASIONAL</b> local area, modified format, informal and formal, 70% training to 30% competition	<b>REGULAR</b> local to provincial/regional 60% training to 40% competition	<b>REGULAR</b> provincial to national/international, 40% training to 60% actual competition and competition specific training	<b>SELECTIVE</b> planned national/international, 25% training to 75% actual competition and competition specific training	<b>COMPETITION</b> Dependant on desire of individual. Huge variation between competition interests and schedules
ASSESS ME							
SHOW ME							
TEACH ME							
ACTIVATE ME							

