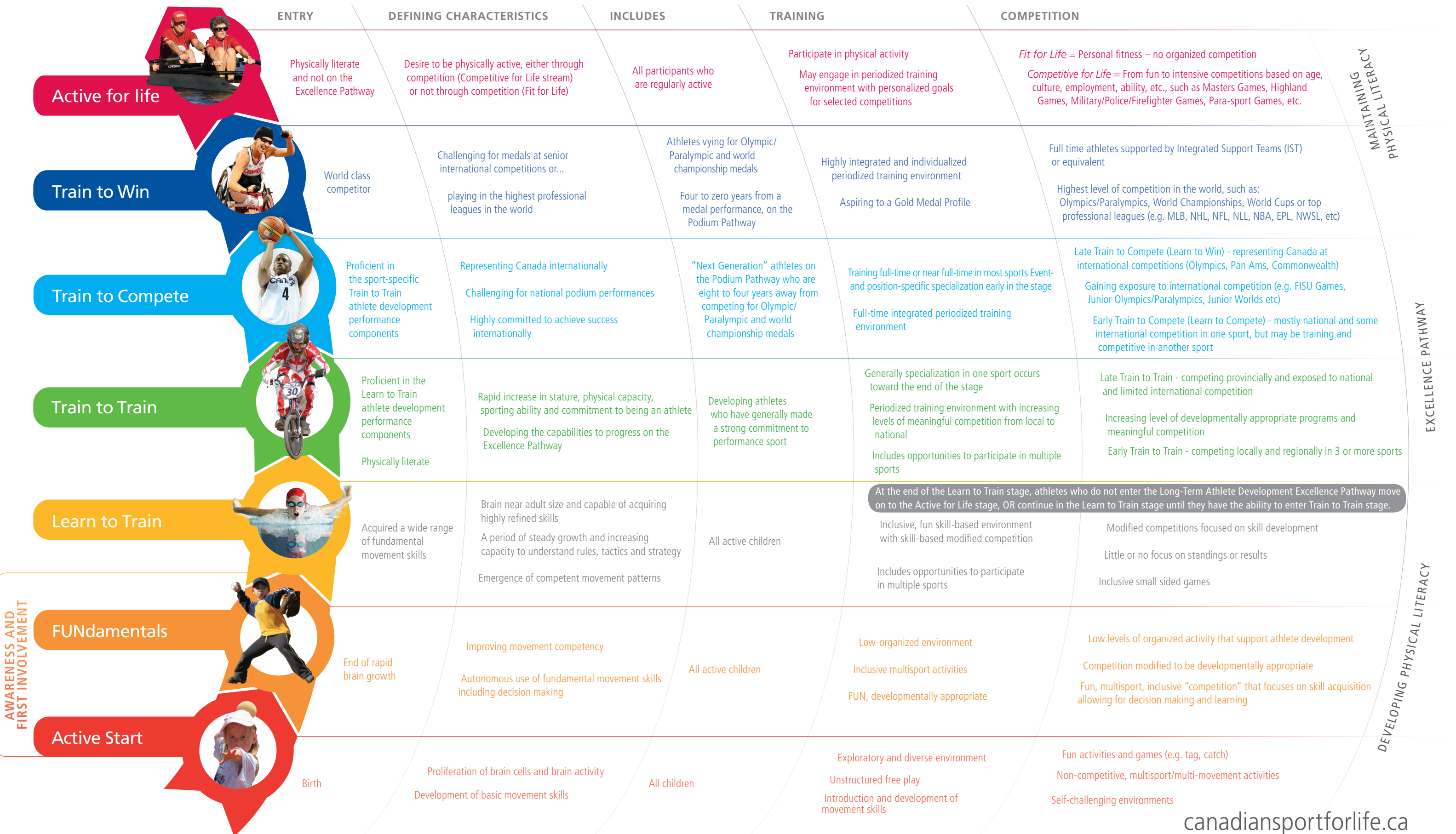


# Canadian Sport for Life - Long-Term Athlete Development



PHYSICALLY LITERATE

EXCELLENCE PATHWAY

DEVELOPING PHYSICAL LITERACY

canadiansportforlife.ca



# Long-Term Athlete Development

## An Outline of Long-Term Athlete Development

### Active Start

- Development of basic movement skills
- Integrated mental, cognitive and emotional development
- Not sedentary for more than 60 minutes except when sleeping (keep moving)
- Some organized physical activity
- Exploration of risk and limits in safe environments
- Active movement environment combined with well-structured gymnastics and swimming programs
- Daily physical activity with emphasis on fun

### FUNDAMENTALS

- Overall movement skills development
- Integrated mental, cognitive and emotional development
- ABCs of athleticism: agility, balance, coordination and speed in multiple environments (indoor, outdoor, snow/ice, in/on water, and in the air)
- Develop strength through use of own body weight, adding medicine ball and Swiss ball
- Introduce simple rules of fair play and ethics of sport
- Well-structured programs without periodization
- Daily physical activity, still emphasizing fun
- Introduction to a variety of sport skills

### Learn to Train

- Overall sport skills development
- Major skill learning stage: all basic sport skills should be learned before entering puberty or the Train to Train stage
- Integrated mental, cognitive and emotional development
- Develop strength through use of own body weight, adding medicine ball and Swiss ball
- Identification and development of talents
- Single or double periodization
- Modified competitions focused on skill development
- Opportunities to participate in multiple sports

### Train to Train

- Sport-specific skill development
- Major fitness development stage: aerobic, speed and strength.
- The onset of the growth spurt, peak height velocity (PHV) (the fastest rate of growth after growth decelerates) and the onset of menarche are the biological markers
- Integrated mental, cognitive and emotional development
- Introduce free weights for strength training
- Frequent musculoskeletal evaluations during growth spurt
- Talent selection and development
- Sport specialization toward the end of the stage; no event or position specialization yet
- Single or double periodization
- Sport-specific training six-nine times per week including complementary sports

### Train to Compete

- Modelling aspects of competition in training
- Sport-, event-, and/or position-specific physical conditioning
- Sport-, event-, and/or position-specific technical preparation
- Event- and/or position-specific specialization
- Integrated mental, cognitive and emotional development
- Optimize mental preparation
- Single, double or triple periodization
- Sport-specific technical, tactical and fitness training 9-12 times per week

### Train to Win

- Modelling all possible aspects of competition in training
- Maintenance or improvement of physical capacities
- Further development of technical & tactical skills
- Integrated mental, cognitive and emotional development
- Maximize mental preparation
- Performance on demand
- Single, double, triple or multiple periodization
- Frequent preventative breaks
- Sport-specific technical, tactical and fitness training 9-15 times per week

### Active for Life

Active for Life constitutes three participant-based streams: **Competitive for Life, Fit for Life and Sport and Physical Activity Leaders.** Participants may be active in multiple streams depending on their involvement in sport and physical activity.

#### Competitive for Life

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- Any active person with the desire to compete in any organized sport
- Includes participants in high-level league play through championship competitions
- Selective competitions based on age, culture, employment, ability, etc., such as Masters Games, Highland Games, Military/Police/Firefighter Games, and Para-sport Games

### Fit for Life

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- Move from competitive sport to recreational activities
- Maintain an active lifestyle by continuing to participate in organized or non-organized physical activity
- Become active by participating in non-organized sport or physical activity that may be unfamiliar
- **Sport and Physical Activity Leaders\***
- Move from competitive sport to volunteering as coaches, officials or administrators
- Upon retiring from competitive sport, move to sport-related careers such as coaching, officiating, sport administration, small business enterprises or media
- Use experience, whether from previous involvement or education, to help ensure a positive environment for participants

\* Active for Life if physical literacy is achieved before the Train to Train stage



# Canadian Sport for Life



Canadian Sport for Life is Long-Term Athlete Development, Developing Physical Literacy, and Active for Life

Canadian Sport for Life is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming.

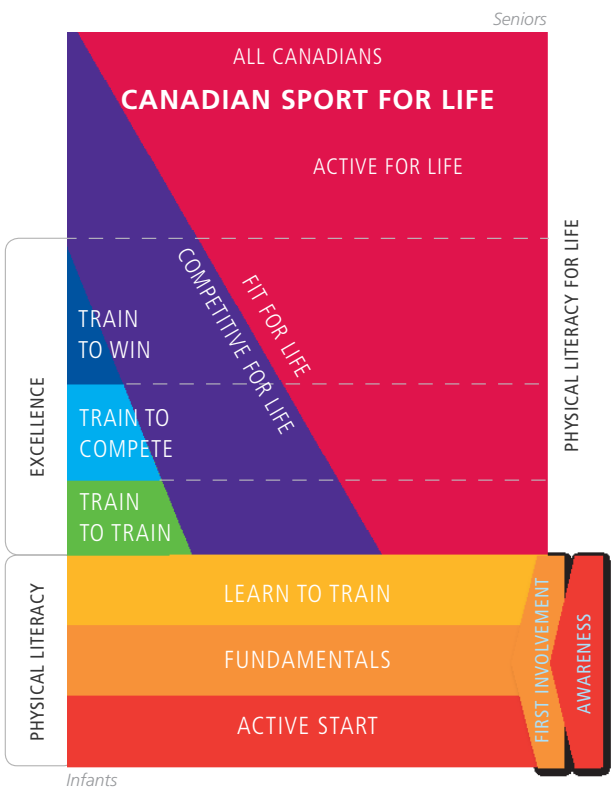
[canadiansportforlife.ca](http://canadiansportforlife.ca)

**Long-Term Athlete Development** is a multi-stage, ability-based pathway guiding an individual's experience in sport and physical activity from infancy to adulthood.

[LTAD.ca](http://LTAD.ca)

**Physical Literacy** can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. (IPLA, 2014)

[physicalliteracy.ca](http://physicalliteracy.ca)



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