

**LTAD****Long Term Athlete Development****Active Start****Age: 0 - 6**

<b>Objective:</b>	Include Physical Activity as Part of Daily Life	<b># of Participants:</b>	Population wide
<b>Physical:</b>	Active / Safe Exploration	<b>Training:</b>	Few Organized Physical Activities (multi-activity programs)
<b>Technical:</b>	Modeling General Movement Skills (standing, walking, running, etc.)	<b>Competition:</b>	Unstructured Free Play
<b>Tactical:</b>	Uninhibited / Spontaneous Play	<b>Program Delivery:</b>	Active Movement Environments Community Programs / Clubs
<b>Psychological:</b>	Enjoy Being Active		
<b>Theoretical:</b>	Stimulate Curiosity		
<b>Life Skills:</b>	Parental / Family Centred		
<b>Coaching:</b>	Parents, Family, Instructors		

**FUNDamentals****Age: 6 - 9**

<b>Objective:</b>	Experience Joy / Excitement of Physical Activity / Games	<b># of Participants:</b>	Population wide
<b>Physical:</b>	General / Overall Development	<b>Training:</b>	Some Organized Physical Activities, Variety
<b>Technical:</b>	Introduce FUNDamental Athletic Movements (run, jump, kick, etc.)	<b>Competition:</b>	Modified / Semi-Structured (participation based)
<b>Tactical:</b>	Experience the Outcomes of Competition	<b>Program Delivery:</b>	School System, Community Programs / Clubs
<b>Psychological:</b>	Highlight the Positive		
<b>Theoretical:</b>	Encourage Learning		
<b>Life Skills:</b>	Role as Participant		
<b>Coaching:</b>	Teacher, Community / Club Coach		

**Learning To Wrestle****Age: 10 - 12 (may enter later)****Division: Kids**

<b>Objective:</b>	Orientation to the Sport of Wrestling	<b># of Participants:</b>	3000+
<b>Physical:</b>	Core Wrestling Principles	<b>Training:</b>	2 - 6+ wks., 1 - 3x/wk. Wrestling Specific Activity Exploring Movement in Common Wrestling Positions
<b>Technical:</b>	Concepts of Take-Downs & Parterre Actions	<b>Competition:</b>	Festival Environment Modified Rules / Match Conditions 1+ events / yr.
<b>Tactical:</b>	"Thinking" of How to Get an Advantage	<b>Program Delivery:</b>	Schools, Community Programs / Clubs, Regional Associations
<b>Psychological:</b>	Passion for Wrestling as Individual / Combative Sport; (fun, basics, success)	<b>Resources:</b>	Skill Awards Program NCCP-Coach Certification Instructional Material
<b>Theoretical:</b>	Basic Rules of Wrestling		
<b>Life Skills:</b>	Cooperative Play, Sportpersonship		
<b>Coaching:</b>	Teacher / Instructor / Club Coach		

**Formalized Training****Age: 12 - 16****Division: Bantam / Cadet**

<b>Objective:</b>	Acquisition of Core Skills through Repetition	<b># of Participants:</b>	12000+
<b>Physical:</b>	Introduction to Cross Training (off-mat training)	<b>Training:</b>	8 to 12+ wks., 2 - 4 x / wk. High Repetition of Core Skills Emphasis on Training
<b>Technical:</b>	Broad Exposure to Core Skills	<b>Competition:</b>	Regional, Provincial, National Successful Competition Experiences 10 to 20+ matches / yr.
<b>Tactical:</b>	Introduction to Principles of Tactics (action, reaction, deception)	<b>Program Delivery:</b>	School System Club Programs Regional / Provincial Associations
<b>Psychological:</b>	Foster Personal Qualities for Wrestling (combative mentality, perseverance)	<b>Resources:</b>	Skill Awards Program NCCP-Coach Certification
<b>Theoretical:</b>	Language, Protocol, Structure and History of Wrestling		
<b>Life Skills:</b>	Ethical and Moral Development (respect for the sport, opponent & self)		
<b>Coaching:</b>	Teacher, Club Coach Provincial Development Coach		

**Training To Compete****Age: 17 - 20****Division: Juvenile / Junior**

<b>Objective:</b>	Specialization of Training	<b># of Participants:</b>	2500+
<b>Physical:</b>	Development of Maximal Capacity (high volume / overload)	<b>Training:</b>	30+ wks., 5 - 8 x / wk. High Volume
<b>Technical:</b>	Master Core Elements & Develop Variations; (generic towards individualized)	<b>Competition:</b>	Provincial, National, Canada Games Intro. to International, Jr. Worlds 30+ matches / yr.
<b>Tactical:</b>	Formulate Personal Strategies/Tactics	<b>Program Delivery:</b>	High School, University Programs Club Programs, H.P. Centres Provincial / National Team Programs
<b>Psychological:</b>	Plant a Seed for Peak Performance (goal setting, desire, sacrifice)	<b>Resources:</b>	Personal Support Team Video Analysis / Scouting System
<b>Theoretical:</b>	Understand Basis for Athletic Performance		
<b>Life Skills:</b>	Developing Independence		
<b>Coaching:</b>	Personal Coach High School / University Coach Junior Development Coach		

**Training for Peak Performance****Age: 21+****Division: Senior**

<b>Objective:</b>	Winning When It Counts	<b># of Participants:</b>	30+
<b>Physical:</b>	Optimal Functioning / Fine Tuning (tapering, peaking, pushing the limits)	<b>Training:</b>	Year round, 9 - 12 x / wk. Modeling & Competition Simulation
<b>Technical:</b>	Doing the things I do very well (perfecting my repertoire)	<b>Competition:</b>	National / International World Champ. / Major Games 15+ selective matches / yr.
<b>Tactical:</b>	Study and Refine Personal / Opponents Actions	<b>Program Delivery:</b>	Personal Coach H.P. Centres National Team Program
<b>Psychological:</b>	Prepared for the Unexpected (uncontrollable events / adversity)	<b>Resources:</b>	Personal Support Team P.E.T. - Program Canadian Sport Centres Video Analysis / Scouting System
<b>Theoretical:</b>	Personal Interpretations & Applications (problem solving, selectivity, choice, decision)		
<b>Life Skills:</b>	Self Directed and In Control (independent / self reliant)		
<b>Coaching:</b>	Personal Coach National Team Coach		

**Enriched for Life****Age: Enter at Any Age**

<b>Objective:</b>	Make Use of Positive Lessons of Sport	<b># of Participants:</b>	Anyone Currently or Previously Involved in Wrestling
<b>Physical:</b>	Physically Active for Life	<b>Training:</b>	Maintaining Physical Activity
<b>Technical:</b>	Passing the Torch to Future Wrestlers (coaching / sparring / teaching)	<b>Competition:</b>	Masters
<b>Tactical:</b>	Strategic / Planned Approach in Life	<b>Program Delivery:</b>	Community Programs / Clubs
<b>Psychological:</b>	Mentally Stronger for Life		
<b>Theoretical:</b>	Life Long Learning		
<b>Life Skills:</b>	Enriched for Life Reflecting on Experience in Sport		
<b>Coaching:</b>	Giving Back to the Sport		