



Long-Term Athlete Development Framework for Canoe/Kayak



		Active Start	FUNDamentals & Foundations	Training to Train	Learning to Compete	Training to Compete	Training to Win	Active for Life
Age	Females	0 - 6	6 to 11	11 to 15	13 to 15±	15 to 23±	23±	Anytime
	Males	0 - 6	6 to 12	12 to 16	14 to 17±	17 to 23±	23±	Anytime
Phases		Fundamental Movement Skills	Fundamental Sport Skills, Canoe/Kayak Skills	Physiological Development	Continued Physiological Development, Competitive Development	Competitive Development	Performance	Health
Skill Development			Basic paddling skills Balance & boat control	Intermediate paddling skills	Gross motor refinement Advanced paddling skills Technique under race conditions	Technical refinement Refinement of decision making skills	Technical maintenance Refinement of race plans Performance management	Goal specific
Training Focus		FUN/Play Skill Development		General endurance	Sport Specific Endurance, Strength, Speed		Improve & Maintain Strength, Speed, Endurance + Ancillary Capacities	Fitness, Fun, Well Being
Critical Windows of Trainability			Speed 1 Suppleness Basic Skills	Speed 2 - Aerobic Capacity				
				Strength - Females 13 - 17, Males 14 - 19				
Volume of Training			3-5 sessions/week progressing to 4-6 sessions/week	In-season: 4-8 sessions/week Off-season: 4-6 sessions/week	In-season: 8-12 sessions Off-season: 6-9 sessions	9-12 sessions/week year round	Individualized	Goal specific
Mental Preparation			Build desire to stay involved, build self confidence	Develop focus, effective goal setting, breathing & relaxation skills, athlete/coach communication & feedback	Focusing & re-focusing, effective goal setting, assessing training & competition, visualization, relaxing vs. energizing	Continually refining mental skills, developing 'correct level of intensity'	Attention to detail, managing distractions	
Monitoring			Aerobic capacity Agility, Flexibility, Height	Aerobic capacity Flexibility, Height	Aerobic capacity Height, General strength	Aerobic power & capacity Anaerobic power & capacity Sport specific strength	Aerobic power & capacity Anaerobic power & capacity Sport specific strength	General well-being
Regattas			Alberta Novice Race Series & Championships	Alberta Novice Race Series & Championships Provincial Team Trials Season Opener Canada Day Local Invitational Pacific Cup	Provincial Team Trials Season Opener Canada Day Local Invitational Divisionals WCSG/CSG Nationals	Provincial Team Trials Season Opener Canada Day Local Invitational Divisionals WCSG/CSG Nationals National Team Trials Lake Placid Invitational Jr/U23 Worlds Pan Americans	Nationals National Team Trials Sr. Worlds World Cups Olympics Pan Americans	Season Opener Canada Day Local Invitational Divisionals Pacific Cup Nationals CanMas