

## STAGES OF ATHLETE/PARTICIPANT DEVELOPMENT OVERVIEW

The following table outlines what athlete development experts have defined as the optimal balance of performance and competition at the various stages of development. This document will provide the basis for the Competition Review, the second phase of the Long-term Athlete Development process as defined by Skate Canada.

	Learn to Skate	Learn to Train	Learn to Compete	Train to Compete	Learn to Win / Live to Win	Active for Life
<b>Skater Profile</b>	Females: 3-8 yrs Males: 3-9 yrs	Females: 7-11 Males: 8-12	Females: 9-13 Males: 10-14	Females: 10-16 Males: 11-17	Females: 13-19 Males: 14-21 Living to Win: 15+	All ages
<b>Current System</b>	CanSkate	STARSkate Beginner-Elementary	Juvenile-Pre-Novice	Novice-Senior	International ISU Jr./Sr. Grand Prix World/Olympic	Adult Skate
<b>Training Time</b> (all sessions include min. 15 min off-ice)	1: 30-60 min session 1-4 days/week 10-40 weeks/year	1-2:45-60 min sessions 2-5 days/week 20-44 weeks/year	2: 45-60 min sessions 4-5 days/week 44-46 weeks/year	2-3: 45-60 min sessions 5 days/week 44-48 weeks/year	3-4: 45-60 min sessions 5 days/week 44-48 weeks/year	1-3: 45-60 min sessions 1-6 days/week 25-40 weeks/year
<b>Windows of Trainability</b> (5S's = Speed, Stamina, Strength, Sport Skills, Suppleness) See below.	Skills: M& F 8-12 yrs Flexibility: M&F: 6-10 Speed: M 7-9, F: 6-8	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M 7-9 F: 6-8 Stamina M12-13 F10-11	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16 F11-13 Stamina M12-13 F10-11	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16 F 11-13 Stamina M12-13 F10-11	Speed: M 13-16 F 11-13	5S's are always trainable
<b>Element/Skills Competitions</b>	No competitions but skill presentation in isolation to standard	No competitions but skill presentation in isolation to standard	Technical Skills & Program Component competitions	Technical Skills & Program Component competitions	Yes	Technical Skills & Program Component competitions
<b>Performance Targets</b>	Personal achievement standards: Bronze, Silver, Gold	Personal achievement standards: Bronze, Silver, Gold	Personal and established achievement standards	Maximizing points for rank order	Maximizing points for rank order	As appropriate to level of athlete
<b>Program (Solo)</b>	No	Yes, but towards exit of stage	Yes (free only)	Yes (short and/or free)	Yes (short and free)	Yes – according to level/ability
<b>Evaluation</b>	Coach	Coach Officials	Coach Officials	Officials	Officials	Coach Officials
<b>Level of Competition</b>	Club-level team events	Club, Interclub, Invitational	Regional / Provincial	Regional / Provincial National	Regional / Provincial National, International	From club to international
<b>Competition Exposure</b>	1/session	2 -3/year at point of exit	6 events maximum/year	3-5 skills comps 2-3 PC comps 3-7 solo comps	5-7 comps (Learn2W) 5-10 comps (Live2W)	As appropriate to level of athlete
<b>Suggested Program Changes</b>	Minor changes to skills in each stage, Add 5S's to program, Changes to club program delivery	New skills program to replace Skating Skills, Free Skate test changes Ice Dance - minor	Changes to entry to competition (tests/standard) and level of event defined by age/skill level	No major changes Competitive categories defined by age/skill level	Determined by ISU calendar and criteria	Changes to be adapted following CanSkate/STARSkate and competition structure revisions

- STAMINA: (Endurance) begins with the onset of PHV Age 10 - 11 for females, Age 12 - 13 for males PHV = Peak Height Velocity (growth spurt)
- STRENGTH: Females Window 1 - immediately after PHV, Window 2 with onset of menarche, 12 - 18 months after PHV for males
- SUPPLENESS = Flexibility