



SASKATCHEWAN ATHLETICS

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To: Club Contacts & Coaches

The Saskatoon Kinsmen hosted our Peewee and Bantam Indoor Championships on March 20-21. You may have noticed that we did some different events at this years meet. Also, Manitoba put some of this into practice this indoor season and the Midget Dual in Alberta this summer will be going with this new format.

Since 2005-2006 Athletics Canada has been working on its Long Term Athlete Development program. The LTAD principles are the cornerstone of all Athletics Canada New NCCP programs, so it starts with the coach, then moves to the athlete and what they compete in. The implementation of the LTAD will take over 4 years to complete and this process has started. You are getting the implementation strategy and you can make as many copies for your coaches and parents as well. Every province will be under going this change, so the long-term impact of this program will be significant.

It will take some time to change our Provincial Championship events and also to put equipment into place so we ask for your patience in this area.

If you have any questions, please contact the office or myself at anytime.

Yours in Sport,

Bob Reindl
Executive Director



ATHLETICS CANADA

LONG TERM ATHLETE
DEVELOPMENT

IMPLEMENTATION STRATEGY



Athletics Canada LTAD Implementation Strategy Speaking Notes

Slide 1

The purpose of this presentation is to provide you with an overview of the Athletics Canada's Long Term Athlete Development Model. Today I will walk you through a basic explanation of what long term athlete development is and how Athletics Canada has developed a model and is moving towards implementation. It is very important that you recognize that each phase/stage links with the next one and that for those coaches or athletes who are pursuing high performance excellence the sequencing of development through each stage is required to achieve optimal results as a high performer.

Slide 2

We have been imposing adult competition structures (pee wees and senior athletes do the same events and follow the same timelines for competition) on developing athletes. Our current competitive structure does not account for early and late maturers because athletes are sorted into competitive groups sorted by chronological age. We allow our athletes to specialize in an event group much too early and until the introduction of Run, Jump, Throw, we did not have a national program for teaching fundamental skills. Although we have achieved some success through "the way things have always been," there is a more effective way to handle athlete development.

Slide 3

LTAD requires a specific coaching approach – recognition of developmental stages (particularly the growth spurt and its affect on training), allowing athletes to participate in other sports while they are in school, progressively introducing skills, events and strength activity.

"Peaking by Friday" i.e. pushing the athlete to perform in the short term without thought to what the impact will be long term, is not appropriate in this model. Coaches need be cognizant of the long term impact of training and how taking this approach will benefit the athlete in the long run.

Slide 4 & Slide 5

Critical windows of trainability are points in a child's development when they are best able to develop specific skills. During these critical periods young athlete experience an accelerated adaptation to training. Critical windows occur for speed, strength and stamina and skill. The next slide demonstrates (roughly) when these windows occur. Programming for young athletes should be designed to maximize the development of these windows of trainability. It is important to note that the windows of trainability are not the same for boys and girls and that once the growth spurt hits, the occurrence of strength windows become very individual. Also note that there are two windows of opportunity for speed.

Slide 6

This is an outline of the Athletics Canada Long Term Athlete Development Model. The generic Canadian Sport For Life Long Term Athlete Development Model has seven stages, the Athletics Canada model has nine. We added Learning to Compete and Learning to Win stages because they made sense for our sport given that we are late specialization and there are important developmental considerations for an athlete as they move from the Training to Compete Stage (Canada Games, University competition) through to the Training to Win stage (Olympic and World Championship competition). Again, I cannot emphasize enough that each phase/stage links with the next one and that for those coaches or athletes who are pursuing high performance excellence the sequencing of development through each stage is required to achieve optimal results as a high performer.

Slide 7

So far I have outlined what LTAD and why Athletics Canada needs a national Long Term Athlete Development program – this slide summarizes the changes that need to be made to our developmental programs- we need a fundamental skills program - which we have through the Run, Jump, Throw program. A new event structure for competition needs to be established that takes into account the developmental needs of our athletes. The remaining slides in this presentation will outline the strategy Athletics Canada used to develop the Athletics Canada Long Term Athlete Development (LTAD) plan and provide an introduction to the revised event structure.

Slide 8

The Athletics Canada LTAD document was developed in 2005-2006 with a team of expert writers. Athletics was one of the first sports to engage in the development of the LTAD document and was the second sport to publish. The draft document was developed and then shared with the branches (to collect feedback) before it went to print. Copies were provided to all branches and clubs in the fall of 2006.

LTAD principles are the cornerstone of all Athletics Canada's New NCCP programs. Coaches are introduced to LTAD principles and then everything coaches do (practice planning, seasonal planning, skill progressions, etc) is linked back to how it fits into the LTAD model.

In March 2008 Athletics Canada made the decision to move forward with LTAD implementation and it was decided that the best way to implement LTAD would be to change the competition events for each age group so that they are age appropriate. We had a meeting with the technical directors and they came up with a proposed new event structure. Following this meeting the technical directors returned to their branches and shared the proposed structure with their boards, technical committees and coaches. A meeting was held with Branch Presidents and Executive Directors at the AGM. We agreed then that final changes to the event structure would be decided upon at the Technical Congress following a branch feedback process. Feedback was forwarded to AC and a summary of all suggested changes was circulated to all branches prior to the technical congress. Representatives from each branch (Executive Directors and Technical Directors) met at the Technical Congress and the new event structure was agreed upon

Slide 9

The process by which the new event structure was created was consultative and collaborative. The implementation process will be phased in over time. The Legion program has agreed to adhere to our new program of events as per the implementation schedule.

Additional discussions regarding how World Youth, etc fits in will occur in the future. Implementation will occur in baby steps – we cannot do everything all at once!

The following slides outline the new event structure for Pee Wee through Youth age categories – at the Junior level we align with the IAAF event structure.

Slides 10-17

New event structure

Rationale for the changes is outlined on the slides

Slide 18

Although the events have been adjusted for developmental appropriateness, we still have some changes to make to allow athletes to compete by ability and not by age category. Some provinces (Manitoba) have introduced competition by seed time – that is all the meets are run as open meets and athletes are entered in heats based on seed time, not age group. In some cases they have 14 year olds and 18 year olds competing together, but the ability level is matched so the competition is fair. In this setting athletes have to be a certain age to be allowed to enter certain events, so the LTAD event structure is honored. So far it is working very well.

There will be discussions regarding the structure of meets for Pee Wee and Bantam athletes to make the sport more appropriate and more friendly to kids that do lots of sports – this way the younger competitors (and their parents) do not have to be at the track for an entire day or weekend – initial discussions have revolved around limiting these meets to 3 hours in length with a combined event focus. More discussion in this area will occur in the near future – we will adjust to one major change at a time!

We will work on creating a parent education kit

Slide 19

This is significant because the sport now works for our athletes at all levels

We have national agreement on events, implement weights and hurdle heights/distances (this has never happened before)

The long term impact will be significant.

REMEMBER: Each phase/stage links with the next one and that for those coaches or athletes who are pursuing high performance excellence the sequencing of development through each stage is required to achieve optimal results as a high performer.

Pee Wee

Men	Women	Technical Notes
60m – indoor and outdoor	60m – indoor and outdoor	
60mH	60mH	12m to first hurdle; 7.0m between; As low as possible (scissor hurdles)
150m	150m	
600m	600m	
1000m	1000m	
Cross Country	Cross County	2km
800m Race Walk	800m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	No board – 1m take off area
Standing Long Jump	Standing Long Jump	
Shot Put	Shot Put	3kg or less
Ball Throw	Ball Throw	
Javelin	Javelin	400g
Discus	Discus	750g
Triathlon (Run, Jump Throw) or Tetrathlon or variety of combined events	Triathlon (Run, Jump Throw) or Tetrathlon or variety of combined events	Tetrathlon= hurdles, jump, throw, run

Bantam

Men	Women	Technical Notes
60m – indoor 80m - outdoor	60m– indoor 80m - outdoor	
80mH	80mH	12m to first hurdle; 7.5m between; Height - 0.76m
200mH	200mH	Start at 200m line, use 400mH spacing - 35m between; Height 0.76m
150m - indoor/outdoor	150m -indoor/outdoor	
800m	800m	
1200m	1200m	
Cross Country	Cross County	2km
800m Race Walk	800m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	Regular board
Standing Long Jump	Standing Long Jump	
Shot Put	Shot Put	M - 3kg; W- 3kg
Ball Throw	Ball Throw	
Javelin	Javelin	400g
Discus	Discus	750g -- only with a cage
Hammer	Hammer	Optional - M – 3kg; W – 3kg
Triathlon (Run, Jump Throw) or Tetrathlon	Triathlon (Run, Jump Throw) or Tetrathlon	Tetrathlon= hurdles, jump, throw, run

Midget

Men	Women	Technical Notes
60m – indoor 100m - outdoor	60m-- indoor 100m - outdoor	In a 1 day meet we will limit the number of races; in a 2 day meet an athlete can do multiple events.
200m	200m	
300m	300m	
60mH – indoor	60mH - indoor	
100mH	80mH	W – 12m to first; 8m in between; Height: 0.76m M – 13m to first; 8.5m in between; Height: 0.84m
200mH	200mH	Start at 200m line, use 400mH spacing - 35m between; Height 0.76m
800m	800m	
1200m	1200m	
2000m	2000m	
1500m SC	1500m SC	No water jump; Barriers at 0.76m
Cross Country	Cross Country	3km
1500m Race Walk	1500m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	Regular board
Triple Jump	Triple Jump	7m or 9m or 11m board
Pole Vault	Pole Vault	
Shot Put	Shot Put	M - 4kg ;W- 3kg
Javelin	Javelin	600g
Discus	Discus	1kg
Hammer	Hammer	Optional - M – 4kg; W – 3kg
Pentathlon	Pentathlon	W – hurds, HJ, Shot, LJ, 800 M - hurds, LJ, Shot, HJ, 1000

Youth

Men	Women	Technical Notes
60m – indoor 100m - outdoor	60m– indoor 100m - outdoor	
200m – indoor/outdoor	200m - indoor/outdoor	
300m – indoor	300m - indoor	
400m - indoor/outdoor	400m - indoor/outdoor	
60mH – indoor	60mH - indoor	
110mH	100mH	W – 13m to first; 8.5m in between; Height: 0.76m M – 13.72m to first; 9.14m in between; Height: 0.91m
300mH	300mH	50m to first hurdle; 35m in between Height W: 0.76m; Height M: 0.84m
800m	800m	
1500m	1500m	
3000m	3000m	
2000m SC	2000m SC	Water Jump is in; Barriers W: 0.76m; Barriers M: 0.84m/0.91m
Cross Country	Cross Country	W – 3km ; M - 4km
3000m Race Walk	3000m Race Walk	
5000m Race Walk	5000m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	Regular board
Triple Jump	Triple Jump	7m or 9m or 11m board
Pole Vault	Pole Vault	
Shot Put	Shot Put	W- 4kg; M - 5kg
Javelin	Javelin	W -600g; M – 700g
Discus	Discus	W - 1kg; M 1.5kg
Hammer	Hammer	Optional - W – 4kg ; M – 5kg;
Octathlon	Heptathlon	

ELEMENTS WE ARE STILL WORKING ON ...

- We still have athletes competing by age; some branches have moved to competing by ability level (seed)
- We still need to determine if there will be time limits on Pee Wee and Bantam meets (i.e. must be done in 3 hours)
- We still have to determine how our role in international events (World Youth, etc.) will be effected by LTAD implementation
- Parent education (NSO +PSO + Club + Schools)

WHY IS THIS SIGNIFICANT?

- Athletics Canada event structure now based on athlete development
- For the first time events, implement weights and hurdle heights and distances are the same nationwide in each age group
- The phased in approach will allow coaches, athletes, parents and officials to adapt to the changes slowly
- The long term impact on our sport will be significant