



LONG TERM ATHLETE DEVELOPMENT PLAN

CANADA
SKATEBOARD

INTRODUCTION

How a LTAD can be used by Canada Skateboard and why we need it

The key benefits of an LTAD are everyone will see where they fit and what their role is, coaches will have a guide in the design of annual plans and programs, and members of the skateboard community will be able to understand what they need to do to engage in local or national Canada Skateboard events. Plus, stakeholders will know how to make decisions that benefit the long-term development of athletes.



WHAT IS IT?

The Canada Skateboard LTAD can be used as a blueprint for the long-term development of skateboarders, at all skill levels. It will provide a framework for reviewing current efforts, developing new initiatives, and recognizing best practices in specific programs.

The LTAD can be used to categorize and understand how we plan long the term growth of our sport, and gives Canada Skateboard a way to model our support in multiple areas, while having a cohesive multi-year plan.

The LTAD format fits within the parameters of Sport Canada's Long-term Athlete Development model and guidelines, and will add or increase the amount of successful and holistic skateboarding experiences Canadians get exposed to.



Athlete-Centered from a child's first involvement in skateboarding to the transition to lifelong enjoyment being physically active and involved in sport related activities.

Integrates the needs of all skill levels of Skateboarding into the design and delivery of our events, clubs, and programs.

Establishes a clear developmental pathway. From local skateparks to podiums of international events, and on afterward, to being active for life.

Identifies the shortcomings in Canada's sport system as it relates to all stages of skateboarding development and provides ideas for problem solving.

Provides guidelines for planning optimal performance for all stages of athlete development, while remaining a philosophy and a vehicle for change.

Specific information can provide key members with a coordinated structure and plan for improvement.

Engages and identifies key partners and stakeholders in developing and implementing strategies for continued progress.

Provides an aligned and integrated model for delivering systems including:

Long-term athlete development (technical, physical, tactical, and behavioral)

Long-term coaching development

System alignment and integration skateboarding programs and services in NSO's, PSO's, recreational organizations, camps, clubs, and schools.

SKILL DEVELOPMENT

Specific Areas for Skills Development in Any Athlete

Each stage of the LTAD is focused on the following areas of athlete development.

Physical development

The development of stamina, strength, speed, and suppleness (flexibility). This also includes the development of ancillary skills such as warm-up, cool-down, nutrition, hydration, rest, and recovery.

Technical & Tactical Skill development

The learning of basic human movements and fundamental movement skills. This creates a foundation for the sport-specific skills required to reach the highest level of performance. This area of development also includes learning the tactics and strategies for sports in general, and eventually the tactics and strategy specific to the sport of choice.

Mental skills development

The development of sport psychology skills, appropriate to the stage of development of the athlete. From learning how to have fun on a board, to having fun at with the self mastery needed to be a world class Skateboarder.

Social/Emotional/Life skill development

Development of the skills required for the growth to become a confident and self-sufficient individual. To become capable of both effective independent and harmonious group action in the pursuit of sport participation and performance.

CANADA

SKATEBOARD

LTAD 7 STAGES



Stages

1, 2 and 3 develop physical literacy before puberty so children have the basic skills to be Active for Life. Physical literacy also provides the foundation for those who choose to pursue elite training in a specific sport after the age of 12.

Stages

4, 5 and 6 provide elite training for those who want to specialize in one sport and compete at the highest level, maximizing the individual physical, mental, and emotional development of each athlete.

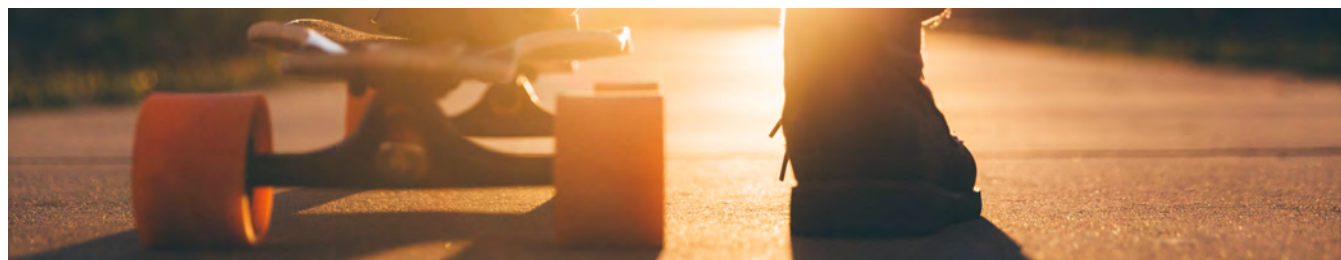
Stage 7 is about staying Active for Life through lifelong participation in competitive or recreational sport or physical activity.

ACTIVE START

riding age 0-2

learn to skateboard

1



WE

STAGE

1

STAGE

1

Athlete Development

Skill Focus

Movement Fundamentals

Training Detail

Having fun, Similar Age & Ability, Multi-Sport Participation.

Environment

Positive, Fun Skateboard Environments, Scaled Obstacles Suitable for Size & Ability, Skateboard Lessons & Camps

Event Example

Attend Local Event

Contest Benchmark

Participation in Recreational Sport

Training Hours/Year * is to be determined (TBD)

350*

Number of years skateboarding

Riding Age 0-2

Coach Development

Athlete Plan

Athletic development

Coaching

Group Leader, (skate camp coach)

Coaching Certification

TBD*

* is to be determined (TBD)

Notes

- Development of general movement skills (standing, pushing, riding a skateboard)
- Daily physical activity with an emphasis on fun, mixed with some organized physical activity
- Equipment is Age/Height specific
- Exploration of risk and limits in safe environments, Age/Skill specific obstacles (roller bumps, ride-on mini ledge, need for new dev.)
- Children this age need to develop the ABCs of movement – Agility, Balance, Coordination and Speed, which are built into the process of learning to skateboard.
- To Push, Ollie, or Drop In - the very basics of riding a skateboard - requires Agility, Balance, Coordination and Speed

FUNDAMENTALS

riding age 2-4

skateboard fundamentals

2



STAGE

Athlete Development

Skill Focus

Technical Skill Introduction (Ollie, drop in, ride/push switch)

Training Detail

Quality Skateboard Groups Skate Sessions, Multi-Sport Participation & Competition, Focus on Personal Mastery, before competition results

Environment

Seasonal Access to Quality Skateboard Facilities with Scaled Obstacles for Size & Ability, Skateboard Lessons & Camps, Off-Season Participation in Complementary Sports (Running, Jumping, Balancing, Agility)

Event Example

Enter Local/Regional Event/Contest

Contest Benchmark

Participation in Regional Event

Training Hours/Year * is to be determined (TBD)
500*

Number of years skateboarding

Riding Age 2-4

Notes

- Integrated mental, cognitive and emotional development
- Increased development of the ABC'S of activity: Agility, Balance, Coordination and Speed
- Learning fundamental movement skills throughout this stage is a key to the overall development of physical literacy. Riding regular and switch, pushing both ways, dropping in, Ollies, Nollies, switch Ollies and fakie Ollies
- Introduce simple rules of fair play and ethics of sport, understanding skatepark etiquette. Well-structured programs focused on daily physical activity, without periodization and emphasizing inclusion
- Activities and programs need to maintain a focus on fun, and formal competition should only be minimally introduced. Mental, cognitive and emotional development is integrated into the learning process by utilizing games to develop skills and fitness (i.e skateboard tag at the skatepark)
- Safety concerns are mitigated through intelligent skatepark and program design

Coach Development

Athlete Plan

Athletic Development, Technical Skill Development

Coaching

Technical Skill Expert, Group Leader, (skate camp coach)

Coaching Certification

Comp. Intro. + NCCP Cert.*

* is to be determined (TBD)

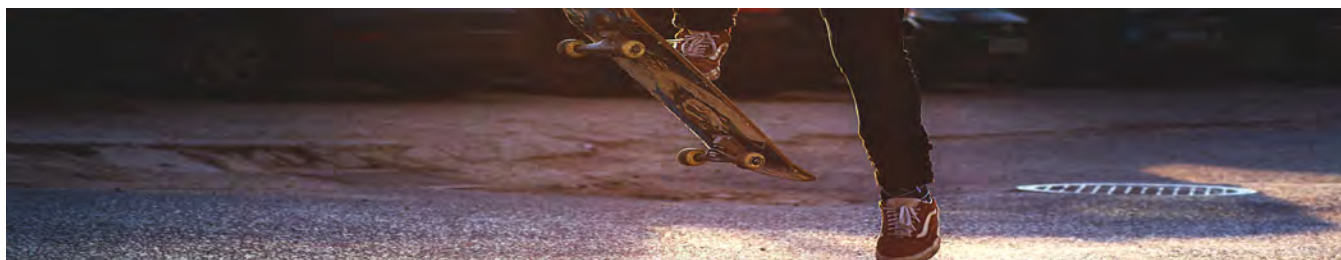
LEARN TO TRAIN

riding age 4-6

skateboard skills development

3

STAGE



Athlete Development

Skill Focus

Technical Skateboard Skill Development

Training Detail

Winter Camps / Indoor Access, S&C Jan. - February, Skating Full-Time April - October, Access to Coaching Support

Environment

Access to coaching support, On & Off Board Team Training Environment, Seasonal Comp. Training Plan, Minimal Travel / Equipment Support

Event Example

Montreal AM Getting Paid

Contest Benchmark

Regional Success / National Top 15

Training Hours/Year * is to be determined (TBD)

580*

Number of years skateboarding

Riding Age 4-6

Notes

- All basic skills should be learned before entering puberty, or the Skateboard Skills Development stage
- Integrated mental, cognitive and emotional development
- Continued development of mental preparation
- Introduction to ancillary capacities (physiotherapy, S&C training)
- Single or double periodization yearly plan
- Sport-specific training 3+ times per week; participation in other sports multiple times per week
- Develop good technique habits through repeated practice
- Plan and prepare for best performance at one event

Coach Development

Athlete Plan

Athletic development

Coaching

Provincial Leading Coach

Coaching Certification

Comp. Intro. Advanced *

* is to be determined (TBD)



Training Opportunities

- This stage is "The Golden Age of Learning" for specific sport skills
- Further identification and development of talents
- Optimal window of trainability for speed and flexibility occurs
- Emphasize group interaction, team building and social activities
- Utilize games to develop skills, speed, power and fitness/ endurance

TRAIN TO TRAIN

riding age 6-10

skateboard for success

4



Athlete Development

Skill Focus

Discipline Specific Skill Development based on Key Performance Indicators (KPI) and Individual Needs

Training Detail

Winter Camps / Indoor Access, S&C January - February, Skating Full-Time April - October, Activation & Recovery Program, Full-Time Coach & IST Support Based on Individual Need

Environment

On & Off Board Team Training Environment, Full-Time Access to World Class Training Environment, Travel, Equipment & Financial Support

Event Example

Minnesota / Costa Mesa Damn Am, Tampa Am

Contest Benchmark

Top 25 International Amateur Event, National Top 5

Training Hours/Year * is to be determined (TBD)

650*

Number of years skateboarding

Riding Age 6-10

Notes

- Major fitness development stage: aerobic, speed and strength
- Training focus is tied to individual stage of maturation.
- The ages that define the Skateboard for Success stage are based on the approximate onset and end of the growth spurt, or peak height velocity (PHV, the fastest rate of growth after growth decelerates) and the onset of menarche. These are biological markers that an athlete is ready to refine their basic sport-specific skills and tactics.
- It is also a major fitness development stage. Increased training hours are needed to develop each athlete's long-term potential.
- Entering this stage, young athletes (females 11-15, males 12-16) need to build an aerobic base and consolidate their sport-specific skills. Towards the end of the stage, they need to focus on strength and the anaerobic alactic energy system.

Coach Development

Athlete Plan

Single or Multi-Year - Periodized Training and Competition Plan, Competitive Drive Development

Coaching

National Development Team Coach

Coaching Certification

Comp. Development*

* is to be determined (TBD)



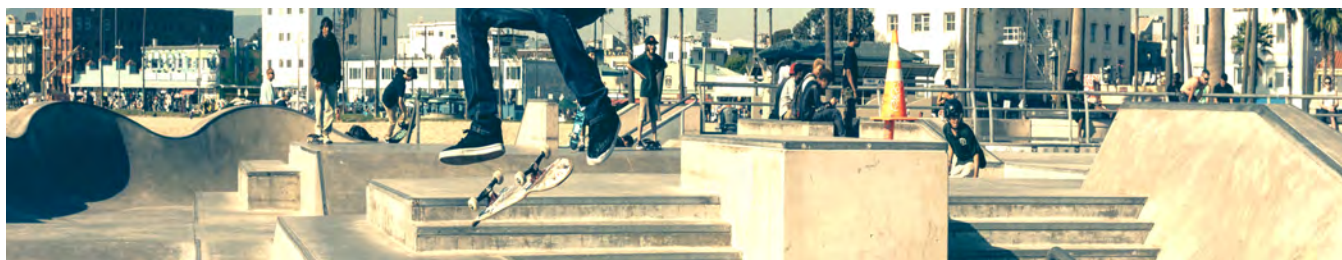
Training Opportunities

- Maintain emphasis on group interaction, team building and social activities
- Talent identification and selection
- Build the physical and mental capacity for increased amounts of stress
- Integrated mental, cognitive and emotional development
- Major aerobic capacity development stage
Develop use of ancillary capacities
- Sport-specific training 6-9 times per week, including complementary sports
- Athletes may exhibit special talent, but they still need to focus more time to training skills and physical capacities than competing in formal settings.
- To maximize long-term potential, winning should remain a secondary emphasis, while personal skill mastery remains the primary goal. This approach is critical to the long-term development of top performers and lifelong participants.

TRAIN TO COMPETE

5

riding age 8-10+ skateboard for pro-tour excellence (dev. group)



STAGE

Athlete Development

Skill Focus

Key Performance Indicator's (KPI)

Training Detail

Year Round Training / Skateboarding, Full-Time Coach & IST Support

Environment

Full-Time Access to World Class Training Environment, Travel, Equipment & Living/Financial Support

Event Example

Dew Tour / Copenhagen Open

Contest Benchmark

Top 20 International Pro Event

Training Hours/Year * is to be determined (TBD)
795*

Number of years skateboarding

Riding age 8-10+

Notes

- The approximate age of females is 15-21, and males 16-23
- Skateboarders enter this stage if they have chosen to specialize and excel at the highest level of national and/or international competition possible
- These skateboarders have chosen a sport in which they want to learn to be their best, and train to compete
- Formal competition becomes more prominent in annual periodized training, competition, recovery plans, and to include multiple key events
- Skateboarders enter this stage if they have chosen to specialize and excel at the highest level of national and/or international competition possible
- Commitment to high-volume and high-intensity training throughout the year

Coach Development

Athlete Plan

Multi-Year Periodized Training and Competition Plan (Olympic Cycle)

Coaching

National Team Coach

Coaching Certification

Comp. High Performance *

* is to be determined (TBD)



Training Notes

- Sport/discipline specific physical conditioning
- Sport/discipline specific technical and tactical development
- Sport/discipline competitive condition practice
- Single, double or triple periodization (Plan and prepare for best performance at two or events)
- Integrated mental, cognitive and emotional development
- Advanced mental preparation
- Optimize use of ancillary capacities
- Refine technical skills in competitive situations (at high intensity)
- Education and Instruction on topics such as nutrition, sport psychology, recovery and regeneration, injury prevention, and injury management become important parts of success
- Increase fitness and medical monitoring
- Sport specific technical, tactical, and fitness training 9-12 times per week
- Skateboarders in this stage are not the average community skatepark program participant. They are committed athletes with recognized talent who have chosen an elite pathway that few others pursue

TRAIN TO WIN

riding age 10+

skateboard for pro-tour excellence (nat. team)



Athlete Development

Skill Focus

Key Performance Indicator's (KPI)

Training Detail

Year Round Training / Skateboarding, Full-Time Coach & IST Support

Environment

Full-Time Access to World Class Training Environment Travel, Equipment & Living/Financial Support

Event Example

Street League / X-Games

Contest Benchmark

International Competition Success

Training Hours/Year * is to be determined (TBD)
863*

Number of years skateboarding

Riding age 10+

Areas to Support

- Optimize event specific tactical preparation
- Optimize technical skills in competitive situations (at high intensity)
- Focus on improving individual areas of weakness
- Single, double or triple periodization yearly plan implementation
- Further develop advanced technical, tactical skills and mental skills
- Individualize all aspects of training and performance to maximize optimization
- Shift in focus to full time commitment to skateboarding as a life goal/career/endeavour
- High performance sport specialist support is optimized, as is fitness and medical monitoring to optimize training, performance, and recovery

Coach Development

Athlete Plan

Multi-Year Periodized Training and Competition Plan (Olympic Cycle)

Coaching

National Team Coach

Coaching Certification

Comp. High Performance*

* is to be determined (TBD)

Notes

- Maintenance or improvement of physical capacities
- Further development of technical, tactical and competition/performance skills
- Modeling all possible aspects of competition in training
- Frequent preventative breaks, full understanding of recover process and practices
- Maximize ancillary capacities, coaching and IST support
- World Class Performance on demand (streets, bowls, contests, etc.)
- Single, double, triple or multiple periodization yearly plans
- Sport-specific technical, tactical and fitness training 9-12 times per week.
- Medals and podium performances are the primary focus.
- In this stage of LTAD, skateboarders with identified talent pursue high-intensity training to win international events. They are now full-time athletes.
- The previous LTAD stages have developed and optimized the skills, tactics, and ancillary capacities of each athlete. Athletes have now realized their full genetic potential. They must now train to maximize and maintain their competitive performance at the highest level

ACTIVE FOR LIFE

7

riding age 10+

skateboard for life



STAGE

Athlete Development

Skill Focus

Consistent Exposure to Skateboarding
Combined with an Active Lifestyle

Training Detail

Seasonal / Indoor Access to Quality
Skateboard Facilities

Environment

Positive, Fun Skateboard Environments,
Scaled Obstacles Suitable for Ability

Event Example

Seylynn Canada Day Bowl Jam

Contest Benchmark

N/A

Training Hours/Year * is to be determined (TBD)

358*

Number of years skateboarding

Riding age 10+

Athlete Plan

Upon retiring from competitive sport,
move to sport-related careers such as
coaching, officiating, sport
administration, business. Stay active for
life by participation in non-organized
skateboard related physical activity.

Coaching

N/A

Coaching Certification

TBD

Notes on Being Active For Life as a Skateboarder

In this stage, athletes and participants enjoy lifelong participation in a variety of competitive and recreational opportunities in sport and physical activity. Focus on being physically active for life, with a daily minimum of either 60 minutes moderate daily activity or 30 minutes intense activity (for adults). If any skateboarder decides not to compete, the skateboard for life stage can be entered at the chronological age of 12+.

What began with the development of physical literacy, can evolve to being a Skateboarder for Life, at all phases of adolescence and adulthood.



CANADA SKATEBOARD

LONG TERM ATHLETE DEVELOPMENT (LTAD) PROGRAM OUTLINE

	STAGE 1 ACTIVE START Learn to Skateboard	STAGE 2 FUNDAMENTALS Skateboard Fundamentals	STAGE 3 LEARN TO TRAIN Skateboard Skills Development	STAGE 4 TRAIN TO TRAIN Skateboard for Success	STAGE 5 TRAIN TO COMPETE Skateboard for Pro-Tour Excellence (Dev. Group)	STAGE 6 TRAIN TO WIN Skateboard for Pro-Tour Excellence (Nat. Team)	STAGE 7 ACTIVE FOR LIFE Skateboard for Life	
ATHLETE DEVELOPMENT	Skill Focus	Movement Fundamentals	Technical Skill Introduction	Technical Skateboard Skill Development	Discipline Specific Skill Development based on Key Performance Indicators (KPI) and Individual Needs	KPI Focus as per Gap Analysis	KPI Focus as per Gap Analysis	Consistent Exposure to Skateboarding Combined with an Active Lifestyle
	Training Detail	Having fun Similar Age & Ability Multi-Sport Participation Focus on Personal Mastery, not group competition.	Quality Skateboard Group Skate Sessions Multi-Sport Participation & Competition	Winter Camps / Indoor Access S&C Jan-Feb Skating Full-Time Apr- Oct Access to Coaching Support	Winter Camps / Indoor Access S&C Jan-Feb Skating Full-Time Apr-Oct. Activation & Recovery Program Full-Time Coach & IST Support Based on Individual Need	Year Round Training / Skateboarding Full-Time Coach & IST Support on Individual Need	Year Round Training / Skateboarding Full-Time Coach & IST Support on Individual Need	Seasonal / Indoor Access to Quality Skateboard Facilities
	Environment	Positive, Fun Skateboard Environments Scaled Obstacles Suitable for Size & Ability Skateboard Lessons & Camps	Seasonal Access to Quality Skateboard Facilities with Scaled Obstacles for Size & Ability Skateboard Lessons & Camps Off-Season Participation in Complimentary Sports (Running, Jumping, Balancing, Agility)	Access to Quality Skateboard Facilities with Scaled Obstacles for Size & Ability On & Off Board Team Training Environment Minimal Travel / Equipment Support	On & Off Board Team Training Environment Full-Time Access to World Class Training Environment Travel, Equipment & Financial Support	Full-Time Access to World Class Training Environment Travel, Equipment & Living/Financial Support		Positive, Fun Skateboard Environments Scaled Obstacles Suitable for Size & Ability
	Event Example	Attend Local Events	Enter Local/Regional Event/Contest	Montreal AM Getting Paid	Minnesota / Costa Mesa Damn Am, Tampa Am	Dew Tour / Copenhagen Open	Street League / X-Games	Sylynn Canada Day Bowl Jam
	Contest Benchmark	Participation in Recreational Sport	Participation in Regional Event	Regional Success National Top 15	Top 25 International Amateur Event, National Top 5	Top 15 International Pro Event	International Competition Success	Sylynn Canada Day Bowl Jam
	Training Hours / Year*	358	500	580	650	795	863	358
	# of years skateboarding	Riding Age 0-2	Riding Age 2-4	Riding Age 4-6	Riding Age 6-8	Riding Age 8-10+	Riding Age 10+	Riding Age 10+
COACH DEVELOPMENT	Athlete Plan	Athletic Development	Athletic Dev. Technical Skill Development	Technical & Tactile Skill Dev.Training & Competition Plan Dev.	Single or Multi-Year - Periodized Training and Competition Plan Competitive Drive Development	Multi-Year Periodized Training and Competition Plan (Olympic Cycle)		N/A
	Coaching	Group Leader	Technical Skill Expert	Provincial Leading Coach	National Development Team Coach	National Team Coach		N/A
	Coach Cert.*	* TBD for all	Comp. Intro. + CASI Cert.	Comp. Intro Advanced	Comp. Development	Comp. High Performance		N/A





CONCLUSION

This document is the first step in developing LTAD for Canada Skateboard. It provides an overview of LTAD, defines the principles on which LTAD is based, and outlines the framework of the stages and the key focus and elements of each stage. This information can be used to determine which areas of Canada Skateboard to highlight as priorities, with practical implications for the Canada Skateboard sport system.

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