

Long-Term Athlete Development Framework for Canoe/Kayak Slalom

		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		6 to 12	12 to 16	13 to 17 +/-	17 to 23+/-		
PHASES		Fundamental Movement Skills	FUNDamental Sport Skills Canoe/Kayak Skills	Physiological Development	Physiological Development Competitive Development	Competitive Development	Performance	Health
Skill Development			basic paddling skills; balance & boat control training movement	intermediate paddling skills training movement	refine gross motor advanced paddle skills race technique	refine technique refine decision making skills	technical maintenance refine race plans manage performance	Goal Specific
TRAINING FOCUS		← FUN/Play Skill Dev't →		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 →				
VOLUME OF TRAINING			3-5 sessions/week progressing to 4-6 sessions/week	in-season 4-8 sessions/wk off season 4-6 sessions/wk develop focus	in-season 8-12 sessions/wk off-season 6-9 sessions focusing & re-focusing;	9-12 sessions/wk year round	individualized	Goal Specific
Mental Preparation			build desire to stay involved, build self confidence	effective goal setting breathing/relaxation skills, athlete/coach communication and feedback	effective goal setting assessing training & assessing training & 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	aer pow & aer cap ana pow & ana cap specific strength	aer pow & aer cap ana pow & ana cap specific strength	General well-being
COMPETITIONS			Club →	Regional →	Provincial →	National →	International →	