

## 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
PHASES	Males	6 to 12	12 to 16	13 to 17 +/-	17 to 23+/-			
Skill Development	Fundamental Movement Skills	FUNDamental Sport Skills Canoe/Kayak Skills	Physiological Development	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 Strength; → Endurance Speed		Improve & Maintain Strength, speed, endurance + ancillary capacities	Fitness, Fun, Well Being	
CRITICAL WINDOWS OF TRAINABILITY		Speed 1 Supleness Basic Skills	← 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/wk off season 4-6 sessions/wk	in-season 8-12 sessions/wk off-season 6-9 sessions	9-12 sessions/wk year round	individualized	Goal Specific	
Mental Preparation		build desire to stay involved, build self confidence	develop focus effective goals setting breathing/relaxation skills, athlete/coach communication and feedback	focusing & re-focusing; 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		