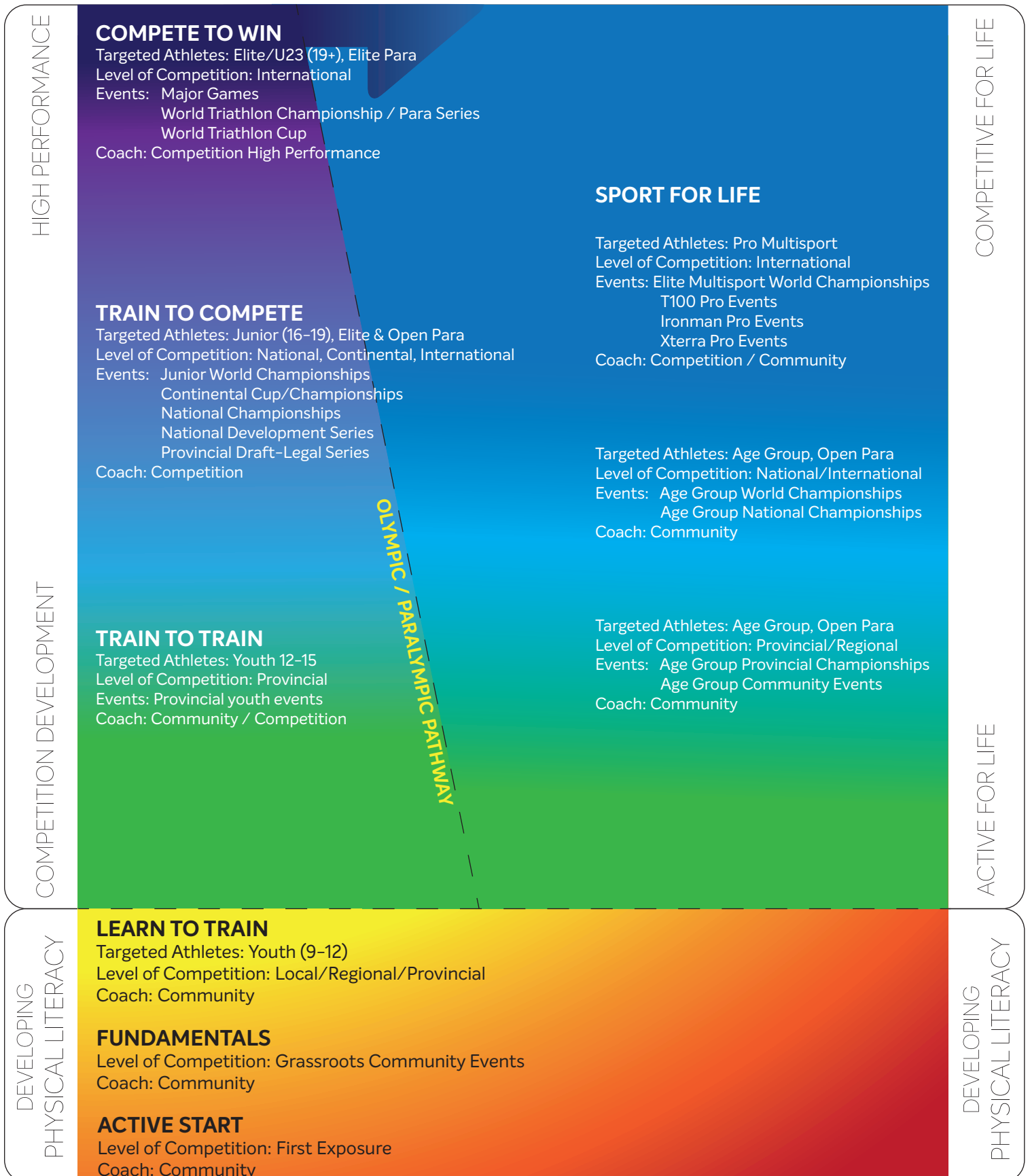


# LONG TERM ATHLETE DEVELOPMENT (LTAD) MODEL

HIGH EXPOSURE TO THE SPORT



FIRST EXPOSURE TO THE SPORT