COMPETITIVE FOR LIFE



## LONG TERM ATHLETE DEVELOPMENT (LTAD) MODEL

HIGH EXPOSURE TO THE SPORT

#### **COMPETE TO WIN**

Targeted Athletes: Elite
Level of Competition: Best in the World
Events: Olympic/Paralympic Games

Coach: Competition High Performance

#### **TRAIN TO WIN**

Targeted Athletes: Elite

Level of Competition: International

Events: ITU World Cup/ ITU World Triathlon Series

ITU World Para Cup / ITU World Paratriathlon Series

Coach: Competition High Performance

#### TRAIN TO COMPETE

Targeted Athletes: U23

Level of Competition: International

Events: Continental Championships, ITU World Cups

ITU World Paratriathlon Cups

Coach: Competition

#### **LEARN TO COMPETE**

Targeted Athletes: U23 Level of Competition: International Events: Continental Cups Coach: Competition

TRAIN TO TRAIN
Targeted Athletes: Junior/U23

Level of Competition: Provincial/National

Events: Development Series,

National Championships, Domestic Continental Cups

Coach: Competition

#### **ELITE MULTISPORT**

Targeted Athletes: Elite (Pro) Level of Competition: International

Events: ITU Multisport World Championships

Coach: Competition

Targeted Athletes: Age Group

Level of Competition: National/International Events: Age Group World Championships

Age Group National Championships

Coach: Community

#### **LEARN TO TRAIN**

Targeted Athletes: Junior/U23

Level of Competition: Local/Regional/Provincial

Coach: Competition

#### **FUNDAMENTALS**

Level of Competition: Grassroots Community Events

Coach: Community

#### **ACTIVE START**

Level of Competition: First Exposure

Coach: Community

Targeted Athletes: Age Group

Level of Competition: Provincial/Regional Events: Age Group Provincial Championships

Age Group Regional Championships

Coach: Community

DEVELOPING PHYSICAL LITERACY

### The Triathlon Canada NCCP Pathways for Coaching

Developing age group athletes and high performance champions

# basic registration



Create a Coaching Association of Canada (CAC) Account

Register with PSO
Criminal Background
Check/Respect in Sport

Complete CAC Module "Making Ethical Decisions" Complete Introduction to Competition Rules

Triathlon Canada Registered Coach

# Community coaching pathway

The Community Coach (youth or age group) wants to help new athletes and support age group club athletes by teaching basic triathlon skills and introduction to events. The Community Coach is focussed on safe participation, teaching skills and technique, and fun. This context is designed for coaches of athletes moving from FUNdamentals to Learn to Train and Train to Train stages of long term athlete development (LTAD).

Complete the Basic Registration Requirements

Complete the Triathlon Canada NCCP Community Coaching Course Complete Required CAC Multisport Modules Complete the Community Coaching Assessment

Certified Triathlon Canada Community Coach

Community Coach
In-Training

Community Coach **Trained** 

