Skate Canada | Long-Term Athlete Development | Canadian Sport For Life

STAGES OF ATHLETE DEVELOPMENT

The following table outlines what athlete development experts have defined as the optimal balance of performance and competition at the various stages of development. This document will provide the basis for the Competition Review, the second phase of the Long-Term Athlete Development process as defined by Skate Canada.

	Learn to Skate	Learn to Train	Learn to Compete	Train to Compete	Learn to Win / Live to Win	Active for Life
Skater Profile	Females: 3-8 yrs Males: 3-9 yrs	Females: 7-11 Males: 8-12	Females: 9-13 Males: 10-14	Females: 10-16 Males: 11-17	Females: 13-19 Males: 14-21 Living to Win: 15+	All ages
Current System	CanSkate	STARSkate	Competitive Skate: Juvenile-Pre-Novice	Novice-Senior	Jr./Sr. Grand Prix World/Olympic	Adult Skate
Training Time (all sessions include min 15 min off-ice)	1: 30-60 min session 1-4 days per week 10-40 weeks per year	1-2:45-60 min sessions 2-5 days per week 20-44 weeks per year	2: 45-60 min sessions 4-5 days per week 44-46 weeks per year	2-3: 45-60 min sessions 5 days per week 44-48 weeks per year	3-4: 45-60 min sessions 5 days per week 44-48 weeks per year	1-3: 45-60 min sessions 1-6 days per week 25-40 weeks per year
Windows of Trainability (**5S's** = Speed, Stamina, Strength, Sport Skills, Suppleness) See below.	Skills: M& F 8-12 yrs Flexibility: M&F: 6-10 Speed: M 7-9, F: 6-8	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M 7-9 F: 6-8 Stamina M12-13 F10-11	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16 F11-13 Stamina M12-13 F10-11	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16 F 11-13 Stamina M12-13 F10-11	Speed: M 13-16 F 11-13	**5S's** are always trainable
Element/Skills Competitions	No competitions but skill presentation in isolation to standard	No competitions but skill presentation in isolation to standard.	Technical Skills & Program Component competitions	Technical Skills & Program Component competitions	Yes	Technical Skills & Program Component competitions
Performance Targets	Personal achievement standards: Bronze, Silver, Gold	Personal achievement standards: Bronze, Silver, Gold	Personal and established achievement standards	Maximizing points for rank order	Maximizing points for rank order	As appropriate to level of athlete
Program (Solo)	No	Yes, but towards exit of stage	Yes (free only)	Yes (short and free)	Yes (short and free)	Yes – according to level/ability
Evaluation	Coach	Coach	Coach Officials	Officials	Officials	Coach Officials
Level of Competition	Club-level team events	Club, Interclub, Invitational	Regional / Provincial	Regional / Provincial National	Regional / Provincial National, International	From club to international
Competition Exposure	1 per session	2 -3 per year at point of exit	6 events maximum per year	3-5 skills comps. 2-3 PC comps 3-7 solo comps	5-7 comps (Learn2W) 5-10 comps (Live2W)	As appropriate to level of athlete
Suggested Program Changes	Minor changes to skills in each stage, Add 5s to program, Changes to club program delivery	New "FUNdamentals" program" to replace Skating Skills, Free Skate test changes Dance - minor	Changes to entry to competition (tests/ standard) and level of event defined by age/skill level	No major changes Competitive categories defined by age/skill level	Determined by ISU calendar and criteria	Changes to be adapted following CanSkate/ STARSkate and competition structure revisions

- **STAMINA: (Endurance) begins with the onset of PHV Age 10 – 11 for females, Age 12 - 13 for males PHV = Peak Height Velocity (growth spurt)**
- **STRENGTH: Females Window 1 - immediately after PHV, Window 2 with onset of menarche, 12 – 18 month after PHV for males**
- **SUPPLENESS = Flexibility**

Copyright © 2008 Skate Canada. All rights reserved. Unauthorized use, copying or distributing is strictly prohibited.

- **STAMINA: (Endurance) begins with the onset of PHV Age 10 – 11 for females, Age 12 - 13 for males PHV = Peak Height Velocity (growth spurt)**
- **STRENGTH: Females Window 1 - immediately after PHV, Window 2 with onset of menarche, 12 – 18 month after PHV for males**
- **SUPPLENESS = Flexibility**

Copyright © 2008 Skate Canada. All rights reserved. Unauthorized use, copying or distributing is strictly prohibited.