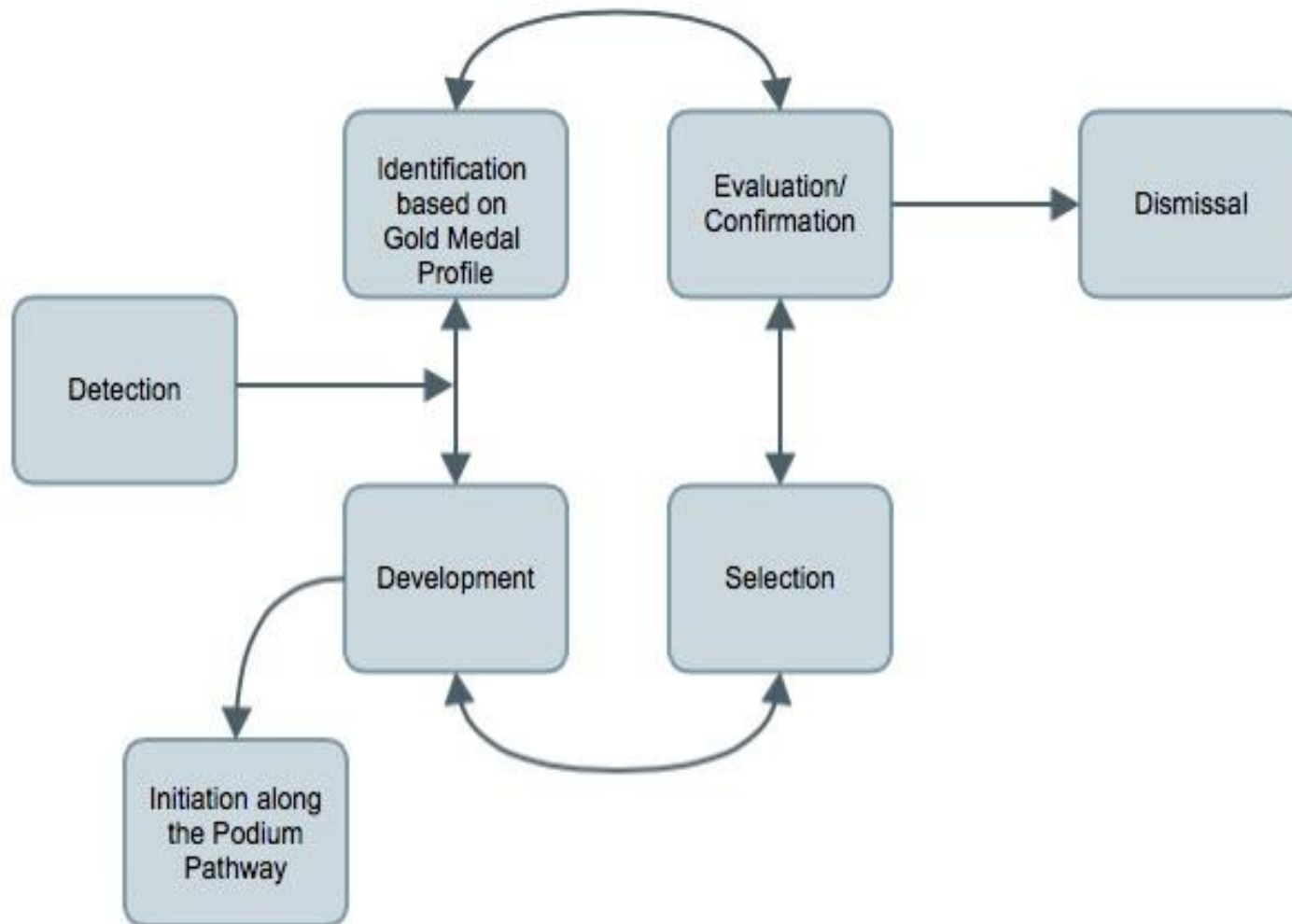


## [BC WRESTLING -PODIUM PATHWAY (Development and Performance plan)

### ATHLETE

### COACH DEVELOPMENT –

AGE (YEARS)	>10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29+
LTAD STAGE	Learn to Wrestle (Train)			Training to Train				Training to Compete				Training to Win (Peak Performance)								
DIVISION	Kids			Bantam		Cadet		Juvenile		Junior		Senior								
EDUCATION	Elementary			Secondary				Post Secondary				Professional								
ACTIVITY STREAM	Community Program Elementary Phys. Ed. Developmental Club			Secondary Phys.Ed. Jr. High / High School Team Developmental Club/ NTC-BM				Varsity Team (SFU, DC, UFV) NTC-BM				NTC-BM High Performance Club								
ATHLETE PATHWAY INDICATORS	Festival / Pool Regional Bantam < 30 matches / year			Intramural and Structured Provincial and National Provincial Provincial Games WCSG, Canada Games, skills award 30-60 matches per year 2 camps				Cadet / Jr Worlds College League 30-60 matches per year 2-6 international camps Jr World Team top 5 men Jr World Champion women				National and International Olympic, Pan Am and Commonwealth Games World Senior Championships 20-30 matches per year 2-4 international camps								
TRAINING	4-10 wks. → 2 X per wk.			8-12 wks. → 3 X per wk. 16-32 wks. → 4 X per wk.				20-36 wks. → 10 X per wk.				20-48 wks. → 10-12 X per wk.								
PARTICIPATION	Intermediate			Very High to High				Intermediate to Low				Low to Very Low								
TALENT I.D.	Secondary						Primary (Testing and Monitoring)													
COACHING PATHWAY INDICATORS	Teacher/Instructor  Community Sport Initiation Coach- “Kids Wrestling” Up to age 12			Teacher / Coach  Ages 12-16		Provincial Coach IPS coaches Cadet National coach, teacher Ages 17-20+		National Coach IPS coaches Univ coaches Jr World coach Ages 17-20 +		National Coach International Coach (Worlds, OG, Panams NTC coach Competition AGES 20+										



**Podium Pathway**  
**Next Generation Characteristics**