

Canadian Amateur Wrestling / BC Wrestling: Long Term Athlete Development Model

ACTIVE START - (Age: 0-6)

Objective:	Include physical activity as part of daily life	Life Skills	Parental/family centred
Physical:	Active/ Safe exploration	Coaching	Parents, family, instructors
Technical:	Modeling general movement skills (standing, walking, running, etc)	# of participants	Population wide
Tactical	Uninhibited/spontaneous play	Training	Few organized physical activities (multi-activity programs)
Psychological	Enjoy being Active	Competition	Unstructured free play
Theoretical	Stimulate curiosity	Program Delivery	Active Movement environments, community programs/clubs

FUNDAMENTALS - (Age: 6-9)

Objective:	Experience joy/excitement of physical activity/Games	Life Skills	Role as participant
Physical:	General/overall development	Coaching	Teacher, community/Club Coach
Technical:	Introduce FUNdamental athletic movements (run, jump, kick, etc)	# of participants	Population wide
Tactical	Experience the outcomes of competition	Training	Some organized physical activities, variety
Psychological	Highlight the positive	Competition	Modified/semi-structured (participation based)
Theoretical	Encourage learning	Program Delivery	School system, community programs/clubs

LEARNING TO WRESTLE - (Age: 10-12 may enter later) DIVISION: Kids

Objective:	Orientation to the sport of wrestling	Life Skills	Cooperative play, Sportpersonship
Physical:	Core wrestling principles	Coaching	Community Coaching: Teacher/Instructor/club Coach
Technical:	Concepts of take-downs & parterre actions	# of participants	3000+
Tactical	"thinking" of how to get an advantage	Training	2-6+wks, 1-3x/week. Wrestling specific activity. Exploring movement in common wrestling positions
Psychological	Passion for wrestling as individual/combatative sport: (fun, basics, success)	Competition	Festival environment. Modified rules/match conditions 1+events/yr
Theoretical	Basic Rules of Wrestling	Program Delivery	Schools, community programs/clubs, regional associations.
		Resources	Skills Awards program, NCCP certification & Instruction Manual

FORMALIZED TRAINING - (Age: 12-16)

DIVISION: Bantam/Cadets

Objective:	Acquisition of core skills through repetition	Life Skills	Ethical and moral development (respect for the sport, opponent & self)
Physical:	Introduction to cross training (off-mat training)	Coaching	Teacher, club coach/provincial development coach
Technical:	Broad exposure to core skills	# of participants	12000+
Tactical	Introduction to principles of tactics (action, reaction, deception)	Training	8-12+wks, 2-4x/wk. High repetition of core skills, emphasis on training
Psychological	Foster personal qualities for wrestling (combative mentality, perseverance)	Competition	Regional, provincial, national. Successful competition experiences. 10-20=matcher/yr
Theoretical	Language, protocol, structure and history of wrestling	Program Delivery	School system, club programs, regional/provincial associations.
		Resources	Skills awards program, Nccp certification

TRAINING TO COMPETE - (Age: 17-20)**Division: Juvenile/Junior**

Objective:	Specialization of training	Life Skills	Developing independence
Physical:	Development of maximal capacity (high volume/overload)	Coaching	Personal coach, high school/University coach, Junior development coach
Technical:	Master core elements & develop variations; (generic towards individualized)	# of participants	2500+
Tactical	Formulate personal strategies/tactics	Training	30+ wks 5-8x/wk High volume
Psychological	Plant a seed for peak performance (goal setting, desire, sacrifice)	Competition	Provincial, national, Canada Games. Intro to International, Jr Worlds 30+ matches/yr
Theoretical	Understand basis for athletic performance	Program Delivery	High school, University programs, club programs, HP Centres, Provincial/National Team programs
		Resources	Personal support team, video analysis/scouting system

TRAINING FOR PEAK PERFORMANCE - (Age: 21+)**Division: Senior**

Objective:	Winning when it counts	Life Skills	Self directed and in control (independent/self reliant)
Physical:	Optimal functioning/fine tuning (tapering, peaking, pushing the limits)	Coaching	Personal coach, national team coach
Technical:	Doing the things I do very well (perfecting my repertoire)	# of participants	30+
Tactical	Study and refine personal/opponents actions	Training	Year round, 9-12x/wk. Modeling & competition. Simulation, Individualized/quality
Psychological	Prepared for the unexpected (uncontrollable events/adversity)	Competition	National/international, World Champ/Major Games. 15+ selective matches/yr
Theoretical	Personal interpretations & applications (problem solving, selectivity, choice, decision)	Program Delivery	Personal coach, HP Centres, National Team program
		Resources	Personal support team, PET program, Canadian Sport Centres, Video analysis/scouting system

ENRICHED FOR LIFE - (enter at any age)

Objective:	Make use of positive lessons of sport	Life Skills	Enriched for life. Reflecting on experience in sport
Physical:	Physically active for life	Coaching	Giving back to the sport
Technical:	Passing the torch to future wrestlers (coaching/sparring/teaching)	# of participants	Anyone currently or previously involved in wrestling
Tactical	Strategic/planned approach in life	Training	Maintaining physical activity
Psychological	Mentally stronger for life	Competition	Masters
Theoretical	Life long learning	Program Delivery	Community programs/clubs

This LTAD approach focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration. This approach also suggests that in order to develop a world-level contender, progress must systematically focus first on developing well-rounded athletes and then on sport specific training.