



Incorporating Long Term Athlete Development



A black and white photograph of Albert Einstein, with his characteristic wild hair and mustache, pointing with his right hand at a chalkboard. The chalkboard is filled with mathematical equations, including the tensor equation $R_{ik} = 0$ and the Einstein field equations $R_{ik} - \frac{1}{2}Rg_{ik} = -\frac{8\pi G}{c^4}T_{ik}$. The text "Goal" and "Think outside the old box" is overlaid in red at the top of the image.

Goal
Think outside the old box

“The definition of insanity is doing the same thing over and over and expect different results.”

Albert Einstein

Long Term Athlete Development LTAD

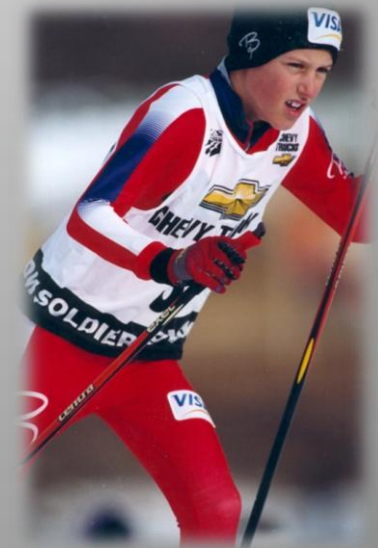
What is LTAD???

- **Paradigm** shift in how we do sport
- LTAD is a **philosophy**
- LTAD is a vehicle for **change**



WHAT IS LTAD?

- Is a guide for **planning** optimal performance for **all stages** of athlete development
- Is a framework for full sport **system** alignment and **integration – Our Issue in the U.S.**
- Designed on empirical / practical coaching experiences and scientific principles



WHAT IS LTAD?

- Equal opportunity for recreation and competition
- Inclusion versus exclusion
- “Meaningful Competition” and the proper system of competition

➤ **Is competition your Servant or Master?**

- Answer the question - *Why we do what we do*



3 Key Outcomes of LTAD

**LIFELONG
PARTICIPATION**

**IMPROVED
PERFORMANCE**

**PHYSICAL
LITERACY**

**SKI
LITERACY**





WHO IS DOING LTAD??

NGB

✓ **USSA**



✓ **US SOCCER**



✓ **USA HOCKEY – ADM MODEL**

This is hockey...



UTAH OLYMPIC LEGACY FOUNDATION

- Responsibility to create quality sport programs as an Olympic Legacy
- Need for a philosophy as a foundation for our sport club programming
- Investment in sport and clubs
- Integrating USSA Philosophy





Investment



U.S. OLYMPIC TRAINING SITE

The Play Ground



Ski Literacy

Structured & Unstructured Play





Investment The Play Ground



Ski Literacy

Structured & Unstructured Play





Investment Clubs



UOP Program Design

What is the goal at each age group?

Fun /Variety/Skill Introduction ?

Skill Development/FUN ?

Performance ?



LTAD ROAD MAP



Multi – Sport/Variety in Training

- **Now** - We make a **skier or jumper** and after we want to make an **athlete** out of the skier!



Reverse Procedure



- **Future** - We have to make an **athlete first** and make a **skier/jumper** out of the athlete !



LTAD ROAD MAP

Movement /Sport Specific Skills

Incorporate and encourage these types of activities in training sessions



Ski Literacy

Structured & Unstructured Play

Stages of LTAD

What to do When

FUNdamentals = Fun /Variety/Introduction of Skills (7 - 11 yrs)

Learn To Train = Learn How to Train/ Skill Development (12 - 14 yrs)

Training To Train = Train to Enhance Performance/Skill (16 - 19 yrs)

Train To Compete = Train to Compete/Win/Skill Mastery (20 +)

Active for Life = Give back to the sport, coach, volunteer, be physically active



LTAD ROAD MAP



Stages Most Effected by LTAD for UOP

FUNdamental Stage – 7 to 11 years old

➤ Basic skill introduction using variety of terrain

➤ Variety of experiences/environments on skis

SKI LITERACY

➤ Variety in dry – land training

“FUNtivities”

LTAD ROAD MAP



Stages Most Effected by LTAD

FUNdamental Stage – 7 to 11 years old

- Competition – Inter club/ local
 - ✓ Limited – Ratio 80% - 20%
 - ✓ Age appropriate competition environment
 - ✓ Emphasis on effort, mistakes and learning
- Encourage kids to play a variety of sports



LTAD ROAD MAP

Stages Most Effected by LTAD

Learn to Train Stage – 12 to 14 yrs old

- Skill Repetition
- Variety of experiences/environments on skis at early age in stage
- Variety in dry – land training



LTAD ROAD MAP

Stages Most Effected by LTAD

Learn To Train Stage – 12 to 14 years old

- Competition – Local, Regional and National at later age of stage
 - ✓ Increased – Ratio 70% - 30%
 - ✓ Age appropriate competition environment
 - ✓ Learn how to compete
 - ✓ Emphasis on effort, mistakes and learning
 - ✓ Participants still play a variety of sports and choose one or two at end of stage



LTAD ROAD MAP

Implementing LTAD

1. Define Stages

2. Identify what and how much - skills

➤ Curriculum

➤ Year Plan

➤ New Programs

LTAD ROAD MAP



Implementing LTAD

4. Lesson plans

5. Implementation

6. Evaluate

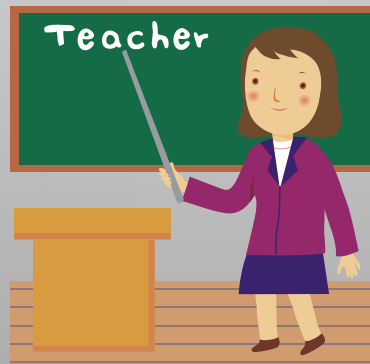
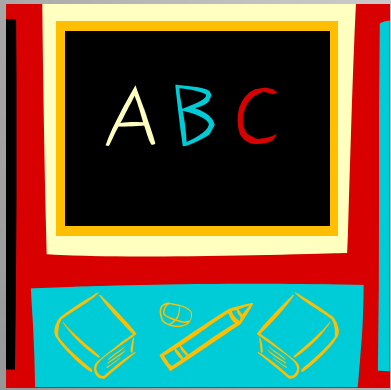


LTAD ROAD MAP

Implementing LTAD

Curriculum

What Skills / techniques do we want to teach?



LTAD ROAD MAP

ACTIVE FOR LIFE

EXCELLENCE

PHYSICAL LITERACY

Active for Life (Recreational Program)

Life-long: Age 20+/- M/F USSA Sr./Master/Volunteer/Coach
Sport and activity should remain a consistent, important and enjoyable part of life.
This is also an excellent time to give back to the sports and activities that has given to you. Officiate, judge or just help with the local club.



Long Term Athlete Development

Train to Compete/Win (Elite Program)

Train to Compete/Train to Win: Age 20+/- M/F USSA Sr.
K80+ meters ski jumps / 7.5-15km x-c races (SuperTours, FIS, COC, WC, World Championships, Olympic Games) Athletic excellence in all aspects of ski jumping and Nordic combined skiing must be the goal at this stage. Skill refinement, testing, modification of Training and competition plans aid athletic focus of 'best performances' in the train to Compete/train to win stage. PCNSC-National Teams



Training to Train (Devo Program)

Train to Enhance Performance/ Capabilities: Age 16-19+/- M/F USSA J2/1
K80+ meters ski jumps / 5-10km x-c races (club, divisional, Super Tour, NorAms, Jr. Worlds, FIS Cup, Alpine Cups)
Athletes begin to optimize specific sport skills and fitness towards competing in ski jumping and nordic combined competitions. A single sport should be chosen as the primary focus, though other sports can be played as part of the preparation. Athletes should have a complete understanding of all rules and regulations and have the ability to train year round.



Learn to Train (Jr. Fliers, Fliers Program)

Learn to Train: Age 12-15 Males/Females USSA J3-J2
K30-K75 meter ski jumps / 3-5km x-c races (club, divisional, Jr. Olympics)
Participants develop sport specific ski jumping and cross country skills while increasing strength, Flexibility, speed and fitness. Athletes should begin to focus their attention on fewer sports as they Discover their aptitude and enjoyment for a few specific sports. Athlete maturation dictates the level Of specialization and the training intensity/load. Ski Jumping & Nordic Combined is a late specialization sport.



FUNDamentals (Hoppers Program)

Introduction to Ski Jumping and Cross Country Fundamentals: Age 7-9Males/Females 6-8USSA J6-J4
K5-K20 meter ski jumps / .5-2km x-c races (club and some divisional competitions) Young girls and boys are introduced to ski jumping and cross country skiing with a focus on fundamental skill development. Participants learn athletic coordination, balance and agility while continuing to develop strength, flexibility, speed and basic fitness. Fun continues to be the major focus. It is recommended that children take part in a number of different athletic activities during this stage. Soccer, lacross, baseball, tennis, alpine skiing, etc.



Active Start

Active Introduction to Sport: Age 0-6
Sport and recreational activities become a fun and integral part of life where children learn basic athletic motions, develop basic strength, flexibility and fitness all while having fun in a supportive active lifestyle.



Define Stages

ACTIVE FOR LIFE

EXCELLENCE

PHYSICAL LITERACY

Adult (Recreational and Support Program)

Life-long: Age 20+/- M/F USSA Sr./Master/Volunteer/Coach
 Sport and activity should remain a consistent, important and enjoyable part of life. This is also an excellent time to give back to the sports and activities that has given to you. Officiate, judge or help with the local club.



Long Term Athlete Development



Train to Compete/Enhance (Elite Program)

Train to Enhance Performance/ Capabilities: Age 16–19+/ USSA J2–OJ
 7.5 – 15km x-c races (club, divisional, Super Tour, Jr Nationals, Jr. Worlds, Olympic Games) Athletic excellence in all aspects of skiing are the goal at this stage. Skill refinement, testing, modification of training and competition plans aid athletic focus of ‘best performances’ in the train to compete/enhance stage. Individuals may also participate to develop ski skills without high level competition. PCNSC to College Teams or National Programs



Learn to Train (Devo+)

Learn to Train: Age 13–16/ USSA J2-1
 5 – 10km x-c races (club, divisional, Super Tour, Jr Nationals, Jr. Worlds) Athletes begin to optimize specific sport skills and fitness towards competing in cross country skiing competitions. Skiing becomes a primary focus, though other sports can be played as part of the preparation. Athletes should have a complete understanding of all rules and regulations and have the ability to train year round. Personal responsibility and self awareness skills are stressed.



Prepare for Sport (Devo)

Learn to Train: Age 10–13 USSA J5–J3
 2 – 5km x-c races (club, divisional)
 Participants develop sport specific cross country skills while increasing strength, flexibility, speed and fitness. Athletes should begin to focus their attention on fewer sports as they discover their aptitude and enjoyment for a few specific sports. Athlete maturation dictates the level of specialization and the training intensity/load. Cross Country skiing is a late specialization sport. Community and positive peer interactions are stressed to build character and life skills.



FUNDamentals (Kickers and Gliders)

Introduction to Cross Country Skiing and Fundamentals: Age 7-10 USSA J6–J5
 .5 – 2km x-c races (club and some divisional competitions) Young girls and boys are introduced to ski jumping and cross country skiing with a focus on fundamental skill development. Participants learn athletic coordination, balance and agility while continuing to develop strength, flexibility, speed and basic fitness. Fun continues to be the major focus. It is recommended that children take part in a number of different athletic activities during this stage. Soccer, lacrosse, baseball, tennis, alpine skiing, etc.



Active Start (Family and Community Programs)

Active Introduction to Sport: Age 0-6
 Sport and recreational activities become a fun and integral part of life where children learn basic athletic motions, develop basic strength, flexibility and fitness all while having fun in a supportive active lifestyle. The focus is always on having fun.



Year Plan



U.S. OLYMPIC TRAINING SITE

Jr. Fliers		Park City Nordic Ski Club																									
FUNdamentals		Year Plan 2012/13																									
7 to 11		November				December				January				Febuary					March				April			Winter Jumps	
Wk#		45	46	47	48	49	50	51	52	3	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	208
Jumping																											
K10						8	8	8		8	8	8	8	8	8	8	8	8	8								104
K20						8	8	8		8	8	8	8	8	8	8	8	8	8								104
K40																											0
K65																											0
Totals						16	16	16		16	16	16	16	16	16	16	16	16	16								208
Competitions											1				1					1							
Comps												1		1		1											3
Testing						x													x								
Field						1		1			1		1		1		1			1							7
SJ Training																											
Imitations						6	6	6		6	6	6	6	6	6	6	6	6	6								78
Agility																											0
Coord																											0
Hops																											0



Year Plan



Jr. Fliers		Park City Nordic Ski Club																		
FUNdamentals		Year Plan 2012/13																		
7 to 11		November			December			January			February			March			April		Winter Jumps	
Other Ski Activities																				
Alpine					1						1								2	
Gates				1		1			1		1		1		1				7	
Freeride								1						1					2	
Freestyle					1		1		1		1			1					5	
X/C				1	1	1	1	1	1	1	1	1	1	1	1				14	
Other Training																			0	
Gymnastics							1			1			1		1				4	
Soccer				1	1	1	1	1	1	1	1	1	1	1	1				13	
Ice skating																				
Diving																				
Mt Bking																				
Hiking																				
Tennis																				
Karate																				
Skier Education																				
Equipment 101				1				1											1	
Intro to Nutrition 101					1						1								2	
Hill design 101				1										1					2	
Judging 101							1												1	
Who are the Heros	1				1			1			1			1					4	
Parent Education																				
Concussion	1									1									1	
Judging 101							1				1								2	
USSA Age Class							1				1								2	
Nutrition				1															1	
Why jump in the summer																	1		1	

Park City Nordic Ski Club Lesson Plan	DATE:	1/4/2013	Coach:			
Group:	K10 - K40 Skiers					
Lesson Topic/Theme:	Inrun Position					
Lesson Goal:	setting inrun position on top good balance					
# of Jumps for Session:	10 - 12					

Time	Session	Exercises	Coaching Points
4:30 - 4:50	WARM UP:	Soccer :10, Agility rings :10, Flexibility - Focus on calves lower back (list flexibility exercises) Rhythm hops 3 x 4, Imitations: In run sets 3 x 5, Inrun drop off of box 3 x 5, Catches 3 x 5	Quick feet, good balance Set inrun by bending at waist set over feet Head in natural position, Long back and arms shin angle but on whole foot,
5:10 - 5:30	ON HILL WARM UP	Set inruns with equipment on in flats 3 x 5, Set inruns on long straight slope x 5, Inrun up down on straight slope 3 x 3, Inrun up downs a 3 x 3 sets, Inrun over rolls x3, Inruns down landing hill of K20 x 4	Same points as warm up - Good rhythm on Inrun up downs, Good balance over rolls, good balance going through landing hill curve
5:30 - 6:30	JUMPING: Jumping time may be extended to reach number of jumps goal for sessions	Start on K10 5 jumps with good inrun position then move to K20 and so on. PROgression depends on skill level	Same as activity #1 - but know more individually based on feedback. Keep notes of each skier to refer to for next session
6:30 - 6:45	CONCLUSION:	Video review with K10/K20 meter jumpers. Give home work: 3 x 10 inrun sets in front of mirror	Feedback on inrun position relative to coaching points in warm up and activity #1

S/THINGS TO IMPROVE

Coach:

Implementation



LTAD ROAD MAP

EVALUATION

Review Year

Athlete Curriculum

Skills
Technique
Tactics
How To Be a team Player

Athlete Education

Nutrition
Sport Psych
Hero's
Intro to Weight Lifting
Waxing 101
Rules

Parent Education

Parent Role in Their Athletes Development

Parent as a Coach
Concussion Training
Parent as Athletic role Model

USSA Age Group

Coach Education

Better Planning for Better Training
How to be a Better Coach
How Athletes Learn New Skills
Why Success Starts With failure

USSA FAST Start

LTAD ROAD MAP



Implementing LTAD Explorers

Introduce

Ski Jumping

Running gates/Alpine skiing

Cross Country

Freeride

Moguls

LTAD ROAD MAP





U.S. OLYMPIC
TRAINING SITE

Implementing LTAD Summer Multi - Sport

Introduce

PE Class

Baseball, Tennis / Swimming, Golf
Karate, Sailing, Gymnastics, Volley Ball
Coordination/Agility, Skateboarding, luge,
Freestyle , Ski Jumping



LTAD ROAD MAP





Incorporating Long Term Athlete Development System Alignment and Integration

QUESTIONS

www.Training system.ussa.org