

## Sail Canada Athlete Development Pathway

LTAD	L2C & T2C		T2C		T2W
Age Range	13 - 15	15 - 17	17 - 21		> 21
KPI Events	Opti Worlds	Youth Worlds			
	Opti Europeans	North American Events			
		U 21 Worlds / U 23 Worlds			
		Eurosaf			World Cups
		World Cups			
		Sr. World Champs			
		Pan Am Games			
		Olympic Games			
Gold Medal Profile	50 - 60%	60 - 70 %	70 - 80 %	80 - 90 %	90 - 100%
Program Level	Identified	Youth Team	National Training Squad	Development Team	Sr. National Team
Carding Level	None	None	1/2 Card Eligibility	Development Card	Dev. / Sr. Card

LTAD	Long Term Athlete Development
L2C	Learn to Compete
T2C	Train To Compete
T2W	Train To Win
KPI	Key Performance Indicators
Gold Medal Profile	% based on development to Olympic gold medal athlete
Gold Medal Profile	Calculated in partnership with national team coaching staff and evaluation structure

### Age Ranges and supported Sail Canada Classes

Age Range	Boats	Prescriptions
13 - 15	Optimist	Any small single handed or double handed boat Emphasis needs to be on becoming better all round sailors, not specializing Other sports should be promoted in addition to sailing to promote general athleticism Multiple classes of boats should be used in development of young athletes
15 - 17	Laser Radial Boys Laser Radial Girls 29er Boys 29er Girls 420 Boys 420 Girls	Promoting the class of boat which best fits the athlete physically Including year round training opportunities for the athletes Emphasis on base skills and execution of skills in training and events Choosing sailing as the primary sport by age 16 Expanding training programs to include Strength and Conditioning This is a transition phase to ultimately competing at National Development Team Level Single or Double handed in youth development does not indicate National Team outcome for classes sailed
17 - 21	Above Classes transitioning to... Laser Men Radial Women 49er FX 49er	Promoting the class of boat which best fits the athlete physically and developmentally Year round training 1 block per month during winter months Expanding racing skills / Tactical and Technical understanding Connection with National Team - Addition of 20% to local training program Expanding training programs to include full Yearly Training Programs complete with all 4 pillars of success. This is a transition phase to compete at the Sr. National Team Level

### Sail Canada Supported Class Physical Prescriptions

Class	Ideal Height Range	Ideal Weight Range	Minimum Fitness Abilities
Optimist	Growing	30 - 55 kilograms	(1,2,3,4,6 M)
Laser 4.7	Growing	45 - 65 Kilograms	(1,2,3,4,6,8 M)
Radial Boy Youth	> 177.8 CM and growing	65 - 74.8 Kilograms	(1,2,3 H) (4,6,8 H)( 5,7,9 M)
Radial Girl Youth	> 177 CM	65 - 73 Kilograms	(1,2,3 H) (4,6,8 H)( 5,7,9 M)
Laser Boy Youth	Growing	79 - 82 Kilograms	(1,2,3 H) (4,6,8 H)( 5,7,9 M)
29er Boy Skipper	Target for 49er	123 – 145 Kilograms combined total	(1,2,3 H) (4,6 M)
29er Boy Crew	Target for 49er		(1,2,3,5,6,8 H)
29er Girl Skipper	Target for FX	123 – 145 Kilograms combined total	(1,2,3 H) (4,6 M)
29er Girl Crew	Target for FX		(1,2,3,5,6,8 H)
420 Boy Skipper	NA	110 – 145 Kilograms combined total	(1,2,3 H) (4,6 M)
420 Boy Crew	Tall		(1,2,3,5,6,8 H)
420 Girl Skipper	NA	110 – 145 kilograms combined total	(1,2,3 H) (4,6 M)
420 Girl Crew	Tall		(1,2,3,5,6,8 H)
Board Girl	NA	52 – 62 Kilograms	(1 - 9 H Youth to E Sr. Team)
Board Boy	NA	68 – 79 Kilograms	(1 - 9 H Youth to E Sr. Team)
Laser	> 185 CM	79 – 82 Kilograms	(1 - 9 E)
Radial Sr. Team	> 177 CM	65 - 73 Kilograms	(1 - 9 E)
FX Skipper	> 165 CM	128 – 135 Kilograms combined total	(1 - 9 H to E)
FX Crew	> 156 CM		(1 - 9 E)
49er Skipper	> 170 CM	72 – 78 Kilograms	(1 - 9 H to E)
49er Crew	> 175 CM	76 – 80 Kilograms	(1 - 9 E)

Associated Num.	Targeted Areas
1	Cardio Vascular Endurance
2	Body Awareness
3	Agility / Speed
4	Leg Endurance
5	Leg Power
6	Core Endurance
7	Core Power
8	Upper Body Endurance
9	Upper Body Power

Fitness Levels
L = Low
A = Average
M = Moderate
H = High
E = Excellent

### Connection to Sail Canada High Performance Curriculum

<b>Tactical</b> Positioning Tactics Strategy Awareness Scrambling	Combination of Tactics and Strategy (to be worked on in Train to Compete phase of development, not before) Positioning based on the other boats Positioning based on the wind Understanding and recollection of the racecourse, the boats racing and how you're affected (affect them) Ability to recover from a poor start
<b>Technical</b> Starting Upwind Speed Downwind Speed Boat Handling	Equal combination of Positioning, Acceleration execution and Maintaining or improving a lane. Ability to maintain or build a lane Ability to pass or extend with a high average speed (limiting speed crashes) Clean well executed maneuvers consistently executed in practice and competition
<b>Physical</b> Body Composition Upper Body Strength Leg / Core Strength Explosive Power Stamina	based on appropriate goal for specific athlete starting with Provincial team Starts with Provincial Team Standardized testing Starts with Provincial Team Standardized testing Starts with Provincial Team Standardized testing Starts with Provincial Team Standardized testing
<b>Mental</b> Visualization Competitiveness Arousal Control Self Belief Teamwork	Assessed by coach worked on directly with athletes Assessed by coach worked on directly with athletes Assessed by coach worked on directly with athletes Assessed by coach worked on directly with athletes Assessed by coach worked on directly with athletes
<b>Health</b> Nutrition Sleep / Recovery Life / Emotional Healthy Behaviors Injuries	Assessed by coach / nutritionist Assessed by work with athletes by coach Assessed by work with athletes by coach Based on avoiding negative behaviors like nicotine or alcohol How many over past year. Provincial FST