

Years in Sport	Intro to 3+ Years	4-6 Years	5-8 Years	8+ Years	10+ Years	14+ Years
LTDS Stage	LEARN TO SAIL	TRAIN TO TRAIN	LEARN TO COMPETE - Participants referred to as athletes.	TRAIN TO COMPETE - Sport specific specialization, talent ID & podium pathway.	COMPETE TO WIN	
Performance level	Opti & Youth Development		Emerging Gen	Next Gen	Olympic Development	Olympic Podium
	CLUB & PROVINCIAL TEAM (DOMESTIC DEVELOPMENT)			NATIONAL TRAINING CENTER "Enhanced training opportunities"		PERFORMANCE SQUAD
Sail Canada Opportunities			Canadian Sailing Youth Squad member (CSYS) & Next Gen Training Camps.		Canadian Sailing Development Squad member (CSOS)	
		Sail Canada talent ID camps & Canadian Sailing Youth Squad trails camp		Identified Athlete Program (IAP) & Canadian Sailing Development Squad domestic integration at National Training Centers		Canadian Sailing Team member (CST)
Principles of age & stage appropriate programming, meaningful competition & TRUE SPORT						
Coach training & education	CANSail 5/6 Coach / Comp Dev.		Comp Dev.	NCCP Adv. Coaching Diploma		Specific Masters or PHD
Technical skill progression	CLUB TEAM: CANSail 1 to 6 & CANSail Race 1 - (Intro to racing)	REGIONAL CLUB TEAM: CANSail 5/6 & CANSAIL Race 2-3 (Club & Regional Racing)	PROVINCIAL TEAM: CANSail Race 4 (Provincial racing) & individual tailoring	NATIONAL TEAM: Performance model, PRT & Gold Medal Profile	NATIONAL TEAM: Performance model, PRT & Gold Medal Profile	
Life & sport transitions	Transition from a learn to sail to a "sailing team" environment. Transition from optis to development classes - encourage athletes to try different classes as appropriate.		Transition into high school and from development to Olympic classes.	Twin paths of undergrad & sailing / transition between club sailing teams to provincial & national next gen programs and Canadian Sailing Development Squad.	Transition to a fully integrated profession Olympic sailing program & from Canadian Sailing Development Squad to Canadian Sailing Team.	
Team structure & support	Primarily club led programming with the addition of regional & provincial regattas & training camps.	Primarily club led - provincially based programming.	Programming led by club and/or provincial teams, with the potential of support from Sail Canada National Training Center coaches.	Programming led by club and/or provincial teams, AND Sail Canada National Training Center (NTC) coaches. Athletes will regularly travel to training opportunities and competitions in specific locations as part of a 12 month training program	Programming led by Sail Canada NTC coaches and/or Podium Performance coaches.	Programming led by Sail Canada Podium Performance Coaches.
	Likely inclusion of shoulder season activity and winter training blocks	Traveling farther: Likely travel to attend enhanced training opportunities and competitions in specific locations as part of a 12 month training program.	Looking beyond the club training environment: Athletes & coaches cultivating and actively fostering connections across Canada for the creation of strong training partners & training groups. Identified athletes will likely be incorporated with enhanced training opportunities with similarly identified athletes and the Canadian Sailing Development Squad	Squad based training: As part of Canadian Sailing Development Squad & Canadian Sailing Team	CST & Olympic Sailing Team	
On water training Volume	Enjoy sailing :)	50 - 100 days of a sailing & training annually	90 to 130 days of a sailing & training annually.	100 to 150 days of a sailing & training annually. Development of individualized volume tracking & load management.	Consolidated & refined individualized volume tracking, load management & planning.	
Sail Canada Identified classes		29ers mens & womens, 49er FX mens & womens, ILCA 6 mens & womens	Transitioning to:	Identified olympic classes: 49ers men, 49er FX women, ILCA 6 women, ILCA 7 men		
Identified events on performance pathway		Likey participation in 2+ identified events. L2C Identified events: Mid winters championships, Sail Canada Youth Championships, North American class championships, U19 World Championships.	SELECTION EVENTS: Canadian Sailing Youth Squad Trails Camp, Canada Summer Games, Youth Sailing World Championships.	T2C identified events: U21 / U23 Olympic class world championships, World Cup & North American Championships.	Identified events: World Cup, European & World Championships, Pan Am Games & Olympic Games	
Podium pathway			Top 30% at age group WCh and top 5 at NA's and/or Major NA event	Top 20% at age group WCh, Top 20 at WCup Event, Podium Major NA Event	Top 30% at WCh and Medal Race at WCup Event. Podium Major NA Event	Top 20% WCh and Medal Race at WCup Event(s) and/or Qualify for Olympics (contender in trials)
					Top 15 WCh and/or 2 x Medal Races at WCup Events	Top 10 WCh and Podium at WCup Event & Top 5 at WCup Event
					Top 5 WCh and/or Top 5 Test Event and Multiple Podium(s) at WCup Event(s)	MEDAL
Physical literacy/Preparation	Encourage and support participation in a variety of sports. Free and imaginative sports play should be encouraged.	Participants should continue to participate in a variety of different sports and activities. Foster independent healthy habits in training and competition.	Athletes will likely commit to sailing as main sport at the beginning of this stage. Healthy, well rounded physical preparation, support by S & C professionals, should become a priority.	Professionally led S & C programming should be continuously developed. General physical preparation should become a non limiting factor in maintaining the required training load & supporting the expected performance.	Physical prep, specific to the individual, should remain a non limiting factor in maintaining the required training load & supporting the expected performance.	Highly individualized physical preparation program well established, integrated and diligently monitored for performance and recovery.
			Working towards consistent, practitioner led S & C training ~1.5 hrs three times a week 26 weeks a year.	Working towards S & C training ~1.5 hrs at least 4 times a week 34 weeks a year.	Working towards consistently using perscribed Sail Canada pre-hab exercises and routines.	Fully individualized to maximize performance.
Mental skills	Value effort, build self-confidence & be a good team mate.	Take responsibility & build independence.	Adopt and practice a performance mindset.	Value performance, not only results.	Building specific & individualized mental performance plans.	
	Practice a growth mindset	Learn to draw lessons from negative races/regattas	"Grit: passion & perseverance in pursuit of very long term goals."			