

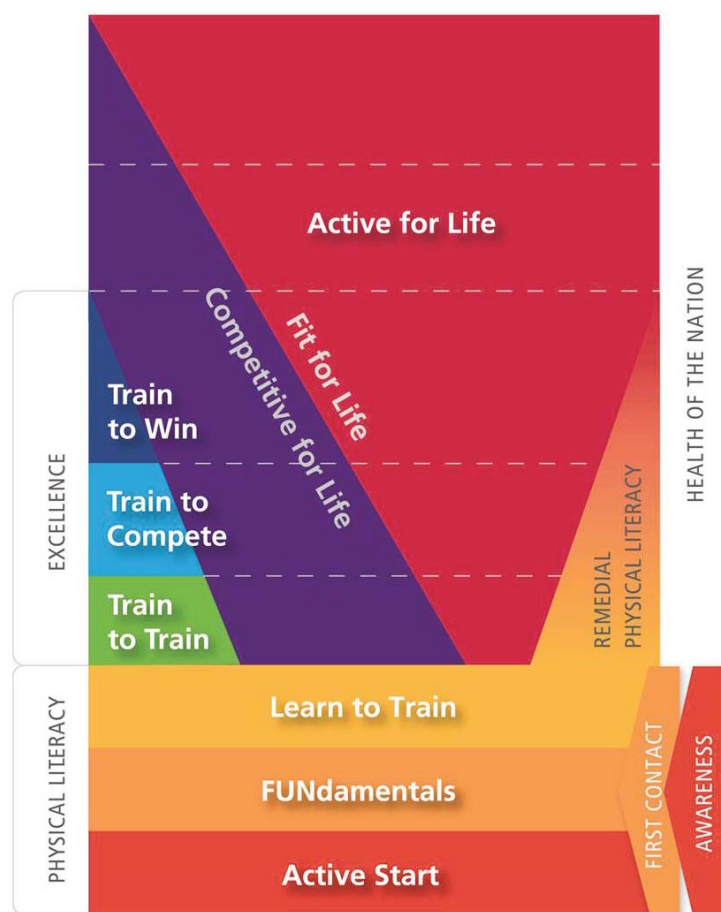
Wheelchair Curling LTAD

The framework for athlete development through all stages of recreational and competitive wheelchair curling is similar to other sports.

The key difference between this and the Curling for Life LTAD is the addition of two stages; First Contact and Awareness. Most people who begin wheelchair curling have acquired an illness or injury later in life and therefore do not begin at the typical age ranges of curling athletes.

The Awareness stage refers to the period when a person is adapting to their changing abilities due to illness or injury. They will not be aware of wheelchair curling unless opportunities are brought to their attention.

In the First Contact stage a positive experience with the sport of wheelchair curling will bring the person into the entry level skill development stages.



Long Term Athlete Development for Curling in Canada



Wheelchair Curling



Long Term Athlete Development

The Canadian Curling Association (CCA) Wheelchair Curling Long-Term Athlete Development (LTAD) Framework 2014 will help to ensure that new participants will continue to enter the system as well as ensure Canada continues to perform at a high level internationally.

Every athlete entering our sport should have the potential for a positive, individualized experience no matter what their level of participation. Progression from recreational level programs through to high performance development will be enabled through a systematic integrated framework.



The Wheelchair Curling LTAD 2014 plan highlights the elements that differ from the Curling for Life LTAD. Many of the Training Area factors are the same for Wheelchair Curling so are not replicated in this document. Please refer to the Curling for Life LTAD regarding the following Training Areas: Nutrition, Growth and Maturation, Tactical, Technical, Mental, and Team Dynamics.

The Wheelchair Curling LTAD Framework 2014 is consistent with the Canadian Sport for Life LTAD 2.0.

STAGES OF LTAD	ACTIVE START	FUNDAMENTALS	LEARNING TO TRAIN	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN	ACTIVE FOR LIFE
AGE / YRS OF DISABILITY	Any Age / 1-2 yrs Disability	Any Age / 1-2 yrs Disability	16+ / 3-4 yrs Disability	16+ / 4-6 yrs Disability	20+ / 5-8 yrs Disability	20+ / 5-8 yrs Disability	Any
PROGRAM CHECKLIST	<ul style="list-style-type: none"> • Introduction: 'Discover Wheelchair Curling' • Learn to Curl: Club Clinic/Orientation • School Programs e.g. 'Rocks & Rings' • Non-competitive fun games/drills • Use of 'Little Rocks' for those without upper body strength 	<ul style="list-style-type: none"> • Basic Skills • Any gender mix • Use own chair and borrow equipment • Intro to Recreational Curling • Weekly participation 	<ul style="list-style-type: none"> • Club/Provincial Programs • Develop Technical Skills • Develop Positional Skills • Introduction to Strategic/Tactical Comprehension • Develop Individual Practice Plans • Introduce Bonspiels • Purchase own equipment • Modify chair as required • Practices and/or recreational play weekly 	<ul style="list-style-type: none"> • Club/Provincial Programs • Enhance Technical Skills • Refine Practice Plans and increase frequency of practices • Develop Strategy/Tactical skills • Develop Team Practice Plans • Introduce Inter Club and Provincial Competitions • Learn to cope with the physical and mental challenges of competition • Practices and league games each week 	<ul style="list-style-type: none"> • Provincial Program support • Refine Technical Skills • Exposure to National Program Training Camps and selection process • Provincial Carding • Develop Team Skills • Enhanced Strategy and Tactics • Practices and league games 2-3 times per week • Provincial and National Mixed Gender Wheelchair Curling Competitions • Seasonal training and periodization 	<ul style="list-style-type: none"> • National Program Support • Individualized High Performance Skill Development • Enhanced Team Skills • Complex Strategy and Tactics • Enhanced IST • Selection to National Team Program • National Carding • World Mixed Gender Wheelchair Curling Competitions • Paralympics Games • Year-round training and periodization 	<ul style="list-style-type: none"> • Retirement from Competition • Mentoring and/or Coaching • Return to Recreational Curling • Weekly participation
PHYSICAL TRAINING AREA	<ul style="list-style-type: none"> • Re-introduction to Physical Activity • Ability and strength to use one arm to hold stick & push stone • Experience with many wheelchair sports 	<ul style="list-style-type: none"> • Remedial Physical Literacy • Basic warm up and cool down exercises 	<ul style="list-style-type: none"> • Equipment/Technique Adaptations and modification to address Core, Postural, Balance and Strength Abilities • Develop upper body strength through simple exercises off ice 	<ul style="list-style-type: none"> • Continued Equipment Modifications • Physical Assessment • Build aerobic endurance for multiple games per day • Moderate intensity and volume or training during season 	<ul style="list-style-type: none"> • Physical Assessment and Training Plan • Build endurance for multiple games per day and per week • Domestic Travel ability • High intensity and volume of training during season 	<ul style="list-style-type: none"> • International Travel ability • Endurance for high pressure multiple game days and games per week • High intensity and high volume training yearround 	<ul style="list-style-type: none"> • Maintain Physical Activity
IST SUPPORT/TRAINING			<ul style="list-style-type: none"> • Effective Warm Ups and Cool Downs • Introduce Strategy/Tactical Concepts • Introduction to Core, Posture, Balance and Strength Training 	<ul style="list-style-type: none"> • Introduce to sport specific Physical Training • Develop Mental Skills Training • Develop Nutrition Training • Develop Strategy/Tactical Training • Talent ID • Train with a Coach 	<ul style="list-style-type: none"> • Develop Core, Posture, Balance and Strength Training • Integrate Mental Skills Training • Integrate Nutrition/Rest & Recovery • Integrate Strategy/Tactical Training • Talent ID for National Team Program 	<ul style="list-style-type: none"> • Adapt/Maintain Core, Posture, Balance and Strength • Master Mental Skills Training • Master Nutrition/Rest & Recovery • Master Strategy/Tactical Training • Classification for International Competition Status • Health & Wellness Monitoring and Support • Doping Control 	