

Canadian Curling Association – Curling For Life

Long Term Athlete Development (LTAD)

Provincial/Territorial Review 2010

The Canadian Sport For Life (CS4L) Long Term Athlete Development Model for Curling provides a *framework* for a defined, structured pathway from the first time the participant enters a club - to podium - and through to retirement. The LTAD is designed to promote and support participants in both the recreational stream as well as the competitive stream.

Adopting the LTAD will address the needs of all participants and ensure they will have a place to go within the system. It will also make sure that promising athletes can be identified and nurtured towards achieving their potential, to keep their Olympic dreams alive and in turn keep Canada on the Podium.

This “long-term” approach will help curling clubs and coaches continue to develop the right training and competition environment for all curling participants.



The first 4 stages, with their respective approximate age ranges, are generally appropriate for all late-specialization sports. In the Training to Compete and Training to Win stages, age ranges vary from sport to sport.

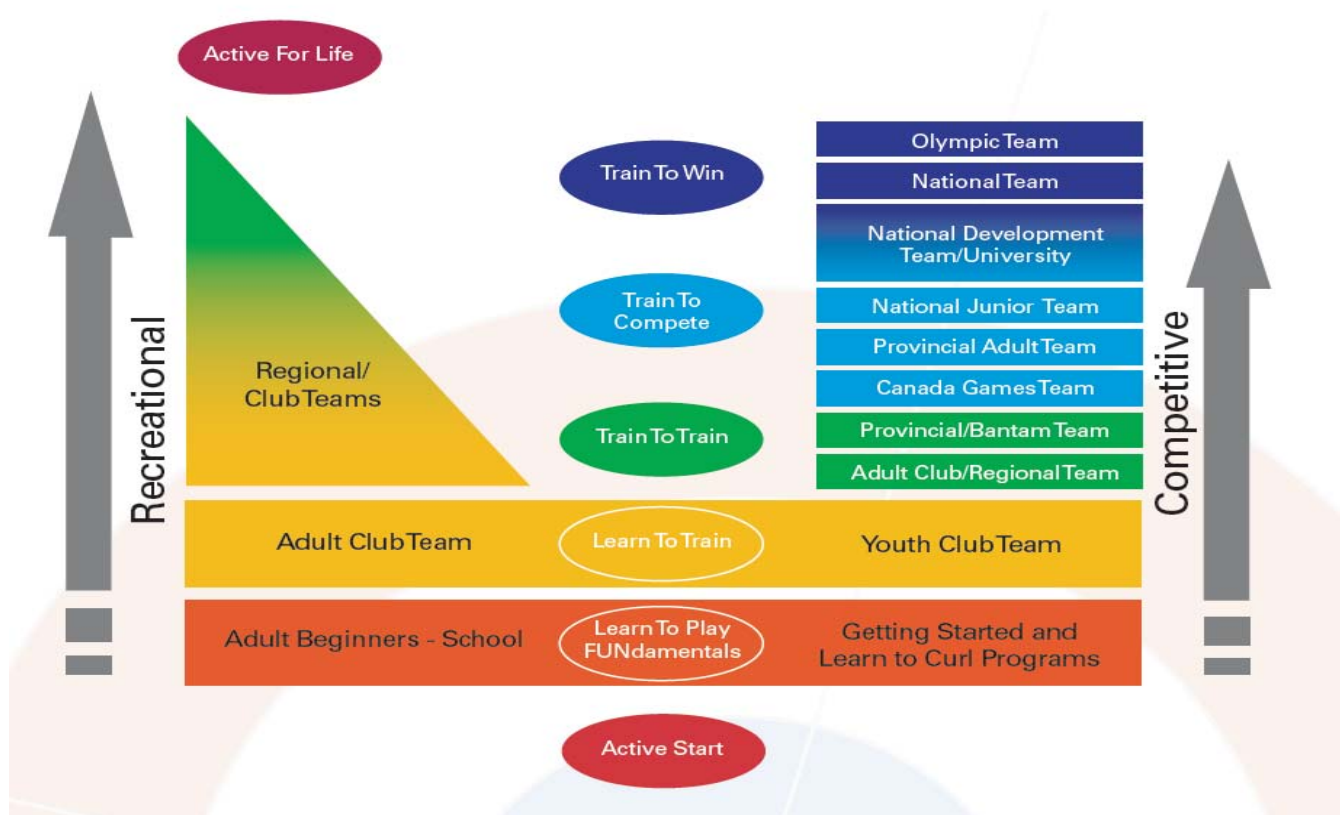
The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement

This Model below shows the path of the Recreational participant and the Competitive participant, demonstrating *that there is a place for everyone*.

SYSTEM ALIGNMENT AND INTEGRATION CHART

System Alignment and Integration
(Dagg-Jackson and Way 2004)



It is important for all stakeholders to know their role within the implementation of the LTAD. The link between the CCA, Provincial/Territorial Associations and Curling Clubs is instrumental in the success of this systematic approach. Our goal is to have curlers in PEI have a similar, positive experience as a curler in British Columbia or Manitoba would have.

The **Canadian Curling Association's responsibility** is to provide leadership and support in programming and services to the Provincial/Territorial Associations. The CCA will also be responsible for the Train to Win stage in supporting the performance of our elite athletes and coaches competing on the international stage. The CCA will also provide all NCCP programs that are aligned with curling's LTAD.

The **Provincial/Territorial Association's responsibility** is to lead, enable and facilitate the implementation of LTAD appropriate programs and services in partnership with the Curling Clubs within its jurisdiction.

The **Curling Clubs' responsibility** is to help deliver the programs and services to their membership. As the Provincial/Territorial Association, are you able to clearly identify what your Clubs are doing to implement appropriate LTAD programs and providing support?

A list of Programs offered by the Canadian Curling Association

Tim Hortons Little Rock Resource Guide and CD-ROM A resource to assist club coordinators to design and implement a program for youth 6-12.

The Rocks & Rings Program is designed to introduce the Olympic sport of curling to elementary school children.

Getting Started in Curling Manual and DVD: This program will help the teacher guide students through various activities that take place in the classroom, the gymnasium and, finally, the curling rink. For elementary and junior high school.

Drills Manual: This comprehensive manual includes 134 instructional drills that are divided into 15 categories such as draw, takeout, sweeping, etc. Loose leaf format to allow for additions, includes 3-ring binder.

High School Curriculum/Curling Academy: This resource document is intended to help bring the sport of curling into mainstream education.

High Performance Program Package: This comprehensive 450+ page resource is designed for competitive curling teams and coaches who are preparing for provincial or national level competition.

Basics of Strategy and Scoring: commonly defined as "deciding what shot to play" and "the decision making process a team goes through before, during and after a game".

Wheelchair curling manual and video: this is a guide to the establishing a basic implementation of a grass roots development wheelchair program for your community.

Getting Started for Adults is a comprehensive curling club program to build membership through superior customer service.

Your First End Program is designed to assist managers and volunteers of Canadian curling facilities with ideas and promotional materials to assist with their efforts in attracting new participants to grow the sport of curling in Canada.

NCCP – all programs are aligned with curling's LTAD.

Club Coach Youth is a one day community-based program designed for coaches to help out at the club level with youth curlers, primarily Little Rocks.

Club Coach is a two day workshop designed to enhance the skill set of Instructors who function predominantly at the club level. The Club Coach is able to instruct at Learn to Curl and Intermediate clinics.

Competition Coach is a 2 day workshop, plus evaluation. It is recommended that individuals have a good understanding of the game, technical skills and work with Intermediate to Advanced skilled teams.

Level 3 (High Performance Coach – under construction) is designed to train an individual to coach a high performance team.

Levels 4/5 is an extensive self-directed program organized through the National Coaching Institute.

A Sample Plan for your Provincial/Territorial Competitions Review, Gap Analysis and LTAD Implementation Plan

- Step 1:** Form a committee of experts and make sure there is representation at each stage of Curling for Life's model in your Province/Territory. It is not imperative that all regions of your province/territory are covered. It is more important that you have knowledgeable people who can give appropriate feedback for each age and stage and will be leaders in communication and implementation.
- Step 2:** Develop an inventory of existing programs, services, competitions and coaching requirements.
- Use the LTAD stages as your categories. Within the LTAD model, a **“meaningful competition”** has to have clear goals linked to the athlete's development. Meaningful Competition implies a chance to succeed and even win. As you examine your current competition system, consider whether you are implementing appropriate “age and stage” competitions.
- Step 3:** Design a survey and get feedback from all curling centres in your province/territory. The CCA's survey of curling centres in Canada could provide you with a framework.
- Step 4:** Compile data from the survey and identify strengths, challenges, gaps or weaknesses within your organization.
- Step 5:** Develop an implementation plan and action plan with specific timelines. Curl BC has an excellent example of the process they followed in a document called “Curling for Life – A Plan for Implementation in BC”.
- Step 6:** Communicate curling's LTAD model “Curling for Life” and the Implementation Plan within your province/territory.

Resources available:

CCA's Curling For Life – Long Term Athlete Development for Curling in Canada
CCA's survey of curling centres in Canada – 2003 National Curling Club Survey
Curl BC – Curling for Life - A Plan for Implementation in BC; Survey Summary Results
Canadian Sport for Life – Long Term Athlete Development
Developing Physical Literacy – A guide for Parents of Children Ages 0 – 12
No Accidental Champions – Long Term Athlete Development for Athletes with a Disability