

**LONG TERM ATHLETE
DEVELOPMENT
(LTAD)
OVERVIEW**



01 June 2009

INTRODUCTION:

Canadian Sport for Life (CS4L), Long-Term Athlete Development (LTAD) has been produced by sport experts with many years of experience, working with beginner to national team athletes. It is based on the components of Physical Literacy and has been adopted by Sport Canada and all provincial and territorial governments. LTAD provides a road map for a better sport experience for all, whether an aspiring Olympian, an aging weekend warrior or participating just for fun.

WHY IS CHANGE NEEDED?

Sport makes a major contribution to the health and development of individuals and the communities in which we all live. It provides an opportunity for kids and adults to be active when inactivity rates threaten the health and quality of life of Canadians. Sport also provides participants with valuable lessons on teamwork, fair play and the value of working towards goals. The existing sport system is generally falling short of its potential due to some of the weaknesses in the current approach.

Parents Need to Recognize....

Over Competing and Under Training – Many athletes spend too much time resting, traveling, competing and recovering from competition and not enough time preparing for it.

Too Much Emphasis on Winning at Young Ages - Too many coaches and parents focus on the result, rather than performance. This attitude leads to long-term failure as coaches forgo the development of skills to focus on specific game tactics.

Inappropriate Training Programs - Too often, adult training programs are imposed on children and boys programs used for girls. As athletes get older, the focus should gradually shift towards fitness and tactics. Girls develop differently than boys. Younger athletes need to spend more time developing basic movement skills and then sport specific skills.

Specialization - Younger athletes should participate in several sports and all sports should spend some time developing basic skills such as running, jumping, throwing, balance, agility, coordination, and speed. An all around athlete will have the ability to play a variety of sports well and specialize later.

System Alignment - Coaches of different teams and different sports often compete for an athlete's time and effort, leading to scheduling conflicts and the over-training of athletes. Parents need to understand CS4L – LTAD

LTAD – CONSULTATIVE PROCESS – ORA

2008-2009	Drafting of the ORA LTAD proposal
March 2009	Provincial Championships – AA and A – Information sessions/Q & A (ORA to distribute CS4L parent handout)
April 17th-19th 2009	SCMs – Information session/Q & A (Frances to attend) (ORA to distribute CS4L parent handout and overview)
May 2009	Presentation ORA Board
May 29th -30th 2009	Working Group session (distribute CS4L material and overview) comprised of grassroots members/members with LTAD knowledge
June 5th -7th 2009	Final Report and Recommendations - Presentation at ORA AGM
June 12th 14th 2009	Presentation at RC AGM
August 2009	Train LTAD presenters RC to train Skill Instructors LTAD Committee to review progress and put forward recommendations for the upcoming season
May 2010	Working Group session – to discuss results of 2009-2010 season and plan for the 2010-2011 season

LTAD – TIMELINES

RC OBJECTIVES	ORA COMPLIANCE
All age categories will be changed to LTAD (2009-10)	<ul style="list-style-type: none"> • U9, U10, U12, U14, U16, U19, 18+
Competition for FUN changed to LTAD model (2009-10)	<ul style="list-style-type: none"> • Festivals will be encouraged province wide • Associations/regions/leagues - any games that the U9 play will not have scores showing on the scoreboard
Pilot NO TIERING in test regions (2009-10)	<ul style="list-style-type: none"> • Possible pilot in 2010-11 – encourage no tiering at U9 / U10 beginning 2009-2010 in random areas
Pilot – Skills Development at tournaments (test region) (2009-10)	<ul style="list-style-type: none"> • pre Oct 15th, pre Jan 15th, end of season • Ontario to pilot at the U12 level, at tournaments or by association • Ringette Canada to provide skills information U12 appropriate, “report card” and/or spreadsheet, etc. to track skill improvement over the year
Develop ALL inclusive National Championship Structure (2009-10)	<ul style="list-style-type: none"> • Ranking Events will be used to seed teams for provincials at the AA level (A’s will use current formula system for 2010 but will move to new system 2011)
CRC ALL inclusive format change approved prior to AGM (for 2012)	
RC CWG Training event	<ul style="list-style-type: none"> • Scheduled - Carleton University May 2010
Review EAST/WEST championship format – modifications to the Western format – test	<ul style="list-style-type: none"> • Eastern provinces discussing the inclusion of U14 at the championships: must meet the objectives of LTAD
Review University Ringette Structure	
Pilot National Team “off year” competition	

LTAD – COMPLIANCE – ORA

Fundamental Programs (U7 and U9) = Compliance 2010-2011

- ✓ 2009-2010 Encourage
- ✓ 2010-2011 Compliance

Learn to Train Programs (U10 and U12) = Compliance 2011-2012

- ✓ 2009-2010 Pilots
- ✓ 2010-2011 Province-wide
- ✓ 2011-2012 Compliance

**Train to Train/Train to Compete Programs (U14, U16 and U19)
= Compliance 2012-2013**

- ✓ 2009-2010 AA Provincials – all inclusive
U14 AAs at Easterns; no A participation
- ✓ 2010-2011 AA and A Provincials – all inclusive
U12 Provincialfest;
U14 and U16 at Easterns
- ✓ 2011-2012 AA and A Provincials – tiers
U14, U16, U18 and 18+ at Easterns
- ✓ 2012-2013 Compliance

Calendar Planning for Competitions

Optimal competition calendar planning at all stages is critical to athlete development. At certain stages, developing the physical capacities takes precedence over competition. At later stages, the ability to compete well becomes the focus.

Stages	Ages	Recommended Ratio
Active Start	U7	No specific ratios for training to competition
FUNDamentals	U9 and U10	All activity FUN based
Learning to Train	U12	70% training to 30% competition
Training to Train	U14 and U16	60% training to 40% competition
Training to Compete	U19	40% training to 60% actual competition and competition specific training
Training to Win	18+ (and U19)	25% training to 75% actual competition and competition specific training
Active for Life	Any age – Ringette for life!	Based on individual’s desire

SEASONAL PLANNING

	April/Sept	Oct	Nov	Dec	Jan	Feb	Mar	April
U9								
U10								
U12								
U14					Ranking Events		Provincials Regionals	<i>Easterns</i>
U16	Try-outs Formation of teams	Skill development Ad hoc tournaments League play			Ranking Events		Provincials Regionals	Nationals (AA) Easterns (A)
U19	Try-outs Formation of teams	Skill development Ad hoc tournaments League play			Ranking Events		Provincials Regionals	Nationals (AA) Easterns (A)
18+	Try-outs Formation of teams	Skill development Ad hoc tournaments League play			Ranking Events		Provincials Regionals	Nationals (NRL) Easterns (A)

Festivals: U9, U10
Tournaments: U10, U12, U14, U16, U19, 18+
Regionals: U12, U14, U16, U19, 18+ (All levels: U12 and above)
Ranking Events: U14, U16, U19, 18+ (used for seeding purposes only)
Provincials: U12 all inclusive - "RSVP" – province-wide event for all levels
 U14 all inclusive - "RSVP" – for elite teams
 A – U16, U19, 18+ AA -U16, U19
Easterns: U14 all inclusive "festival" A - U16, U19, 18+
Nationals: AA – U16, U19, NRL

LTAD – Competition Structure - LEVEL OF PLAY – “AA” and “A”

(BASED ON TWELVE TEAMS)

“AA”: U16, U19 (intend to attend Nationals)

“AA”: U16, U19, 18+; **“Elite”**: U14 (intend to attend Easterns/other)

- Twelve teams in two groups of six (East and West)
- Play five teams twice within your group
- Two tournaments/Ranking Events after 15th January: predetermined
- Merge East and West by points
- Provincials
 - Odds play Evens
 - Finals
 - Tier 1 : 1st Odds vs. 2nd Evens; 2nd Odds vs. 1st Evens; Winners; Losers
 - Tier 2 : 3rd Odds vs. 4th Evens; 4th Odds vs. 3rd Evens; Winners; Losers
 - Tier 3 : 5th Odds vs. 6th Evens; 6th Odds vs. 5th Evens; Winners; Losers
 - Standings 1 > 12 (for Nationals) and Standings 1 > 12 (for Easterns)
- Current format (per team) - 4 tournaments : LTAD - 2 Ranking Events plus tournaments for development

PROVINCIAL VERSUS PROVINCIAL ELITE “AA” AND “A” (U16, U19 and 18+)

The “AA” designation is for teams that intend to go to Nationals. Their objective is to play, train, and compete as elite athletes, at the highest level being offered. The “A” designation is for teams that intend to go to Easterns. Their objective is to play, train, and compete as elite athletes, at the highest level being offered to teams with comparable skills.

Teams that declare AA (intend to attend Nationals) or A (intend to attend Easterns) are not the only competitive teams in the province. There will be teams that choose not to follow the “elite” stream but that are skilled enough to participate in AA and A level play. Also there are teams who are developing and who need competition at their potential level but that don’t intend to enter the elite stream (at this time). These teams can declare that they don’t intend to go to Nationals (by choice). They will play in the same sanctioned events as those teams who submit their intent.

LTAD – Competition Structure - AGE GROUPS

U7 Active Start

- Learn generic skills
- Learn to Skate, Can Skate, etc.
- No specific ratios of training vs. competition
- On-ice parent involvement minimal

U9 (Bunny)

- “Bunny Festival” at the end of the season (regional) - Use Saskatchewan model
- No structured teams and no tournaments
- Sanctioned
- No scores posted
- Same participation awards
- No finals or championship games
- On-ice parent involvement minimal
- Fair play to be applied, e.g. monitor using armbands

Background:

- Bunny Jamboree – one day event
- Regional Jamboree or combine Regions/associations – difficult to host at one provincial event
- could run two events per the season – this would incorporate participants in areas that offer two different sessions to play Ringette, i.e. Season 1 being the fall session and Season 2 being the winter
- Regions can decide on the format based on their geography, ice availability, gym availability, etc.
- could include one ice session with skills and a game; one gym skill session per team; lunch; other activities at the arena which may include face painting, games, colouring, etc.
- depending on the numbers, half the teams would be on the ice in the morning while the other teams would be doing off-ice activities, all teams would have a common lunch, then reverse the schedule
- teams are created based on players’ skill levels – each team with varying skill levels, equally competitive
- the ice times would include exhibition games – participants won’t play with their regular team
- teams would be coached by ORA Skill Instructors - coaches would participate in seminars
- participants would receive a take-home gift, i.e. t-shirt, jersey, gift bag and/or a skills “report card”
- charge a nominal registration fee of approx. \$20 – maybe the Region/ORAs could subsidize the event
- provide an information session for parents to attend while their children are participating in their activities: LTAD, what’s next for the association, a Q& A, rules clinic, coaching (parent) ethics, etc.

U10 (Novice)

- “Novice Festival” at the end of the season (regional) - Saskatchewan model
- Two regional tournaments – pre-December 31st and pre-March
- Modified games; On-ice parent involvement mandatory for practices
- Fair play to be applied, e.g. monitor using armbands

Proposed Pilot – Competition Structure – Restructuring U10 – Constructing and Restructuring Teams

- Teams would be selected on skill levels, i.e. all players would be tested using the skill matrix and the number of teams determined. Players would be assigned to the teams in a matrix, i.e. if there were 5 teams, team #1 would be players #1, 6, 11, 16, etc.; team #2 would be players #2, 7, 12, 17, etc.; etc.
- Players are part of “Ottawa Ringette U10” and get to know each other and possibly play with other players within the CORA U10 team during the year (restructuring teams)
- Restructuring the teams could take place after the skill testing in October and January
- Fair play (ice) practices would be in place
- Possible timelines - Team selection (September 1st); skill testing (October 1st to 15th); 1st tournament (November 15th); skill testing (January 1st to 15th); 2nd tournament (January 30th); 3rd tournament (February 15th); Provincialfest (mid-March)

Background:

- Novice Jamboree – one day event - it would be difficult for all ORA U10 teams to play at one venue
- consider an event where a few areas of the province are combined –use same template but try for the same date in 3 or 4 locations (important for the parents)
- could run two events during the season – include participants in areas that offer two different seasons to play Ringette, i.e. Season 1 being the fall session and Season 2 being the winter session
- Regions can decide on the format based on their geography, ice availability, gym availability, etc.
- could include one on-ice session with skills and a game; one gym skill session per team; lunch; other activities at the arena which may include face painting, games, crafts, arts, etc.
- depending on numbers, half the teams would be on ice in the morning while the other teams would be doing off-ice activities, all teams would have a common lunch, then reverse the schedule PM
- teams are made up of a cross-section of registrants based on skill level
- ice times would include skill measurement and improvement (possible “report card” reward system)
- teams would be coached by ORA Skill Instructors - coaches would participate in seminars
- participants would receive a take-home gift, i.e. t-shirt, jersey, gift bag and/or skills “report card”
- charge a nominal fee of approximately \$20 – maybe the Region or ORA could subsidize the event
- provide an information session for parents to attend while their children are participating in their activities: LTAD, what’s next for the association, a Q& A, rules clinic, coaching (parent) ethics, etc.

Suggestions:

- include mentor athletes to help lead the girls and run the various activities planned (festivals coaching seminars could be conducted (festivals and tournaments)
- event could be used to train skill instructors (festivals)
- implement LTAD at the U9 and U10 divisions for the 2009-2010 season
- communicate our LTAD plans to everyone about our major competitions
- NOTE: Grant for “bumpers” (rink dividers) to be submitted. Approximate cost \$15,000.

U12 (Petite)

- Use Saskatchewan model “Regionals” at the end of the season
- Three regional tournaments – pre-December 31st ; 2 – pre-March
- Possible Invitational Provincial Funfest similar to hockey (e.g. Whitby)
- Skills pilot – Eastern Region No tiers for teams
- On-ice parent involvement critical Fair play to be applied

LTAD - Competition Structure – Transition U12 – Skills Pilot

- ORA and RC partnering on Skills Testing pilot
- Three “testing” events : pre October 15th, pre January 15th and end of season “provincial” event
- To be coordinated by qualified Skill Instructors
- Certificates, t-shirts, stickers for their “book of life”
- “All Star” team of individuals who have improved the most over the season (based on three tests)
- “Provincial” event(s) : all players get the same rewards/awards
- RC to provide structure for testing (matrix); they will train more Skill Instructors (Aug 2009)
- Selection for provincial events: seed teams using Skill Testing – e.g. 5 skills at 5 points/skill based on skills from the RC matrix averaged by total players (mid-January)
- Possible timelines - Team selection (September 1st); skill testing (October 1st to 15th); skill testing (January 1st to 15th); Provincalfest (mid-March)
- Proposed event (January): teams to be selected based on skill testing; each team to include all levels of ability; RC to organize in partnership with ORA
- Provincalfest: season finale - no winners or losers/no scores posted; same participation awards; no finals or championship games; off-ice activity (50% minimum)

Background Information:

- all U12 teams in the province would be invited to participate in this event
- may be necessary to divide the participants (teams) into two or three divisions/events in the province
- this event would replace the Provincial Championships
- the event would illustrate the success of the season’s training
- activities would include a skills showcase, ability-grouped exhibition games, gym sessions, information sessions, lunch; off-ice activities could include scrapbooking, crafts, games, etc.
- possibility of scheduling a U14 game during the event
- provide insight into next season’s first tiering experience for the second year players
- teams are made up based on the skill level of the registrants, i.e. each team comprised of players from all skill levels
- ice times could include exhibition games – participants won’t play with their regular teams
- teams would be coached by ORA Skill Instructors - coaches would participate in seminars
- participants would receive a take-home gift, i.e. t-shirt, jersey, gift bag and/or skills “report card”
- charge a nominal fee of approximately \$20 – maybe the Region or ORA could subsidize the event
- provide an information session for parents while their children are participating in their activities

U14 (Tween)

- “Regionals” at the end of the season
- Preliminary seeding within the region after January 15th (or use distance maximum)
- Provincial Championships offered for all teams at the elite level
- Eastern Championships for U14 – ensure format meets LTAD objectives – perhaps invitational but the transition to Nationals at U16 is necessary
- Fair play to be applied

U16 (Junior) NOTE: Shoulder pads are mandatory for this age group 2009-10

- “Regionals” at the end of the season
- Two Ranking Events East-West format after January 15th - tournaments whenever for skill development
- Provincial Championships offered for all teams at the AA, A and B levels
- Eastern Canadian Championships would include the top team(s) from the A Championships
- Nationals (AA’s)
- Not planning on sending representative team (U16) to Easterns 2010 but will send teams 2011
- Fair play to be applied

U19 (Belle)

- “Regionals” at the end of the season
- Two Ranking Events East-West format after January 15th - tournaments whenever for skill development
- Provincial Championships offered for all teams at the AA, A and B levels
- Eastern Canadian Championships would include the top team(s) from the A Championships
- Nationals (AA’s)
- Fair play to be applied

18+ (Open)

- “Regionals” at the end of the season
- Two Ranking Events East-West format after January 15th - tournaments whenever for skill development
- Provincial Championships offered for all teams at the A and B levels
- Eastern Canadian Championships would include the top team(s) from the A Championships
- Nationals (NRL)
- Fair play to be applied

Background Information: U14, U16, U19 and 18+

- all teams in the province would be invited to participate in provincials
- may be tiered into 2 or 3 levels or tiered by teams intending to go to Easterns/Nationals or not: Elite vs Developmental (Apples and Oranges)
- the event would illustrate the success of the season’s training - participants would receive medals
- activities could include a skills showcase, information sessions, off-ice activities could be offered including scrapbooking, crafts, games, etc.
- coaches would participate in seminars

- provide parent information sessions while the players are participating in other activities
- when ranking, the farther the date is down the season, the longer the focus on skills development
- when the need to win because it counts begins, coaching changes and athletes don't all get the same opportunity: there is a decrease in skill development
- "AA" seeded teams would sign an intent to go to Nationals (U16, U19); "A" seeded teams would sign an intent to go to Easterns at U16, U19 and 18+; U14 teams would be "invited" to an event
- "A" teams could be composite teams at the 18+ level: existing league teams could create composite teams so that stronger players (not NRL) would compete together at their playing level and still be seen at major competitions
- two team contracts between levels – this gives players the opportunity to improve their skills. All competitive teams should carry two goalies and consider training goalies from other associations at their practices. When a player is registered on a TRF, she would be available to be on a two-team contract at one level higher.
- all inclusive "RSVP" – all teams included if they want to be but they would identify themselves

ORA LTAD Working Group Recommendations

<p>U7, U9, U10</p>	<p>U10</p> <ul style="list-style-type: none"> • <u>recommendation</u> that the development to competition ratios be set at 50-50% 2009-2010; 66-33% 2010-2011; 100% development 2011-2012 (RC compliance) • <u>recommendation</u> that we schedule one or two fun days (3-4 hours) per region to “market” the vertically stratified teams with on and off ice activities • <u>recommendation</u> that we schedule one or two fun days (3-4 hours) per region to “market” options for better utilization of ice with on and off ice activities (sharing and playing well with others) • <u>recommendation</u> that we work with the schools to identify students who need volunteer hours, to “coach/mentor” with the younger age groups <p>U7, U9 and U10</p> <ul style="list-style-type: none"> • <u>recommendation</u> establish who is responsible for doing the “report cards” for skill testing • <u>recommendation</u> that we produce a methodology for forming teams at each level from U7 through 18+ responding to LTAD objectives • <u>recommendation</u> that ORA produce a “fact sheet” about other sports and their plans/adherence to LTAD for marketing purposes
<p>U12</p>	<p>U12</p> <ul style="list-style-type: none"> • <u>recommendation</u> that we would like to see teams formed for the entire season (rather than split the season into two segments) • <u>recommendation</u> that we use the formula system for U12s for one more year but change it for the 2010-2011 season – change must be identified as soon as possible
<p>U14, U16, U19</p>	<p>U14</p> <ul style="list-style-type: none"> • <u>recommendation</u> split U14 and Easterns into two events due to competitiveness • <u>recommendation</u> U14 teams would represent their association, not the province • <u>recommendation</u> establish the number of teams at the National and eastern levels, with a reasonable ceiling • <u>recommendation</u> incentives to participate at all events at the U14 “eastern event” or “challenge” • <u>recommendation</u> – name brand accordingly <p>U16, U19</p> <ul style="list-style-type: none"> • <u>recommendation</u> that events be age oriented and tiered according to skill levels/testing; and, that we meet the RC timelines for all inclusive provincials and nationals

Further Discussion	<ul style="list-style-type: none"> ● <u>recommendation</u> we have a working group meet annually to review the past year’s progress and formalize the next year’s plan based on input from as many sources as possible. ● <u>recommendation</u> that CTR be used to recruit based on the objectives of LTAD and physical literacy ● <u>recommendation</u> that we identify the skill requirements for ringette as a team game (strategy 101) in addition to skill requirements for individuals ● <u>recommendation</u> that “two-team contracts” be allowed between all skill levels in each age group to encourage the development of all players; exceptionally skilled players may be considered for a higher age group ● <u>recommendation</u> that there be a standardization of the application of rules concerning the two team player contracts so that the policy is applied the same province-wide ● <u>recommendation</u> that a special committee be formed to deal with the seeding of teams; and, that the seeding of teams be an all year round process rather than to wait for December/January ● <u>recommendation</u> that a system similar to the Western Region’s player tracking system be used in each region (provincially) to track players for input to placement ● <u>recommendation</u>: that regions have an all inclusive policy, either using vertically stratified teams or “C” teams (“Rec” as required) - lower-end players could play on vertically stratified teams under LTAD and players will be kept in the game ● <u>recommendation</u> that players can be placed at a lower age group by a skill instructor as developmental and moved back to their age level when they pass the skill testing ● <u>recommendation</u> that the “chosen association” policy be piloted as per ORA policy ● <u>recommendation</u> that along with the LTAD program committee, an implementation monitoring group should be formed ● <u>recommendation</u> that practices at different age levels be all inclusive, for both player and coach development ● <u>recommendation</u> that all recruiting issues be directed to the ORA Board rather than the regions
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