

1) SWOT analysis

Bellow an empty SWOT analysis form for you to print and fill up:

Strengths

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-
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Weaknesses

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-
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Opportunities

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-
-

Threats

-
-
-
-

A little help for you, so your SWOT brainstorming will be more successful:



2) Athletic Canvas

Bellow an empty Athletic Canvas form for you to print and fill up. Happy brainstorming!

YOUR GOALS:	YOUR UNFAIR ADVANTAGE:	METRICS & TESTING:	YOUR TEAM:	THREATS:
	YOUR LONG-TERM DEVELOPMENT:		YOUR FINANCING:	
MAIN WEAKNESSES:			MAIN SOLUTIONS:	

3) The Long-Term Athlete Development model

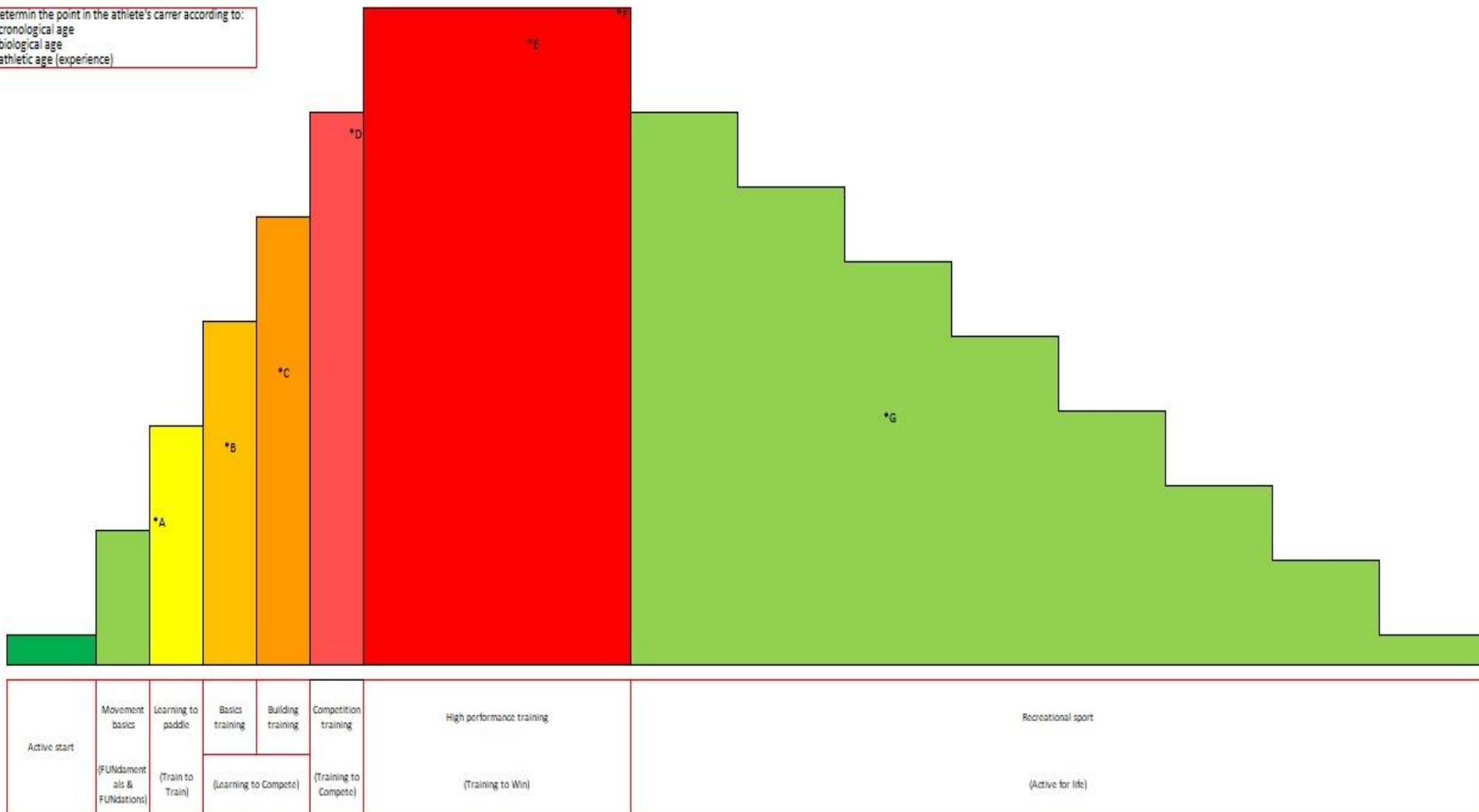
The Athlete Career Graph is a simple tool we have drawn to help coaches and athletes understand where are they with their athletic development. Using the [Canadian](#) and [British](#) documents proposing a LTAD model for paddlers, you can plot on the Athlete Career Graph where is an athlete standing according to chronological, biological and athletic age. When you determine the phase of an athlete's development you can read in the documents mentioned above what are this athlete's training needs.

Use these examples:

- A: a little 10yo girl who has just learned paddling this summer and is looking to join the local kayak club
- B: a young 13yo boy who has been training 3 times per week for the last 3 years, his goal at the moment is to learn and gain as much experience as possible and get himself ready for more training in the next seasons
- C: a 16yo girl who can paddle well and has been training and competing for the past 5 years, her goal is to build her body and gain enough race experience to join the club's performance squad next season
- D: an 18yo big boy, last year he managed to be in the national team and this year he is aiming at a Junior Worlds final, he's training program is already pretty serious
- E: think of E.V.Larsen when he won Olympic gold in Athens 2004
- F: think of E.V.Larsen when he won Olympic gold in London 2012
- G: think of a middle aged guy paddling with his buddies 3 times per week to keep fit and because being on the water is fun

TiP technical resources

Determine the point in the athlete's career according to:
 -chronological age
 -biological age
 -athletic age (experience)



Long-Term Athlete Development Framework for Canoe/Kayak

AGE	FEMALES	Active Start	FUNDamentals & Foundations	Training to Train	Learning to Compete	Training to Compete	Training to Win	Active for Life
	MALES	0 - 6	6 to 11 6 to 12	11 to 15 12 to 16	13 to 15± 14 to 17±	15 to 23± 17 to 23±	23±	anytime
PHASES		Fundamental Movement Skills	Fundamental Sport Skills; Canoe/Kayak Skills	Physiological Development	Continued Physiological Development; Competitive Development	Competitive Development	Performance	Health
Skill Development			basic paddling skills; balance & boat control	intermediate paddling skills	gross motor refinement; advanced paddling skills; technique under race conditions	technical refinement; refinement of decision making skills;	technical maintenance; refinement of raceplans; performance management	goal specific
TRAINING FOCUS		FUN/ Play Skill development		General Endurance	Sport Specific Endurance; Strength; Speed		Improve & Maintain Strength, Speed, Endurance + Ancillary Capacities	Fitness, Fun, Well Being
CRITICAL WINDOWS OF TRAINABILITY			Speed 1 Suppleness Basic Skills	Speed 2 Aerobic Capacity				
				Strength		Females 13 - 17 Males 14 - 19		
VOLUME OF TRAINING			3-5 sessions/week; progressing to 4-6 sessions/week	in-season: 4-8 sessions/week off-season: 4-6 sessions/ week	in-season: 8-12 sessions off-season: 6-9 sessions	9-12 sessions/week year round	individualized	goal specific
Mental Preparation			build desire to stay involved; build self confidence	develop focus; effective goal setting; breathing & relaxation skills; athlete/coach communication & feedback	focusing & re-focusing; effective goal setting; assessing training & competition; visualization; relaxing vs. energizing	continually refining mental skills; developing 'correct level of intensity'	attention to detail; managing distractions	
Monitoring			aerobic capacity; agility; flexibility; height	aerobic capacity; flexibility; height	aerobic capacity; height; general strength	aerobic power & capacity; anaerobic power & capacity; sport specific strength	aerobic power & capacity; anaerobic power & capacity; sport specific strength	general well-being

Adapted from: Canoe Kayak Canada, Long-Term Athlete Development Plan (http://canoekayak.ca/wp-content/uploads/2014/11/LTAD_ENG_2009_eDoc.pdf)

For a better understanding of the long-term athlete development check:

- 1) Canoe Kayak Canada, Long-Term Athlete Development Plan:
http://canoekayak.ca/wp-content/uploads/2014/11/LTAD_ENG_2009_eDoc.pdf
- 2) British Canoe Union, BCU Long Term Paddler Development Pathway:
<http://canoescotland.org/sites/default/files/resources/documents/Performance/BCU%20LTPD%20Pathway.pdf>
- 3) Team Sky Cycling Career Graph:
https://3.bp.blogspot.com/-AYHZrCDTcgk/WaahiJx0_4I/AAAAAAAAA0I/Yp6hu80kcPQaPH7UOdMIxnk5VJZo8rO_ACLcBGAs/s1600/DBgraphhires1.jpg
- 4) An alternative model to the LTAD is the The Youth Physical Development Model (YPD):
https://www.researchgate.net/publication/271953822_The_Youth_Physical_Development_Model