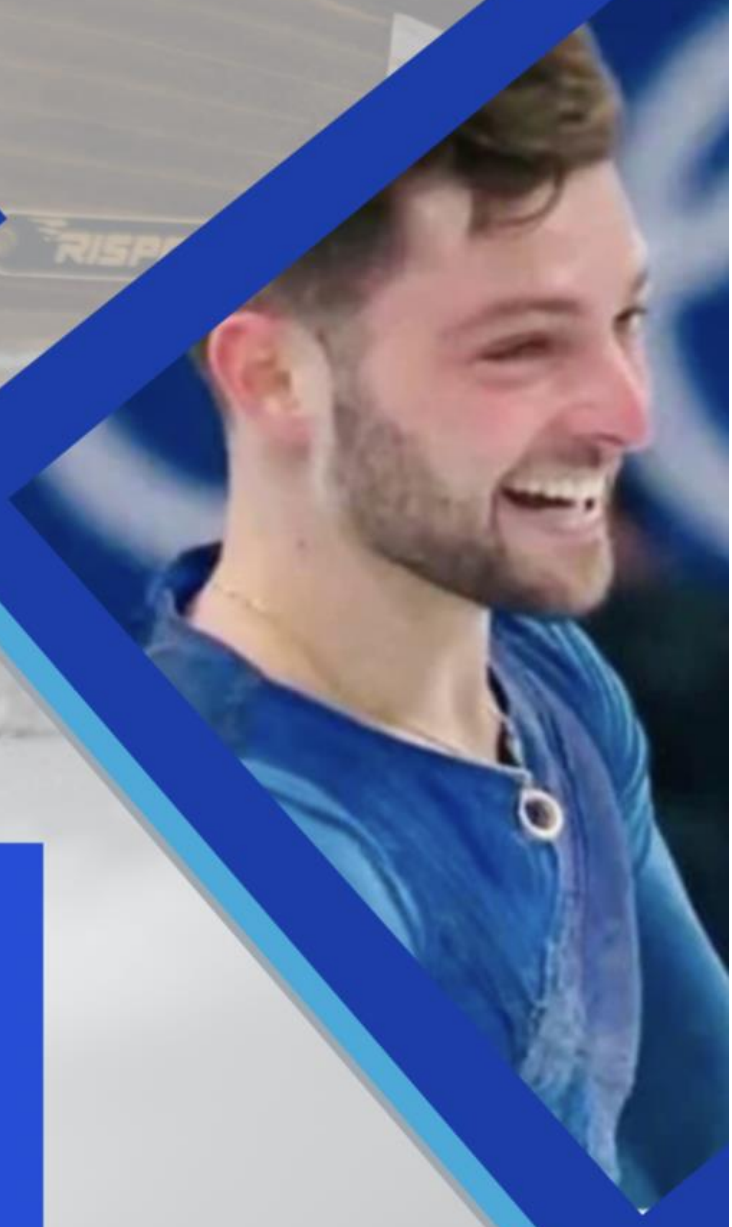
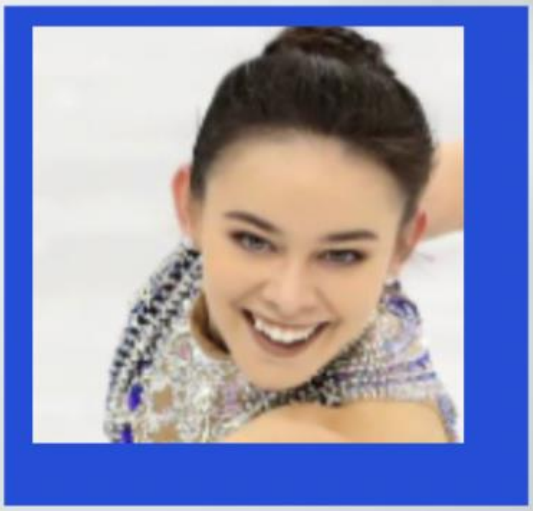
Long Term Athlete Development Program





INTRODUCTION

NSWISA strongly believes in supporting the development of our athletes across all levels. We are excited to announce the Long Term Athlete Development (LTAD) Program, which will be introduced in stages. The Program is designed to assist athletes and their support teams by providing information and guidelines to assist in their long term development and to recognise their achievements along the way. The LTAD model is used across many sports worldwide as a guideline for athlete development. The ages included are a guideline for the ideal pathway to reach the 'Compete to Win' and 'Live to Compete' levels of competitive figure skating. Having said that, the individual's commitment to training and their individual ability to develop the skills will greatly impact how they progress through pathways.

Each athlete has their own goals and in such a highly technical and demanding sport not every athlete will progress through all stages. What is important is that each athlete has the opportunity to become the very best that they can be and learn important life skills along the way.

Further to this model is the skate for life component. Supporting participants who are starting at a more advanced age and those who want to remain in the sport after they have finished their competitive careers by becoming Officials (such as Judges or Technical Specialists) and being a part of our important volunteer community whether at a Club, State, National or International level.

The first components of the LTAD program are the 'Future is Ours' Development Squads and the High Performance Squad. The tiered squads are based on age and skill development, with the goal being to assist these skaters to reach their full potential.

The journey of a competitive athlete and their support team is not a quick one. It can take up to 10 years or longer to reach the top. To represent Australia at the Junior Level a skater must be 13 years of age as of 1st July of the International Skating Union's Competitive year, for Seniors it is currently 15 years of age with the International Skating Union increasing that age in the coming years.

There are many factors that affect an athlete's journey. These include:

- Physical ability
- Body changes during puberty
- Specialization in a particular discipline
- How often they train both on and off the ice
- Mental approach
- Periodisation
- Ability to move through the National test system
- Ability to progress through the ISA and ISU competitive levels
- Continuous improvement
- Injury prevention

Being a part of any squad is a huge achievement and one our athletes should be proud of.

ROLE OF THE PARENTS & GUARDIANS

Parent(s) / Guardian(s) play a vital role in their child's sporting pathway. The unconditional love and support of sporting parents and guardians is an important contributing factor in the development of young athletes in all sports.*

Parents and guardians are required to give a lot. It is not just the financial contribution required but also the emotional support and time. Athletes should be encouraged to always do their best but to also enjoy their sport and the success of others within their sport. Time has 2 meanings, the 'time' required to take their children to training and competitions and 'time' to develop and enjoy their sporting pathway.

Children have many influences in their lives such as parents/guardians, friends, peer groups, teachers and coaches. During the younger years it is the parents who are most influential, once they start school and are training friends, teachers and coaches have a greater influence. Many athletes end up spending more time with their coaches than their families.

Whilst coaches play a significant role in influencing an athlete's behaviour, commitment to training, self-discipline, determination, confidence, enjoyment of their sport and work ethic also need to be established and encouraged by parents/guardians.

Parent(s) / Guardian(s) can have a positive or negative influence on an athlete. These influences not only affect an athlete during their sporting journey but also long after.

Behind every athlete who believes in themselves is a parent/guardian who believed in them first. Make sure your child knows that you believe in them!

*WG Coaching, from the published article 'The Role of Parents in Sport'
https://wgcoaching.com/parent-role-sport/

SQUADS

NSWISA LONG TERM ATHLETE DEVELOPMENT PROGRAM

1. Learn to Skate (Aussie Skate)
   (Age: 3-9 years old)
2. Learn to Train
   (Age: 6-11 years old)
3. Learn to Compete
   (Age: Up to 14 years old)
4. Train to Win
   (Age: Up to 17 years old)
5. Live to Win High Performance Squad
   (Age: ISU Championship age eligible)
6. Active for Life
   (any age)

Squads will be divided into A & B streams.

The criteria for inclusion in each squad is outlined for skaters to understand where they fit in the program and what to strive for to move up throughout the squads.

LEARN TO TRAIN

Philosophy

In the Learn to Train stage skaters are encouraged to learn good fundamental skating skills which will provide them with the opportunity to reach their full potential, giving consideration to their individual ability and commitment to training. Skill development and acquisition is the primary goal at this stage however other areas such as performance and mental training skills should be identified and developed.

The approach at this level is singles based as it will provide a good foundation for all disciplines.

Whilst skaters at this stage will not be training as often or as intensely as skaters at higher stages of the range of skill acquisition, achieving personal growth and further developing their love for the sport is significant.

LEARN TO TRAIN SQUAD B

Age	6-11 years
Spins	CUSp - 5 + 5 rotations
	SSp or CSp - 5 rotations
	CoSp or CCoSp with min 2 basic positions held for min 3 rotations each
Jumps	All single jumps controlled (1A n/a)
Skating Skills	Spiral-T-pot-Spiral controlled
	Forward stroking and crossovers with no toe pushing

LEARN TO TRAIN SQUAD A

Age	6-11 years
Spins	All forward basic positions & 2 or more backward basic positions with min 3 rotations each
	Some difficult variations
	CoSp or CCoSp with all 3 basic positions held for min 2 rotations each
Jumps	1A
	2 or more double jumps
	Developing double+double combination
Skating Skills	Spirals on both feet forwards and backwards
	Backward crossovers with power and control

LEARN TO COMPETE

Philosophy

This is where skaters will have greater opportunities to perform and compete. Results should not be the main focus however exposure to the competitive environment at the State and/or National Championship level is important for skaters to gain positive competition and performance experience regardless of outcome. Areas of speed, strength, endurance and flexibility become more prevalent as the skaters become more than participants in the sport and begin to develop into athletes.

Athletes at this stage will be more focussed on figure skating as opposed to other sports they may be involved in.

LEARN TO COMPETE SQUAD B

Age	Up to 14 years
Spins	5 rotations in all forward basic positions and 2 backward basic positions
Jumps	1A
	2 clean double jumps
	Developing 2A
Skating Skills	Multiple types of turns in different directions (3 turns, mohawks, rockers)
	Developing choctaws, counters, loops, brackets, twizzles

LEARN TO COMPETE SQUAD A

Age	Up to 14 years
Spins	FSSp or FCSp with min 8 rotations
	FUSp with min 8 rotations
Jumps	All double jumps
	2 double+double combo jumps clean
	2A (can be under rotated)
	Commencing development of triple jumps
Skating Skills	Edges and difficult turns with speed and flow, capable on both feet and in both directions
	Twizzles, rockers, counters and loop in a step sequence

TRAIN TO WIN

Philosophy

Athletes in Squad B are on the development path to pursue their goal of winning at the Junior and/or Senior National Championship, whilst those in Squad A are on the development path to pursue their goal of achieving ISU Championship TES scores.

Competing on the international circuit provides these athletes with the opportunity to continue to grow and develop into competitive international athletes through continued learning from their experiences.

TRAIN TO COMPETE SQUAD B

Age	Up to 17 years
Spins	Level 4 spin
	Controlled entry and exit
Jumps	2A clean
	Minimum 1 triple jump, developing other triple jumps
Skating Skills	Difficult turns, change of direction and body movement within step sequence & development of clusters
	Displays quality and lean of edges and multiple field moves

TRAIN TO COMPETE SQUAD A

Age	Up to 17 years
Spins	2 level 4 spins
	Difficult entry and/or exit
Jumps	2 triple jumps
	Developing all triple jumps (3A n/a)
	Triple+triple or 2A+triple jump combination being developed
Skating Skills	Difficult turns, change of direction and body movement within step sequence & development of clusters
	Strong skating skills forwards and backwards
	Multiple field moves performed together

LIVE TO WIN HIGH PERFORMANCE SQUAD

Open to all skaters who have achieved the ISU Championship TES for World Junior Championships, Four Continents Championships and/or World Championships for their relevant division at an international competition listed on the ISU Calendar.

To achieve this level an athlete must be physically, mentally and technically strong. Coaches must take a strategic approach with training plans, goals and how they set the programs to give the athletes the best opportunity to achieve ISU TES scores and gain World Ranking Points. It is important that coaches and athletes understand selection policies.

Dedication and determination is key. Physical development and the impact of external demands such as school/study and peer pressure to spend time with friends can take their toll. Only a small percentage of athletes will reach this stage of the pathway.