

## LTAD STAGES FOR ATHLETES WITH A DISABILITY

### Active Start / Awareness

Males and females 0 – 6 years (congenital disability)  
or  
<1.5 years since accident or onset (acquired disability)

### FUNDamentals / First Contact

Males 6 - 9 and females 6 - 8 years (congenital disability)  
or  
About 2 years since accident or onset (acquired disability)

### Learning to Train

Males 9 - 12 and females 8 - 11 years (congenital disability)  
or  
About 3 years since accident or onset (acquired disability)

### Training to Train

Males 12 - 16 and females 11 - 15 years (congenital disability)  
or  
About 5 years since accident or onset (acquired disability)

### Learning to Compete

Males 16 - 20 (+/-) and females 15-19 (+/-) (congenital disability)  
or  
About 7 years since accident or onset (acquired disability)

### Training to Compete

Males 20-23 (+/-) and females 20-23 (+/-) (congenital disability)  
or  
About 8 years since accident or onset (acquired disability)

### Training to Win

Males 23 (+/-) and females 23 (+/-) (congenital disability)  
or  
> 8 years after accident or onset (acquired disability) + > 2 years of international racing experience

### Active for Life

This stage can be entered at any age

*There is a better opportunity to be Active for Life if physical literacy is achieved before the Training to Train stage*