

CCC Athlete Development Grid

LTAD STAGE	COACH LEVEL	FACILITIES	TECHNIQUE	PHYSIOLOGY	STRENGTH & FLEXIBILITY	MENTAL SKILLS	COMPETITION	OTHER
“FUNdamentals” stage of athlete development. Boys and Girls 8 years (girls) and 8-9 years (boys) - second step in the FUNdamentals stage	NCCP Community Coach (i.e. completed NCCP Community Coaching (CC) workshop) Minimum 26hrs. training.	Varied terrain, groomed tracks for skating and classic techniques. Day lodge in stadium area. Continue to make use of ski playgrounds/terrain parks. Lit ski playground.	Master fundamental movement skills, develop over all motor skills. Acquire basic cross-country ski skills (both classic and skating techniques); equal use of techniques; develop downhill abilities. Focus on balance, agility and rhythm. Use “Snow Goals” to encourage time on snow. Good technique habits are developed through repeated practice.	Develop linear, lateral and multi-directional speed with the duration of repetitions less than five seconds. Avoid anaerobic (capacity and power) efforts (i.e. 30-90 sec at highest intensity.	Introduce basic flexibility exercises. Introduce strength exercises using the child's own body weight, medicine balls, Swiss balls.	Create awareness of the importance of mental skills. Exposure to positive thinking skills to build confidence and the ability to cope with stress. Integrated mental, cognitive and emotional development.	Ski tournaments, club relays, treasure hunts, year-end activities. 4-6 races/season Distance: 0.5 to 1 km (5 - 10 min.) Sprints: 100-200 m (skills race) Introduce competition in a team environment whenever possible. Adapt race distances to time guidelines for the stage of development. No racing below -15°C.	Ensure appropriate ski equipment including waxable skis. Practice sessions: two per/wk, minimum 30 on-snow sessions, 90 min. organized activity plus supervised active ski play, 10 pre-ski season/ classroom sessions. Practice sessions should be well-structured and monitored. Time on skis in addition to practice sessions - as many ski playground experiences as possible (several times a week). Basic ski care. Encourage inter-club social, skill and fitness-oriented ski activities (e.g. camps) during the ski season. Develop a team/social atmosphere.