

Athletics NS Recommended Courses and Delivery by LTAD Stage



LTAD Stage	Age	Recommended Course	Sessions/Week	Months/Year	Delivery	Competition	Specialization
Active Start	M 0-6, F 0-6	RJTW	2	2-3	Club, Municipality, Rec. Department, School	None	None
FUNdamentals	M 6-9, F 6-8	RJTW	2	2-3	Club, Municipality, Rec. Department, School	RJTW, Tetrathlon	None
Learning to Train	M 9-12, F 8-11	RJTW	2	3-4	Club, Municipality, Rec. Department, School	RJTW, Tetrathlon	None
Training to Train	M 12-16, F 11-15	Sport Coach	3	5-6	Club, High School	Athletics NS Events, NSSAF, Other	2-3 Sports
Learning to Compete	M 16-18, F 15-17	Club Coach	3-4	7-8	Club, High School	Athletics NS Events, NSSAF, Other	1-2 Sports
Training to Compete	M 18-21, F 17-21	Performance Coach	4-5	9-11	Club, University	Athletics NS Events, University, Other	Athletics
Learning to Win	M 20-23, F 20-23	Performance Coach	4+	10+	Club, University, Athletics Center	Athletics NS Events, University, International, Other	Athletics
Winning for a Living	M 23+, F 23+	Performance Coach	5+	10+	Club, Athletics Center	Athletics NS Events, University, International, Other	Athletics
Active for Life	Any Age	RJTW, Sport Coach, Club Coach			Club, Municipality, Rec. Department, School, Other	Athletics NS Events, Recreational Events	None