

ATHLETE & COACH DEVELOPMENT PROGRESSION

Athlete Age	LTAD Stage	NCCP Context	
23 +/- males 23 +/- females	Training to Win (T2W)	Competition Coaching: High Performance (CCHP)	TBD
20 - 23 +/- males 19 - 23 +/- females	Training to Compete (T2C)	Competition Coaching: Development (CCD – T2C)	4 Steps (not finalized) 10) T2C On Snow 9) T2C Dryland
16 - 20 +/- males 15 - 19 +/- females	Learning to Compete (L2C)	Competition Coaching: Development (CCD – L2C)	
12 - 16 males 11 - 15 females	Training to Train (T2T)	Competition Coaching: Introduction (CCI – T2T)	4 Steps 6) T2T On Snow 5) T2T Dryland 4) L2T On Snow 3) L2T Dryland
9 - 12 males 8 - 11 females	Learning to Train (L2T)	Competition Coaching: Introduction (CCI – L2T)	
6 - 9 males 6 - 8 females	FUNdamentals	Community Coaching:(CC)	2 Steps 2) CC 1) ICC
0 - 6	Active Start	Community Coaching:(ICC)	