

**Cross Country Ontario Athlete/Coach Club  
Development Flowchart for Cross Country Skiing**

LTAD Stage	Athlete Category	Coaching NCCP	Involvement
Active for Life 30 + Male & Female	Master Men/Women	Any of the Below	Canadian/Provincial Masters races Local; regional races & Loppets Able Body & AWAD
Training to Win (T2W) 23+ Male & Female	Open Men/Women & AWAD	Competition Coaching High Performance (CCHP)	National and International Able and Para Nordic Teams World University
Training to Compete (T2C) 20-23+/- Males 19-23 +/- Females	U23 age Men/Women Able & AWAD	Competition Coaching Development (CCD- T2C) AWAD	Able & AWAD National/NTDC/Academy Teams, Races: World University Games; CWGs;
Learning to Compete (L2C) 16 -20 +/-males 15 -19 +/-females	Junior Boys/Girls to Junior Men/Women Able & AWAD	Competition Coaching Development (CCD – L2C) AWAD	Able & AWAD NTDC/Provincial/University/ Club Teams Races: Provincial/NorAm Races: CWGs; OWGs;
Training to Train (T2T)  12 -16 males 11 -15 females	JD up to Juvenile boys and girls Able & AWAD	Competition Coaching Introduction Train to Train (T2T) AWAD	Able & AWAD Provincial Team/Club Youth Racing Team Races: Provincial and Regional races; OWGs
Learning to Train (L2T) 9-12 males 8-11 females	JD up to Mini Midgets Able & AWAD	Competition Coaching Introduction Learn to train (L2T)	Able & AWAD Club Jackrabbit Racing Program & training groups Races: Local races; regional Midget Championships
Fundamentals 6-9 males 6-8 females	Jackrabbits & Able & AWAD	Community Coach Certified (CC) AWAD	Able & AWAD Club Jackrabbit program/fun Events: local events/races/relays etc
Active Start 0-6	Bunnies Able & AWAD	Intro to Community Coach Trained (ICC)	Able & AWAD Introduce to a new sport and play

NCCP Theory Workshops Part A and B are incorporated into all Cross Country Skiing Coaching material.