



British Columbia Archery Association

LTAD and the High Performance Pathway

Coaching Development old Pathway NCCP	Group Classes Level 1 Instruction of Beginner	Teams Level 2 Instruction of Intermediate Competition Introduction	Teams and one to one Level 3 Competition Development	Teams and one to one Level 4 and Level 5 Advanced Coaching Diploma Graduate Certificate in HP Coaching	Teams and one to one Level depends on athlete goals Level depends on athlete goals
<i>CS4L-LTAD</i>	<i>Learn to Train</i>	<i>Train to Train</i>	<i>Train to Compete</i>	<i>Train to Win</i>	<i>Active for Life</i>
Archery Long Term Athlete Development LTAD	Learn to Shoot 1-4 years in Archery	Train to Shoot 2-6 years in Archery	Train to Compete 4-10 years in Archery	Shoot to Excel 7+ years in Archery	Shoot for Life
	LTS	TTS	TTC	STE	SFL
Athlete Development	JOP Program (Target/3D) JOP Indoor Champs JOP Outdoor Champs Learning Technical Skills	Pacific Sport-Targeted Athlete BCWG Local Indoor Tournaments Local Outdoor Tournaments Provincial Indoor Champs Provincial Outdoor Champs 3-D Provincial Championships AC Indoor Mail Match MICA Developing Technical Skills Intro to Psychological Prep Intro to Nutritional needs Building Fitness Training Learn Equipment/Maintenance Intro to Pre-Comp planning Intro to Training Plans	Pacific Sport-Targeted Athlete BC Performance Program 3D Performance Program AC TOP Program CWG AC Qualifiers (720 rounds) AC Indoor/Outdoor Mail Match Elimination Rounds Target Nationals 3D / Field Nationals [Western Games] USA JOAD and USA Nationals Fine tuning Technical Skills Psychological Preparation Nutrition/recovery plan Optimize Fitness Training Maintain equipment Pre-Comp Planning Intro to IST* Development of Training Plans	Includes all development in TTC plus: Archery Canada Carding AC Ranking events Nationals-target/3D/Field Elimination Rounds World Ranking events International Competition Olympics Worlds Fine tuning Technical Skills Psychological Maintenance Nutrition/recovery plan Optimized Fitness Training Maintain equipment Pre-Comp Routines Established IST* Detailed Training Plans	Local Tournaments 55+ Games Masters Games Local Indoor/Outdoor Tournaments Provincial Indoor/Outdoor Champs 3-D Provincial Championships AC Indoor/Outdoor Mail Match Nationals-Target/3D/Field MICA BC Performance Program 3D Performance Program maintain Technical Skills Psychological Maintenance Nutrition/recovery plan Fitness Training Maintain equipment Pre-Comp Routines Goal specific Training Plans
Coach-Athlete Development					

* Integrated Support Team