

CCC Athlete Development Grid - Active Start

LTAD STAGE	COACH LEVEL	FACILITIES	TECHNIQUE	PHYSIOLOGY	STRENGTH & FLEXIBILITY	MENTAL SKILLS	COMPETITION	OTHER
<p>“Active Start” stage of athlete development.</p> <p>Boys and Girls</p> <p>0 - 5 (6)</p>	<p>NCCP Community Coach “in training” (completed NCCP Introduction to Community Coaching (ICC) workshop)</p> <p>Minimum 10 hrs. training</p>	<p>Frequent use of ski facilities with ski playgrounds / terrain parks during snow season.</p> <p>Daylodge in close proximity to ski playground.</p>	<p>Important period for developing fundamental movement skills. Introduce children to cross-country skiing early (e.g. three years of age).</p> <p>The focus on snow is balance, gliding, diagonal stride without poles.</p> <p>Spend time on skis in addition to activity sessions (as many ski playground experiences as possible).</p>	<p>Develop fitness and movement skills as a FUN part of daily life.</p> <p>Provide unstructured physical activity - active play - for at least 1hr. and up to several hrs. per day depending on age.</p>	N/A	<p>Provide activities that help children to feel competent and comfortable.</p>	<p>Games/low key competitions for older children in this stage should be non-competitive and focus on participation.</p>	<p>Learning should be accomplished through an organized mix of play and discovery in situations in which children learn to ski naturally with limited formal instruction.</p> <p>Activity sessions: 6-8 wks, one per/wk, 30-60 min. of organized activity on snow depending on age.</p> <p>Ensure positive experiences through use of appropriate ski equipment.</p> <p>Explore risk and limits in safe environments.</p>

Age as of December 31st of the current ski season.