



Long Term Athlete Development

The Long Term Athlete Development (LTAD) Program is a tool to ensure that athletes are developing within the sport of artistic swimming in a way that is aligned with their physical and mental growth. To achieve this BCAS implements a LTAD Monitoring Program to measure and track progress of skills that are indicative of an athlete's place within the LTAD trajectory. With the collaboration of club coaches LTAD skills testing takes place twice each season prior to and at Training Meet #1 and prior to the Jean Peters Provincial Championships.

Basic Skills – Training Meet #1

In 2019-2020, Basic Skills are to be performed at Training Meet #1. If an athlete is unable to attend Training Meet #1, they must follow the [Provincial Program Procedures](#) for video submission of the required skills. Video submissions timelines must comply with section 2.1.2 of the Provincial Program Procedures.

Submission Template

In an effort to be respectful of everyone's time during BCAS competitions, club coaches conduct speed and flexibility testing during club training times. Test results **MUST** be submitted using the [LTAD Submission Template](#). BCAS will not accept any other format for LTAD submissions. Please be sure to read the notes on each tab of the template to ensure that the data is entered correctly. BCAS will only accept one submission per club. If we receive multiple club submissions and/or submissions with incorrect formatting, it will be sent back to the club to be corrected.

Deadline for Submission

There are two deadlines for the 2019-2020 season:

1. With Training Meet #1 registration – September 30th, 2019
2. With your Jean Peters registration – March 3rd, 2020

All LTAD submissions are to be sent to the [Sport Services Coordinator](#) no later than the applicable deadline.

[Failure to Submit Testing](#)

Failure to submit or late submission of the LTAD testing results will result in the following club fines:

1. \$100 fine for late submissions
2. \$500 fine for failing to submit any portion of the testing (this includes speed testing, flexibility testing and Basic Skills)

For more information, please refer to the LTAD Appendix in the [Technical Package](#) . Please direct any questions or concerns to [Tanya Magee, Sport Development Director](#).

Resources:

[BCAS LTAD Testing Recording Sheets](#)

[BCAS LTAD Testing Guidelines](#)