

## Long Term Athlete Development

LTAD is a scientific model for periodized athlete training and development that utilizes natural stages of physical, mental and emotional growth in sport participants. To ensure our programs align with this model, BC Artistic Swimming works with provincial and national LTAD implementation standards while ensuring compatibility with the provincial competitive structure.

### PARTICIPANTS

LTAD is mandatory for athletes born who are 11 and 12 years old during the competition year (competitive age 11-12) and optional for all other competitive swimmers. BCAS encourages clubs to test and monitor all athletes in LTAD progression.

### ONLINE SUBMISSION

All LTAD testing must be submitted online using the forms and reporting mechanisms provided by BC Artistic Swimming.

### SUBMISSION REQUIREMENTS

The needle and timed swims must be submitted using the form provided by BC Artistic Swimming.

1. Standing Needle (R/L) – See TAP Monitoring description of the Standing Needle.
2. Timed Swims:
  - a. 100m IM\* **or** 200m IM\*\*
  - b. 25m FF
  - c. 25m Propeller
  - d. 25m Front Crawl

*\*100m IM – athletes who turn 12 years old or younger during the competition year*

*\*\*200m IM – athletes who turn 13 years and older during the competition year*

### DEADLINES

Testing results for the following skills must be submitted online with Training Meet #2 Registration:

- a. Standing Needle (R/L)
- b. Speed Testing – 25m FF, 25m Front Crawl, 25m Propeller, 100 m or 200 m IM

Testing results for the following skills must be submitted online with Jean Peters Provincial Championships Registration:

- a. Standing Needle - Right & Left
- b. Speed Testing – 25m FF, 25m Front Crawl, 25m Propeller, 100 m or 200 m IM