

<b>Chronological Age</b>	under 5	6	7	8	9	10	11	12	13	14	15	16	17	18 +	enter any age
<b>Rate of Height Gain</b>	negative					positive	negative	zero							
<b>Developmental Stage</b>	Middle Childhood	Late Childhood				Early Adolescence	Late Adolescence	Early Adulthood					Active for Life		
<b>LTAD Stage</b>	Active Start	FUNDamentals	Learning to Train	Training to Train			Training to Compete		Training to Win		Active for Life				
<b>Specific Training Age</b>	1		2	4	5	6	7	8	9	10	11	12 +	enter any age		
<b>Competitive Group</b>	Non-Comp.	Nippers			Junior	Rookie	Senior Lifesavers					Masters			
<b>Competitive Range</b>		fun	local	provincial	invitational	national		international		master					
<b>Periodization</b>		none	single or double				single, double, or triple								
<b>Talent Identification</b>	none	screening for talent	Talent Detection	Talent Selection			Specialization		High Perform.						
<b>Training Volume</b>	daily physical activity	daily physical activity	lifesaving 3X/week other sports 3X/week	lifesaving sports 6-9X/week			lifesaving sports 9-12X/week		lifesaving sports 9-15X/week		1hr moderate or 1/2hr intense daily activity				
<b>Training Composition</b>	100 % skill acquisition	100% skill acquisition	95 % training 5 % competition	90 % training 10 % competition			80 % training 20 % competition		70 % training 30 % comp.		based on individual				
<b>Skill Acquisition</b>	learn proper movement skills	athletics gymnastics swimming	fins, tube, manikin, throw line, soft nipper board, stable recreational kayak	hard nipper board, racing kayak	racing paddle board, stable surf ski	prepare for specific events		develop skills under competitive conditions		Move from highly competitive sport to lifelong sport					
<b>Surf Skills</b>	wading	body board	surf on stomach	surf on knees	standing up	surf big waves				any craft					
<b>Endurance</b>					aer. capacity	aer. power									
<b>Strength</b>						strength									
<b>Speed</b>	reaction time			limb movement speed											
<b>Flexibility</b>	flexibility			PHV											
<b>Mental Skills</b>	introduce			develop		advanced		apply							
<b>Ancillary Capacities</b>	introduce			develop		optimize		maximize							
<b>Training Venue</b>	community centres	recreation departments, schools, swim teams, canoe/kayak clubs, lifesaving clubs					coaching, volunteering, officiating, administration								
						sport schools, high performance clubs		university, military teams							
											provincial training camps, national team training camps				