

<b>Chronological Age</b>	under 5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20 +	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 3 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																