

# ATHLETE & COACH DEVELOPMENT PROGRESSION

Athlete Age	LTAD Stage	NCCP Context	Coaching Workshops
23 +/-males 23 +/-females	Training to Win (T2W)	Competition Coaching: High Performance (CCHP)	<b>TBD</b>
20 -23 +/-males 19 -23 +/-females	Training to Compete (T2C)	Competition Coaching: Development (CCD – T2C)	<u><b>4 Steps</b></u> (not finalized) 10) T2C On Snow 9) T2C Dryland 8) L2C On Snow 7) L2C Dryland
16 -20 +/-males 15 -19 +/-females	Learning to Compete (L2C)	Competition Coaching: Development (CCD – L2C)	
12 -16 males 11 -15 females	Training to Train (T2T)	Competition Coaching: Introduction (CCI – T2T)	<u><b>4 Steps</b></u> 6) T2T On Snow 5) T2T Dryland 4) L2T On Snow 3) L2T Dryland
9 -12 males 8 -11 females	Learning to Train (L2T)	Competition Coaching: Introduction (CCI – L2T)	
6 -9 males 6 -8 females	FUNDamentals	Community Coaching:(CC)	<u><b>2 Steps</b></u> 2) CC 1) ICC
0 -6	Active Start	Community Coaching:(ICC)	