

## ATHLETE & COACH DEVELOPMENT PROGRESSION

Athlete Age	LTAD Stage	NCCP Context
23 +/- males 23 +/- females	Training to Win (T2W) <b>(National Ski Team – World Cup Team)</b>	Competition Coaching: High Performance (CCHP)
20 - 23 +/- males 19 - 23 +/- females	Training to Compete (T2C) <b>BC Ski Team</b>	Competition Coaching: Development – Advanced Gradation (CDAG)
16 - 20 +/- males 15 - 19 +/- females	Learning to Compete (L2C) <b>BC Ski Team Program BC Development Squad Program</b>	Competition Coaching: Development (CCD)
12 - 16 males 11 - 15 females	Training to Train (T2T) <b>BC Talent Squad Program Regional Camp Program</b>	Competition Coaching: Introduction Advanced (CCI – T2T)
9 - 12 males 8 - 11 females	Learning to Train (L2T) <b>Track Attack Program Regional Camp Program</b>	Competition Coaching: Introduction (CCI – L2T)
6 - 9 males 6 - 8 females	FUNdamentals <b>Jackrabbit Program</b>	Community Coaching (CC)
0 - 6	Active Start <b>Bunnyrabbit Program</b>	Community Coaching: Introduction (ICC)