Enjoyment and social interaction, leading to improved wellness. Physical activity, combined with proper lifestyle, result in better health, disease prevention, enhanced learning, and wellness over competitive sport.

Long Term Athlete Development Model (LTAD)

The Long Term Athlete Development Model (LTAD) is designed to promote physical literacy, learning, performance, and inclusivity in participation in physical activity. It offers a pathway for athletes to follow, through the various stages of the model, to achieve excellence in sport and personal development. LTAD is a science-based model that provides a systematic, effective, and efficient way to guide participation in sport and leisure activities.

Key Principles

- Physical Literacy
- Active for Life
- Competitive Sport Participation
- Active Start
- Fundamentals
- Learn to Train
- Train to Compete
- Train to Win
- Transition

About LTAD and Basketball

The Long Term Athlete Development Model (LTAD) is designed to promote physical literacy, learning, performance, and inclusivity in participation in physical activity. It offers a pathway for athletes to follow, through the various stages of the model, to achieve excellence in sport and personal development. LTAD is a science-based model that provides a systematic, effective, and efficient way to guide participation in sport and leisure activities.

Active for Life

- Active for Life stage focuses on participation in physical activity.
- Active for Life stage allows for fun, fitness, social interaction and self-sufficiency through a level of involvement in physical activity.
- Active for Life stage may occur at any age.
- Active for Life stage commonly does not result in participation in competitive sport.

Transition

- Transition stage is the point at which athletes who have reached the Active for Life stage commonly do not enter the Compete for the Nation stages but play recreationally or take on other roles within the sport.

For more information on Canada Basketball and the Long Term Athlete Development Model, please visit

www.basketball.ca