

CS4L

Canada Sport for Life is an initiative, started at the national level that is directed towards improving Canadians physical and mental health through life long sport involvement. What better a life long sport than target shooting!

The structure of the CS4L program is based upon well developed sport opportunities and well laid out sport theory from youth to senior levels. The program DOES NOT FOCUS ON AGE so much as opportunity and maturity. This is most important since physical and mental maturation vary from person to person. The goal is to produce a physically literate individual well based in sport theory.

CS4L website: www.canadiansportforlife.ca/

LTAD

The sport structure philosophy identified to carry out the CS4L program is Long Term Athlete Development (LTAD). The LTAD structure identifies a series of sport benchmarks around which a sport can start to focus and develop sport participation from youth to adulthood. One of the ultimate goals is podium performance.

LTAD theory presents a blue print which identifies the key benchmarks for sport involvement and activity for sport administrators and coaches. The following is a short summary of the LTAD blue print as it relates to target shooting.

NOTE: except for the first two stages, all time periods are noted as TIME IN THE SPORT, rather than chronological age. This is important when considering the application of LTAD principles to shooting since target shooting is a late entry sport.

ACTIVE START: this time period is generally age 1 through 5. General physical activity skill development takes place. Running, jumping, twisting, ball throwing... all the types of physical skills that our youth develop in PE programs in schools and play patterns.

FUNDAMENTALS: the movement of basic skills into games of individual or team nature. The individual is exposed to all sorts of different activities and skill building. These first two stages reflect age groupings of 1 through 10 and generally are accepted processes for all sports.

INTRODUCTION TO SHOOTING: 1 – 3 years in shooting sports. This stage is meant to expose the new shooter to the spectrum of different types of shooting. Specialization begins to move the individual towards their favourite type of shooting. General firearms safety, range safety, types of firearms and types of shooting are the focus here.

This is not a training time... it is introductory.

Key terms: safe... positive... fun

TRAINING TO TRAIN: 2 – 5 years in shooting sports.

First introduction to competition. Main focus is still on fun in the sport, while beginning to focus on developing excellence.

Training time: 2 – 4 times a week ... 1 – 1.5 hours

Key terms: fun ... practice ... excellence

TRAINING TO COMPETE: 4 – 9 years in shooting sports. The target shooter is introduced to training standards: technical skills for specific shooting discipline, specialized physical activities, and scheduled practices.

Training time: 3 – 5 times a week... one full practice match per session

Key terms: focus... specialization ... performance

TRAINING TO WIN: 8 – 10 years in shooting sports. This stage is the focus on the podium stage. The focus is to maximize performance at multiple peaks.

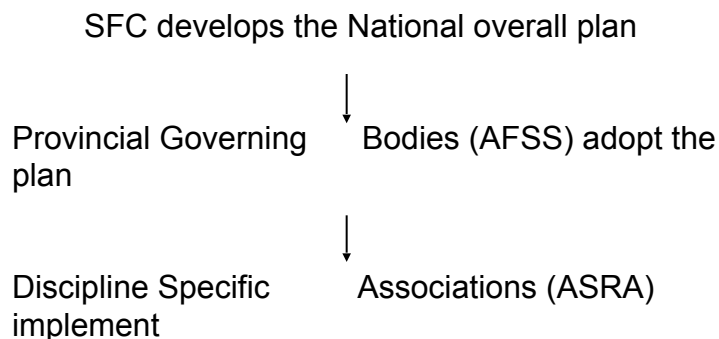
Training time: 6 days a week, one full match per day

Key terms: performance ... performance ... excellence

SPORT FOR LIFE: this level reflects either the recreational shooter or the high performance athlete that has moved past peak remains involved in the sport. We can observe these target shooters on all of our ranges as they remain active in our sport... for life.

NOTE: this LTAD program is being developed at the national level at the direction of Sport Canada. The Shooting Federation of Canada has produced a very specific LTAD coaching program for all shooting disciplines. The intent is that the provincial associations will adopt the program as developed by the SFC and commence to put the LTAD program into practice.

The proposed plan will be implemented in the following structure:



Expectation: funding will be tied to formal adoption of the LTAD