



## Long Term Athlete Development

LTAD is a scientific model for periodized athlete training and development that utilizes natural stages of physical, mental and emotional growth in sport participants. To ensure our programs align with this model, BC Artistic Swimming works with provincial and national LTAD implementation standards while ensuring compatibility with the provincial competitive structure.

### Participants

LTAD is mandatory for athletes born who are 11 and 12 years old during the competition year (competitive age 11-12) and optional for all other competitive swimmers. BCAS encourages clubs to test and monitor all athletes in LTAD progression.

### Online Submission

All LTAD testing must be submitted online using the forms and reporting mechanisms provided by BC Artistic Swimming.

### Submission Requirements

The needle and timed swims must be submitted using the form provided by BC Artistic Swimming.

1. Standing Needle (R/L) – See image and description in the submission template.
2. Timed Swims:
  - a. 100m IM\* or 200m IM\*\*
  - b. 25m FF
  - c. 25m Propeller
  - d. 25m Front Crawl

*\*100m IM – athletes who turn 12 years old or younger during the competition year*

*\*\*200m IM – athletes who turn 13 years and older during the competition year*

### Deadlines

Testing results for the following skills must be submitted by **October 15<sup>th</sup>** of the current season.

- a. Standing Needle (R/L)
- b. Speed Testing – 25m FF, 25m Front Crawl, 25m Propeller, 100 m or 200 m IM

Testing results for the following skills must be tested after **April 30<sup>th</sup>** of the current season and submitted before **June 30<sup>th</sup>** of the current season.

- a. Standing Needle - Right & Left
- b. Speed Testing – 25m FF, 25m Front Crawl, 25m Propeller, 100 m or 200 m IM



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## SUBMISSION TEMPLATE

In an effort to be respectful of everyone's time during BCAS competitions, club coaches conduct speed and flexibility testing during club training times. Test results MUST be submitted using the LTAD Submission Template. BCAS will not accept any other format for LTAD submissions. Please be sure to read the notes on each tab of the template to ensure that the data is entered correctly. BCAS will only accept **one submission per club**. If we receive multiple club submissions and/or submissions with incorrect formatting, it will be sent back to the club to be corrected.

## FAILURE TO SUBMIT TESTING

Failure to submit or late submission of the LTAD testing results will result in the following club fines:

1. \$100 fine for late submissions
2. \$500 fine for failing to submit any portion of the testing (this includes speed testing and flexibility testing).

For more information, please refer to the LTAD Appendix in the [BCAS Technical Package](#). Please direct any questions or concerns to [Tanya Magee, Sport Development Manager](#).