

# LTD STAR Pathway - Training & Competition Guidelines

## Developmentally Appropriate Training

Stages of Development - **Learn to Train (L2T)** and **Train to Train (T2T)**

	L2T: STAR 1-5			L2T: STAR 6-8			T2T: STAR 9-Gold				
	On/Off-Ice	Sport Science*		On/Off-Ice	Sport Science*		On/Off-Ice	Sport Science*			
Free Skate / Ice Dance / Synchronized Skating / Skills / Artistic	Technical 60-90 minutes	Physical 1-4	Free Skate (6-9 months / year)	Technical 60-120 minutes	Physical 2-5		Technical 60-120 minutes	Physical 2-5			
		Mental 1			Mental 1			Mental 1			
	Total Weekly Training 2-4 days (4-9 months / year)			Total Weekly Training 3-5 days			Total Weekly Training 3-5 days				
All disciplines at STAR 1-5 are included in the above information. All skaters must receive training in all STAR disciplines. <b>STAR 1-5 Guide</b>			Ice Dance (6-9 months / year)	Technical 45-90 minutes	Physical 1		Technical 45-90 minutes	Physical 1			
					Mental 1			Mental 1			
				Total Weekly Training 2-4 days			Total Weekly Training 2-4 days				
			Synchro (6-9 months / year)	Technical 45-90 minutes	Physical 1		Technical 45-90 minutes	Physical 2		Technical 45-90 minutes	Physical 2
					Mental 1			Mental 1			
				Total Weekly Training 2-3 days			Total Weekly Training 2-3 days				
			Pairs (6-9 months / year)	Technical 45-90 minutes	Physical 2		Technical 45-90 minutes	Physical 2		Technical 45-90 minutes	Physical 2
					Mental 1			Mental 1			
				Total Weekly Training 2-5 days			Total Weekly Training 2-5 days				

\*Sport Science is by session not by hour (ex. Physical 2-5 is 2-5 sessions not 2-5 hours)

\*\*Physical/mental training sessions may overlap across disciplines

### Athlete Development Matrices (ADM)

1. Technical and Tactical
2. Mental and Self Skills
3. Physical Capacities



## Stage Appropriate Events/Competitions

LTD STAGE	L2T: STAR 1-5			L2T: STAR 6-8			T2T: STAR 9-Gold	
Disciplines	Pre-Season	Season		Pre-Season (optional) *	Season		Pre-Season (optional)*	Season
Free Skate		Local (club) or Invitational 1-2*		Summer / early fall 1	Local (club) or Invitational		Summer / early fall 1-2	Local (club) or Invitational
		*STAR 5 1-3			2-4			2-4
		Provincial STAR 5			Provincial STAR 5			Provincial STAR 5
Ice Dance		Local (club) or Invitational		Summer / early fall 1	Local (club) or Invitational		Summer / early fall 1-2	Local (club) or Invitational
		1-2			2-4			2-4
		Provincial STAR 4 & 5			Provincial 1			Provincial 1
Synchronized Skating		Local (club) or Invitational		Summer / early fall 0	Local (club) or Invitational		Summer / early fall 0	Local (club) or Invitational
		1-2			2-4			2-4
					Provincial 1			Provincial 1
					Provincial 1			National 1 (Gold)
Pair Skating		N/A		Summer / early fall 1	Local (club) or Invitational		Summer / early fall 1	Local (club) or Invitational
					1-3			2-4
					Provincial 1			Provincial 1

\*Skaters should train for approximately 2 months prior to attending an event/competition.

**L2T STAR 1-5:** 75-80% of the season should be dedicated to developing the athlete. 20-25% of the season is for event or performance preparation.

**L2T and T2T:** 65-75% of the season should be dedicated to developing the athlete. 25-35% of the season is for event/competition preparation.

