

SQUASH CANADA - Participant Development Model

Community Stream

Instruction Stream

Competition Stream

National/International Athletes
 Junior and Senior Teams – 16 +
LTAD – Training to Win
Active for Life
Focus on excellence
 Environment: Major clubs

Provincial athletes
 14 and up - High caliber
LTAD – Training to Train
Training to Compete
Active for Life
Specification of all performance factors
 Environment: Clubs, Universities,
 Colleges

12 and older competitive players-
 Athletes with disabilities
LTAD – Learning to Train
Training to Train
Active for Life
Focus reduced to two main sports
Major skill learning stage

Intermediate levels in city and regional
 tournaments

Environment – clubs (90%)
 Clubs, Universities, Colleges.

Structured recreational players
 12 yrs and up – athletes with disabilities
LTAD – Learning to Train
Training to Train.
Active for Life
Participation in other sports
Major skill learning stage
 House leagues, round robins, ladders
 Intermediate levels in local tournaments
 Environment – Colleges, Facilities,
 Clubs of all sizes (90% in clubs)

Unstructured program - recreational players
 All ages - children – teens – adults – athletes with disabilities
LTAD - FUNdamentals
Learning to Train
Active for Life
Participation in other sports
**Focus on general overall development, simple rules and ethics
 of sport**
 Environment – Schools, Recreation centers, Y's,
 Clubs of all sizes, 1 or 2 court facilities