



## Participant development model across 3 NCCP streams

**Community Sport stream**

**Instruction stream**

**Competition Stream**

White box represents overlap between Community Sport and Instruction

**Unstructured program with recreational players**  
 All ages: children, teens, adults, athletes with disabilities

Long-Term Development  
 Awareness and First Involvement  
 Active Start  
 FUNdamentals  
 Learn to Train  
 Active for Life  
 Participation in other sports

Focus on general overall development, simple rules and ethics of sport

Environment: Schools, recreation centres, YMCA/YWCAs, Clubs of all sizes, 1 to 2 court facilities

**Competitive players**  
 12 and older, athletes with disabilities

Long-Term Development  
 Learn to Train  
 Train to Train  
 Active for Life

Focus reduced to 2 main sports  
 Major skill learning stage  
 Intermediate levels in city and regional tournaments

Environment: Clubs (90%), universities, colleges

**Structured program – Recreational players**  
 12 years and up – athletes with disabilities

Long-term development  
 Learn to Train  
 Train 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)

**Provincial athletes**  
 14 and older, high calibre

Long-Term Development  
 Train to Train  
 Train to Compete  
 Active for Life

Specification of all performance factors

Environment: Clubs, Universities, Colleges

**National and international athletes**  
 Junior and Senior teams, 16+ years

Long-Term Development  
 Train to Win  
 Active for Life

Focus on excellence

Environment: Major clubs