



Long Term Development

Target Shooting: a lifetime sport

An Outline of LTD

- LTD is a training, competition, and recovery framework for individuals at all stages of life.
- The first four stages, with their respective approximate age ranges, are generally for all late-specialization sports. In the Train to Compete and Train to Win stages, age ranges vary from sport to sport.
- LTD focuses on the general framework of athlete development with special reference to growth, maturation, and development.
- Athletes with a Disability (AWADs) pass through the same stages as able-bodied athletes, although the ages and rate of progress may differ.

Active Start

- The lifelong importance of an Active Start for kids with a congenital disability cannot be over-emphasized
- Focuses on learning basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, catching, skating, skiing, and swimming (physical literacy)
- Not sedentary for more than 60 minutes except when sleeping
- Some organized physical activity
- Exploration of risk and limits in safe environments
- Active movement environment combined with well-structured gymnastics and swimming programs
- Daily physical activity

Awareness

- The period following acquisition of a disability is one of transition and great change for most individuals
- Some activities in which they were previously engaged may no longer be open to them in the same form. They may not be aware of the many sporting and recreation activities that are available
- Sports need to develop awareness plans to make their offerings known to prospective AWADs

FUNDamentals

- Different sensory disabilities require different teaching/learning approaches
- Focuses on general, overall development
- Integrated physical, mental, cognitive, and emotional development
- Elements of athletics: running, jumping, wheeling and throwing
- Medicine ball, Swiss ball and own body weight exercises
- Introduce simple rules and ethics of sport
- No periodization, but well-structured programs
- Daily physical activity

First Contact / Recruitment

- Sports need to create a welcoming environment for prospective AWADs, since it may not be easy for them to make the first approach to a sport
- Research shows that if AWADs don't have a positive first experience they may be lost to the sport and to a healthy lifestyle

Learn to Shoot

- Major skill learning stages: all basic movement and sport skills (physical literacy) should be learned before entering Train to Train
- Overall physical, mental, cognitive, and emotional development
- Introduction to mental preparation
- Medicine ball, swiss ball, and own body strength exercises
- Introduce ancillary capacities
- Single periodization
- Sport specific training 3 times a week; participation in other sports 3 times a week

Train to Train

- Major fitness development stage: endurance, strength, and speed
- Overall physical, mental, cognitive, and emotional development
- Develop fundamental mental skills
- Introduce free weights
- Develop ancillary capacities
- Frequent musculoskeletal evaluations during PHV (growth spurt)
- Single or double periodization
- Sport specific training 6-9 times per week including complementary sports

Train to Compete

- Sport, event, position specific physical conditioning
- Sport, event, position specific technical and tactical preparation
- Sport, event, position specific technical and playing skills practiced under competitive conditions
- Overall physical, mental, cognitive, and emotional development
- Advanced mental preparation
- Optimize ancillary capacities
- Single, double, or triple periodization
- Sport specific technical, tactical, and fitness training 9-12 times per week

Train to Win

- Focus on high performance
- Maintenance or improvement of physical capacities
- Further development of technical, tactical, and playing skills
- Modelling all possible aspects of training and performance
- Frequent preventive breaks permitting recovery to avoid injuries
- Maximize ancillary capacities
- Single, double, triple, or multiple periodization
- Sport specific technical, tactical, and fitness training 9-15 times per week

Active for Life

- Focus on being physically active for life with a minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- There is a better opportunity to be Active for Life if physical literacy is achieved before Train to Train
- Transfer from one sport to another
- Move from highly competitive sport to lifelong competitive sport through age group competition
- Move from competitive sport to recreational activities
- Move to sport careers or volunteering
- Athletes with a disability who retire from competition are encouraged to remain involved in sport as coaches, program volunteers, fundraisers, mentors, or officials.