

Long-Term Athlete Development

Our athletes deserve a training and competition program designed to meet their biological and developmental needs!

Synchro Canada is in the process of creating a “Long-Term Athlete Development Model (LTAD)” for synchronized swimmers, which is a training pathway based on developmental age rather than chronological age. It will be athlete-centered, coach-driven and administration and sport science supported. As our athletes progress through the seven stages of LTAD, they will be given a solid foundation of physical, tactical and mental skills upon which they will build their athletic abilities, establish an active lifestyle, and develop a love for the sport of Synchronized Swimming.

The LTAD model will address the “5 Basic S’s of Training and Performance”: Stamina (Endurance), Strength, Speed, Skill and Suppleness (Flexibility); and help us identify the critical time in an athlete’s growth and maturation process to introduce and emphasize each of these areas. Essentially, the LTAD model will produce a comprehensive program which will enable more Synchro swimmers to reach their full potential.

The 7 Stages of LTAD are:

Active Start (Age - Males and Females: 0-6): Get wet! Learn Fundamental movements and link them together into play.

FUNDamentals (Age - Males: 6-9 ; Females: 6-8): Learn all fundamental movement skills and build overall motor skills.

Learning to Train (Age - Males: 9-12; Females: 8-11): Develop sport-specific skills.

Training to Train (Age - Males: 12-16; Females: 11-15): Build an aerobic base, develop speed and strength towards the end of the stage, and further develop and consolidate synchro-specific skills.

Training to Compete (Age - Males: 16-23; Females: 15 -21+): Optimize fitness performance and learn to compete.

Training for Performance (Age - Males: 18+; Females: 18+):

-*Senior Team:* Strive for personal best.

-*International Performance:* Build podium performances at international level.

Active for Life (Any age): Make a smooth transition from a competitive synchro career to lifelong physical activity and participation in sport.

“The benefits (of a LTAD model) to our athletes, our game and ultimately our communities are tangible ones. Player development, personal development, social and psychological development in addition to the core technical aspects of the pathways outlined in the plan bring substantial benefits to our communities.”

Fran Rooney, Football Association of Ireland CEO



Catch the Wave of the Future!

What can you do? Catch the Wave and book a LTAD information session in your province to help educate coaches, parents, officials and administrators about LTAD!

If you would like to contribute to the process contact Sheilagh Croxon: scroxon@rogers.com.