

SAFSA LTPDP Bibliography

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CONCLUSION:

SAFSA's LTPDP provides athletes and coaches with the fundamental tools to support the progression of skaters from the beginning stages through to podium placements at World Championships and Olympic Games — if that is the athlete's goal in any discipline. The LTPDP also helps our skaters who are focused on participation to develop the skills needed to enjoy a lifetime of participation in the sport — both on and off the ice. It also recommends the ways in which programming can be offered and/or adapted for skaters with special needs.

Virtually every stakeholder in our sport can make use of this document. At the club and section level, this document will help in skater development by outlining what athletes require at different stages in order to maximize rather than hinder their progression. Clubs, provinces and coaches can use the framework to determine what the ideal number of hours are to train on and off the ice at the various stages, which may assist when negotiating ice requirements each year.

Parents can use the LTPDP to help them understand the key stages of athlete development necessary for success taking into account the growth, development and maturation process, along with the right mix of skills, coaching, and support. The LTPDP will guide the SAFSA council as well as volunteer and professional administrators involved in program delivery at all levels of SAFSA



