

LONG TERM PLAN FOR WORLD-LEADING PERFORMANCE

	THE LEARNING YEARS			THE TRAINING YEARS			POST TRAINING	
	Beginner	Junior, Intermediate	Senior	Advanced	High Performance		(may enter at any stage)	
Approximate Age	3-5	6-8	9-11	12-14	15-17	18-20	n/a	
Developmental Stage	Pre-Puberty	Pre-Puberty	Puberty	Puberty	Post-Puberty	Adult	n/a	
Education	JK	Primary School	Primary School	Primary School, High School	High School, University	University	n/a	
Training Load in Hours (3 yrs/stage)	50-250	750-1,250	1,250-1,800	1,500-2,000	2,000-2,500	1,800-2,200	<i>*This row will total 10,000 hrs</i>	
Edges								
Crosscuts								
Turns								
Field Moves								
Jumps								
Spins								
Overall Artistic Development	Exposure	Exploration	Performance	Understanding	Emergence of Style	Total Physical & Emotional Involvement		
Musical/Movement Understanding								
Mental Preparation	Play					Mental Toughness	Maintain	
Independent Practice								
Group Lessons								
Private Lessons								
Solo								
Performance	Play	Team & Inter-Section Events	Provincial/National	National Events/International	International Events	World/Olympic Champion		
Competition Intensity: # of events / yr	0	3-4	6	7-9	6-8	6		

	Introduce
	Develop
	Refine/Perfect