



Sport Climbing Participant Pathway

LTAD Stage	Discipline	Initiation	Acquisition	Consolidation	Refinement
Active Start - 0-6 years	N/A	Unstructured play (gyms, playground, etc) Mom and baby program Kinder programming Community centres (with walls) Fairs, Festivals, Amusement centres Short recreational programs	n/a Short recreational program offerings. Half day camps. Family Programs	n/a	n/a
Fundamentals - F6-8, M6-9	N/A Low Boulder Top Rope	Gyms - adapted wall sizes, Summer camps (outdoor/indoor) Schools with elementary size climbing walls Community centres (basic climbing programs) Fairs, Festivals, Amusement centres In gym Recreational programs Birthday parties PA day programs	Recreational programming Summer Camps Schools internal and external Family Programs	Recreational Teams for 8-9 yr age category.	n/a
Learn to Train - F9-11, M9-12	Top Rope Bouldering Speed (adapted) (intro to lead)	Summer camps, General advanced recreational programming, In gym Recreational programs, Climbing specific camps, PA day programs, Gymnastic Teams, Circus Classes, Parkour/ Ninja Gyms, Field Trips, Click N Climb, Outdoor Climbing, Cadets	Recreational Programming, Advanced Recreational Programming, Youth D Competitive Programs, Development Teams, Public Drop In, Outdoor Climbers,	Advanced Recreational Programming, Youth D Competitive Programs, Youth C Competitive Programs, Development Teams,	Youth D Competitive Programs, Youth C Competitive Programs, Youth B, Competitive Programs (12y M),
Train to Train - F11-15, M12-16	Top Rope Bouldering Speed (adapted) Lead	Recreational Programs Advance Recreational Programming Outdoor events fairs	Advance Recreational Programming Youth B Competitive Programs Outdoor Summer Camps Provincial Teams	Advanced Recreational Programming Youth B Competitive Programs Provincial Teams Youth National Teams	Youth C Competitive Programs Youth B Competitive Programs Youth National Teams

Learn to Compete - F15-17, M16-18	Lead Bouldering Speed	Advance Recreational Programming School program internal and external	Advance Recreational Programming Youth A Competitive Programs Provincial Teams	Advance Recreational Programming Youth A Competitive Programs Provincial Teams Youth National Teams	Youth A Competitive Programs Junior Competitive Programs Youth National Teams Senior National Teams
Learn to Win - 16+	Lead Bouldering Speed	Some youth start at this age with youth rec programs, or adult programming.	Junior Competitive Programs Youth Recreational teams or club programs	Junior Competitive Programs Open Competitive Programs Youth National Teams	Junior Competitive Programs Open Competitive Programs Youth National Teams Senior National Teams
Winning for a living	Lead Bouldering Speed	n/a	n/a	Adult team Private coaching	Individual training environment based on athlete's specific needs Private coaching Senior National Teams
Active for life	Top Rope Lead Bouldering Speed	Initiation Sessions (gyms, community centers, outdoor) Annual membership (gyms) Beginner lessons - rope, bouldering/movement Corporate Groups Introductory programs - Ropes 101, Bouldering 101	Secondary level educational opportunities. Private coaching sessions Recreational Programming Lessons, rope and bouldering Outdoor Adult Camps	Advance Recreational Programming Open Competitive Programs	Open Competitive Programs Elite programs Clinics

Climbing Long Term Athlete Development (LTAD) Model can be found on the CEC website: <http://climbingcanada.ca/en/long-term-athlete-development/>

- **Initiation:** The first contact with the skills,
 - Training Emphasis: Basic stances and positions, getting the idea of what the movements are about and look like.
- **Acquisition:** The athlete can coordinate and execute the key components in the correct order, although execution is inconsistent and lacks precision. Timing of the skill lacks synchronization, rhythm and flow. The athlete needs to think about what they are doing during the execution.
 - Training Emphasis: Global execution and general form of movement.
- **Consolidation:** Performance is inconsistent but movement is starting to show coordination. Skill is performed with control and rhythm under stable conditions. Some elements of performance are maintained (when an athlete is under pressure, conditions change or demands increase).
 - Training Emphasis: Maintaining the form of movements and some performance consistency under a variety of conditions and under stress.
- **Refinement:** Performance is very consistent and precision is high in demanding conditions. Movements are automated with only minor fine-tuning necessary. Critical reflection and correction are possible by athlete.
 - Training Emphasis: Creating conditions that stress the specific elements that need adjustments.