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NOTE TO READERS

The terms in the text that are defined in the *Terminology* section are **bolded**.

Judo Canada LTADM Steering Committee

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Introduction

A long-term development model can provide guidance for a significant period of time, from early **childhood** to one's golden years. The Judo Canada Long-Term Athlete Development Model (LTADM) is a comprehensive document designed to provide the Canadian Judo community with a blueprint to facilitate options for development and life-long participation in the sport of judo. This document is targeted to the **judokas** themselves, parents of children in the sport, judo coaches, and other key stakeholders including administrators, regulatory bodies and volunteers.



This version of the LTADM is a revision of our previous blueprint combined with the LTAD Generic Model developed by Sport Canada. The Government of Canada, intent on continually improving Olympic results, decided to provide tools to help generate superior results. The lack of systematic development of young Canadian athletes was identified as a major factor in our athletes' inability to compete against the best in the world. This refinement is not an attempt by Judo Canada to create new sport policy but a collaborative effort to improve judo in Canada.



World-class sport theory experts led by Mr. Istvan Balyi prepared a generic LTADM model to serve as a starting point to be adapted by all sports to their contextual realities. The new approach focuses on the general framework of athlete development with special reference to growth, maturation and **development, trainability**, and sport system alignment and integration.

This approach suggests that in order to develop a world-level contender in any sport, progress must systematically focus first on developing well-rounded athletes and then on sport-specific training.

Work on this approach started with a meeting of Judo leaders from across Canada in April of 2005. The discussion and subsequent consultations confirmed national support within the judo community and is a commitment toward contributing to improving sport in Canada.

“There is no secret to why the Japanese are the strongest judokas in the world. They train hard.”
- **Doug Rogers, Olympic Silver Medalist 1964**

The Canadian judo community decided that a new approach would not focus exclusively on the path of developing only elite competitors.

According to our research, no more than 25% of **judokas** in Canada are involved in the competitive aspects of judo. In addition, there is significant reduction of membership in certain age categories. Such facts cannot be ignored and it requires Judo Canada to address the following general objectives:

1. To attract **new participants** of all ages to judo
2. To fully understand and satisfy the initial and ongoing motivational needs of **new participants**
3. To make judo fun and enjoyable for all participants (new and experienced)
4. To continuously seek new ways and means of engaging, developing and retaining recreational and developing **judokas**
5. To develop long-term plans for improved success of our high-performance participants
6. To provide meaningful opportunities for high-performance participants after withdrawing from the competitive/elite stream

Regardless of who is involved in judo and what motivates them, all participants have the right to the best sporting experience possible.

To accomplish this task, Judo Canada's approach addresses the principal needs of athletic development to achieve one's maximum potential. The principles behind this approach:

- Are based on the physical, mental, emotional, and cognitive **development** of each age group. Each stage reflects a different point in athlete development.
- Ensure **physical literacy** upon which excellence in all sports can be built by:
 - Promoting **physical literacy** in all children, from early **childhood** to late **adolescence**, through quality daily physical activity in the schools, and a common approach to developing physical abilities in community recreation and elite sport programs.
 - Involving all Canadians in LTAD, and including athletes with a disability.



Introduction ... continued

- Ensure that participants involved in the competitive stream are able to access optimal training, competition, and recovery throughout their career.
- Provide an optimal competition structure for the various stages of an athlete's **development**.
- Have an impact on the entire sport continuum, including participants, parents, coaches, schools, clubs, community recreation programs, provincial sport organizations (PSOs), national sport organizations (NSOs), sport science specialists, municipalities, and government ministries and departments (particularly but not exclusively in the portfolios of health and education) at the provincial/territorial and federal levels.
- Integrate elite sport, community sport and recreation, scholastic sport, and physical education in schools.
- Is 'Made in Canada', incorporating international best practices, research, and normative data, while recognizing the constraints and opportunities inherent to the Canadian sport scene.
- Support the four goals of the Canadian Sport Policy - Enhanced Participation, Enhanced Excellence, Enhanced Capacity, and Enhanced Interaction - and respects a commitment to contribute to the achievement of these goals.
- Promote a healthy, physically literate nation whose citizens participate in lifelong physical activity.



- Maximize the use of financial resources (at the club, provincial and national levels), by eliminating duplicated services.
- Align the system of educating and certifying competent coaches within the structure of the sport.
- Integrate different Judo Canada non-competitive programs (coaching, refereeing, grading).

The Development Pathway

ACTIVE START - (Age U7)

Focuses on daily, physical activity in unstructured and semi-structured environments emphasizing basic movement **skills**.



FUNDAMENTALS - (Age U9)

Focuses on the **ABC'S of athleticism** in a fun, participatory environment. Basic movement **skills** and general **development** leading to **physical literacy** are most important.



LEARNING TO TRAIN - (Age U11, U13)

Begins integration of physical, emotional, cognitive and affective **development**; emphasis on **skill** development. For the purposes of Judo we have found it necessary to sub-divide this category into two stages, based on age.

TRAINING TO TRAIN - (Age U15)

Consists of sport-specific **skill** development with emphasis on **aerobic** and **strength development** according to **Peak Height Velocity** indicators.



TRAINING TO COMPETE - (U17, U20)

Emphasizes sport-specific technical, tactical and fitness preparation.

TRAINING TO WIN - (Age 18+/-)

Maximizes all physical, mental, emotional, and ancillary capabilities with a view to succeed competitively on an international stage.

ACTIVE FOR LIFE - (enter at any age)

Provides an opportunity to remain in or move into an active, recreational or age-group competitive lifestyle with increased participation in other facets of the sport experience (refereeing, coaching, instructing, administration).

