



Long Term Athletic Development

Active Start	FUNDamentals	Learn to Train	Train to Train
Boys 4-6 yrs	Boys 7-9 yrs	Boys 9-12 yrs	Boys 12-16 yrs
Grades JK-1	Grades 2 & 3	Grades 4-6	Grades 7 & 8 +
25% adult led play 75% free play	15% instruction 35 % adult led play 50% free play	70% training 30% competition	60% training 40% competition
Locomotor Object Manipulation Balance	Develop the A,B,Cs Agility Balance Coordination Speed	Skill Acquisition Avoid over-specialization Multiple sports with equal time for each	Fitness development Cultivate life skills Mental preparation Ethical approach to sport Culture education most effective

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	4-6 year olds	7-9 year olds	9-12 year olds	12-16 year olds
	Grades JK-1	Grades 2 & 3	Grades 4-6	Grades 7 & 8
Fall Sept-Oct	K-2 Sports: Fitness Soccer Yoga Climbing Basketball	Soccer G3 Cross-Country	Soccer Cross Country	Soccer Volleyball Cross-Country
Winter Nov-March		Basketball	Basketball G5/6 Swimming G5/6 Hockey	Basketball Swimming Hockey
Spring March-May		Softball G3 Track & Field	Softball Track & Field Badminton	Softball Tennis Track & Field