

* COACHING CONTEXT

Research has revealed that athletes advance through four distinct stages on the path to expert performance:
Sampling, Specializing, Investment, and Maintenance

* COACHING CONTEXT

➤ Recreational

➤ Developmental

➤ Elite

* COACHING CONTEXT

Recreational	
<i>Initiation</i>	<i>Ongoing Participation</i>
Intro to basics, Fun, Safe Self Esteem building	Encourage to continue, fitness, skill development, social interaction

SAMPLING

* COACHING CONTEXT

Developmental		
<i>Beginners</i>	<i>Intermediate</i>	<i>Advanced</i>
Basic sport skills, Fitness specifics,	Some experience and proficiency, refine basics, intro to more complex technique	Experienced and proficient, taught to refine advanced skills and techniques

SPECIALIZING

* COACHING CONTEXT

Elite		
<i>Introduction</i>	<i>Development</i>	<i>High Performance</i>
Taught basic sport skills athletic abilities, prepared for local and regional competitions	Coached to refine basic skills, develop more advanced skills and tactics, prepared for National level competitions,	Refine advanced skills and tactics, National and International level competitions,

INVESTMENT AND MAINTENANCE

* COACHING CONTEXT

Three Coaching Context

Recreational

Initiation

Ongoing Participation

Intro to basics, Fun, Safe Self Esteem building

Encourage to continue, fitness, skill development, social interaction

SAMPLING

Developmental

Beginners

Intermediate

Advanced

Basic sport skills, Fitness specifics,

Some experience and proficiency, refine basics, intro to more complex technique

SPECIALIZING

Experienced and proficient, taught to refine advanced skills and techniques

Elite

Introduction

Development

High Performance

Taught basic sport skills athletic abilities, prepared for local and regional competitions

Coached to refine basic skills, develop more advanced skills and tactics, prepared for National level competitions,

Refine advanced skills and tactics, National and International level competitions,

INVESTMENT AND MAINTENANCE

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WAA DEVELOPMENT COMMITTEE