

## ANNEXURE 1 THE PATHWAY: STAGES OF SOUTH AFRICAN SAILING LTPD

LTPD Stage	Active Start	Fundamentals	Learning to Train	Train to Train	Learn to compete	Training to Compete	Training to Win	Sailing for life
Male	0 – 6yrs	6 – 9yrs	9 – 12yrs	12 – 16yrs	16 – 19yrs	19 – 23yrs	23yrs +	Enter at any age
Female	0 – 6yrs	6 – 9yrs	9 – 11yrs	11 – 15yrs	15 – 18yrs	18 – 23yrs	23yrs +	Enter at any age
<b>Athletes with a disability</b>	<p><i>Adapted, congenital or acquired disabilities</i></p> <p>Age of entry into each stage is a function of the type of disability, age at onset of disability, physical literacy and stage of development at time of disability and of the ability of the participant to acquire specific benchmark skills in a stage.</p>							
<b>Philosophy</b>	Have fun and enjoy water	Keep it Fun Playing in boats & in the water	Have Boat, will sail	Building the engine, developing the “edge”	Follow your heart, you can live your dream	Juggle education, healthy living and sailing	Eat, sleep, dream, live SAILING	Sailing in my blood forever!
<b>Percentage time training skills</b>		80	70	60	40	30	20	
<b>Percentage time training skills in competition</b>		20	20	20	30	30	30	
<b>Percentage time competing</b>			10	20	30	40	50	
<b>Clubs</b>	FUNDamentals	FUNDamentals	ISAF/SAS accredited sailing centres. Club racing	Club Racing, learn to train and compete programmes	Level 2 and 3 coaches. Club racing & training	High Performance, class specific programmes, zone squads	Champion Clubs, SAS High Performance Centre	Depends on your individual needs and social wants