



PERIODIZATION OF COMPETITION

Provincial Considerations

SRN

Alberta Sport Leadership Conference

Banff Centre, Banff, AB

29.04.17

Why?

com·pe·ti·tion

/ˌkæmpəˈtiʃ(ə)n/

noun

the activity or condition of competing.

"there is fierce competition between banks"

synonyms: rivalry, competitiveness, vying; [More](#)

- an event or contest in which people compete.

plural noun: competitions

"a beauty competition"

synonyms: contest, tournament, match, game, heat, fixture, event

"Stephanie won the competition"

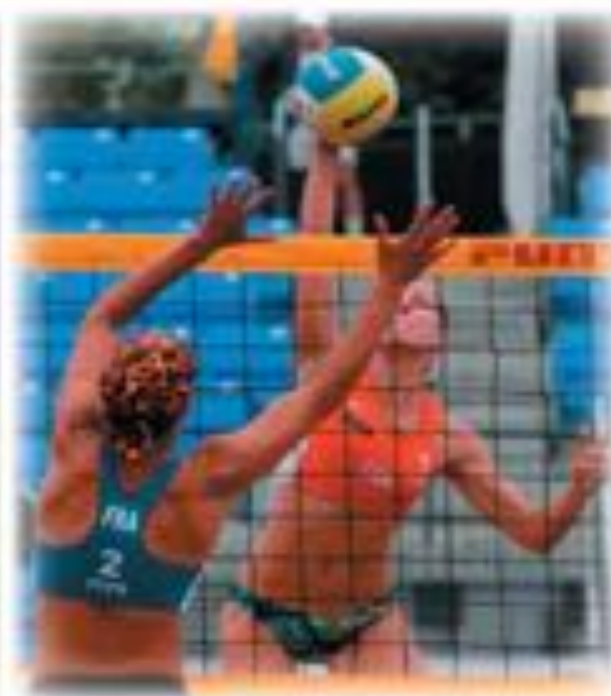
- the person or people with whom one is competing, especially in a commercial or sporting arena; the opposition.

"I walked around to check out the competition"

synonyms: opposition, other side, field; [More](#)



Canadian Sport for Life



**“Competition¹ is a Good Servant²,
but a Poor Master”**

2015

2016

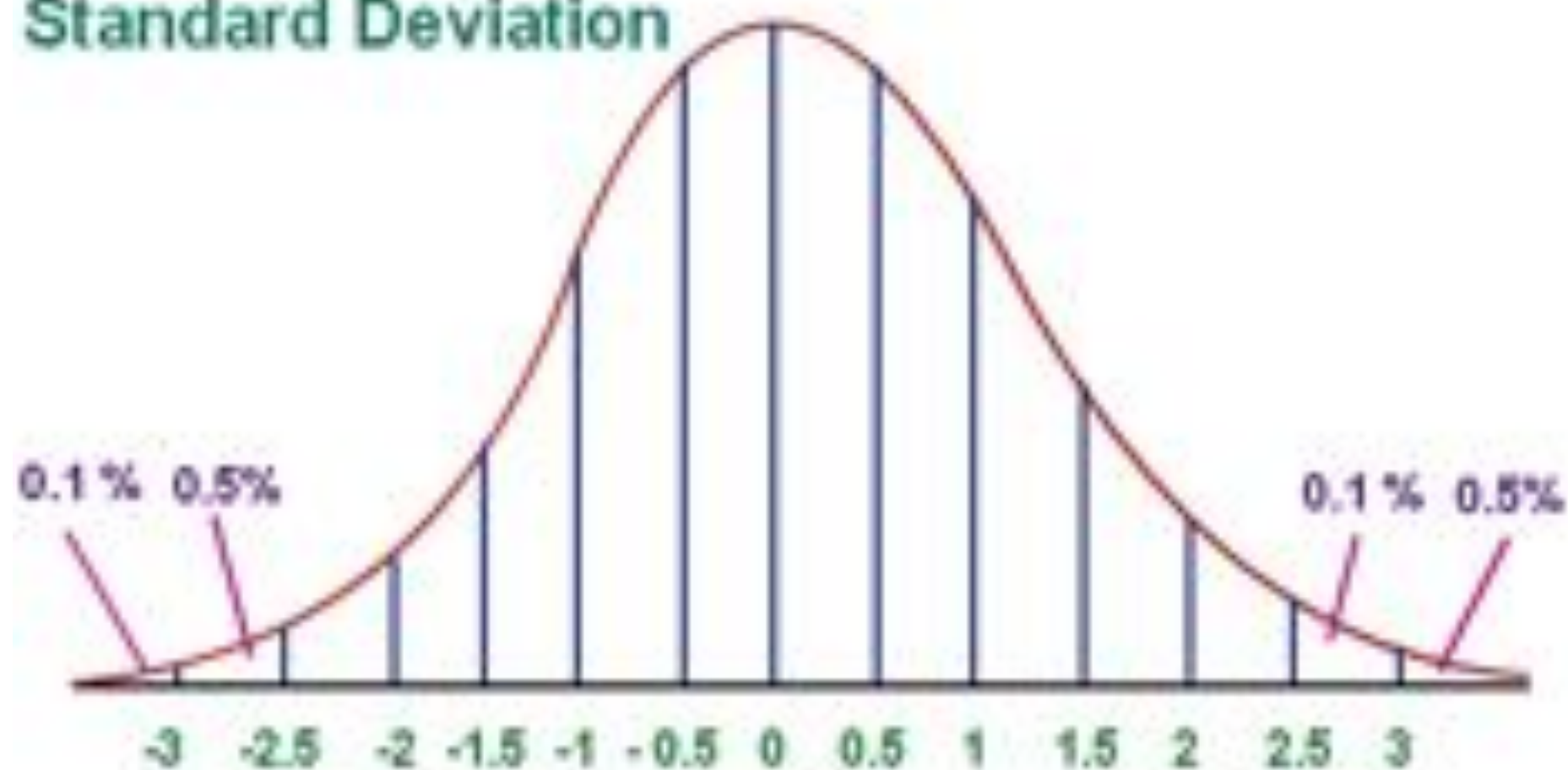
Periodization of Competition:
Synopsis of the Role, Placement,
Emphasis & Outcome of
Competition



got purpose?



Normal Curve Standard Deviation







**It's In Our Name
Purpose Investments
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Competition?





ELITE





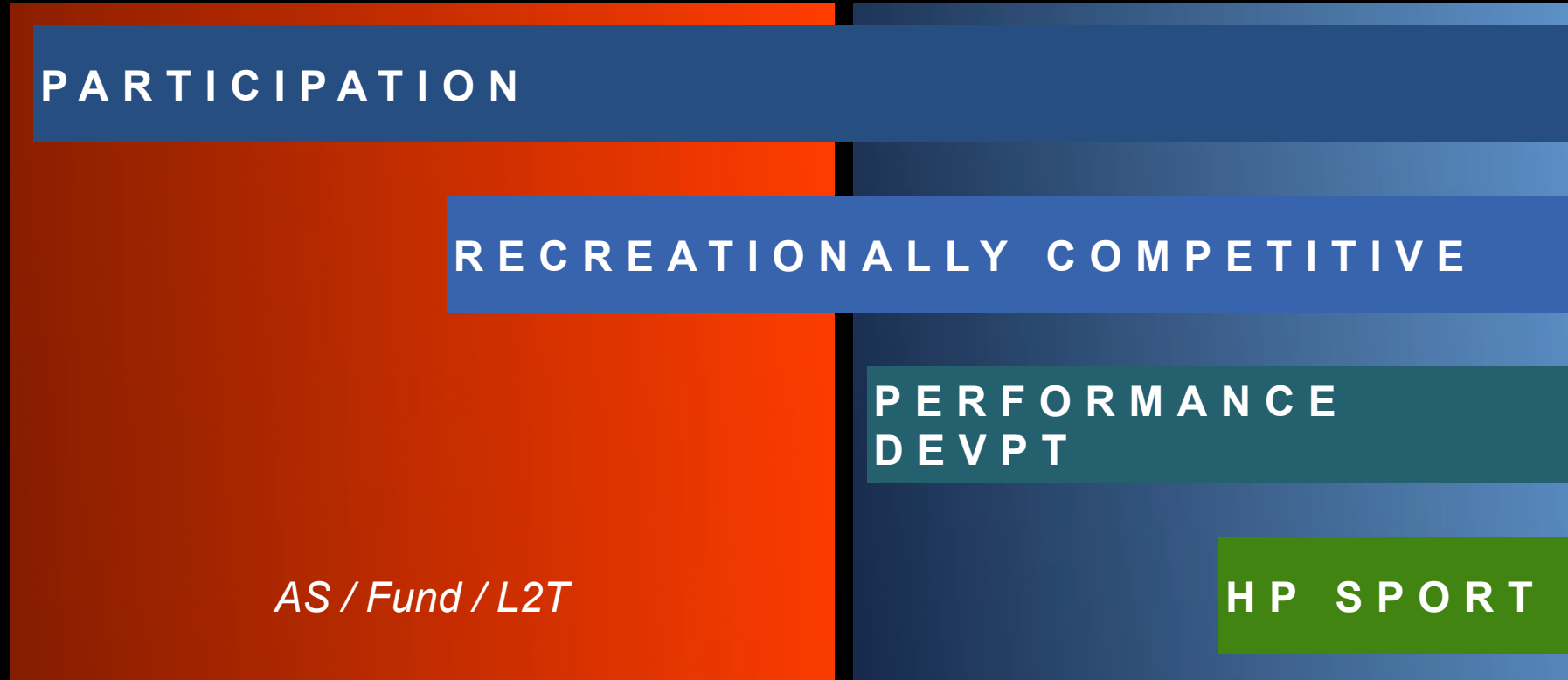
NATIONAL



DOMESTIC



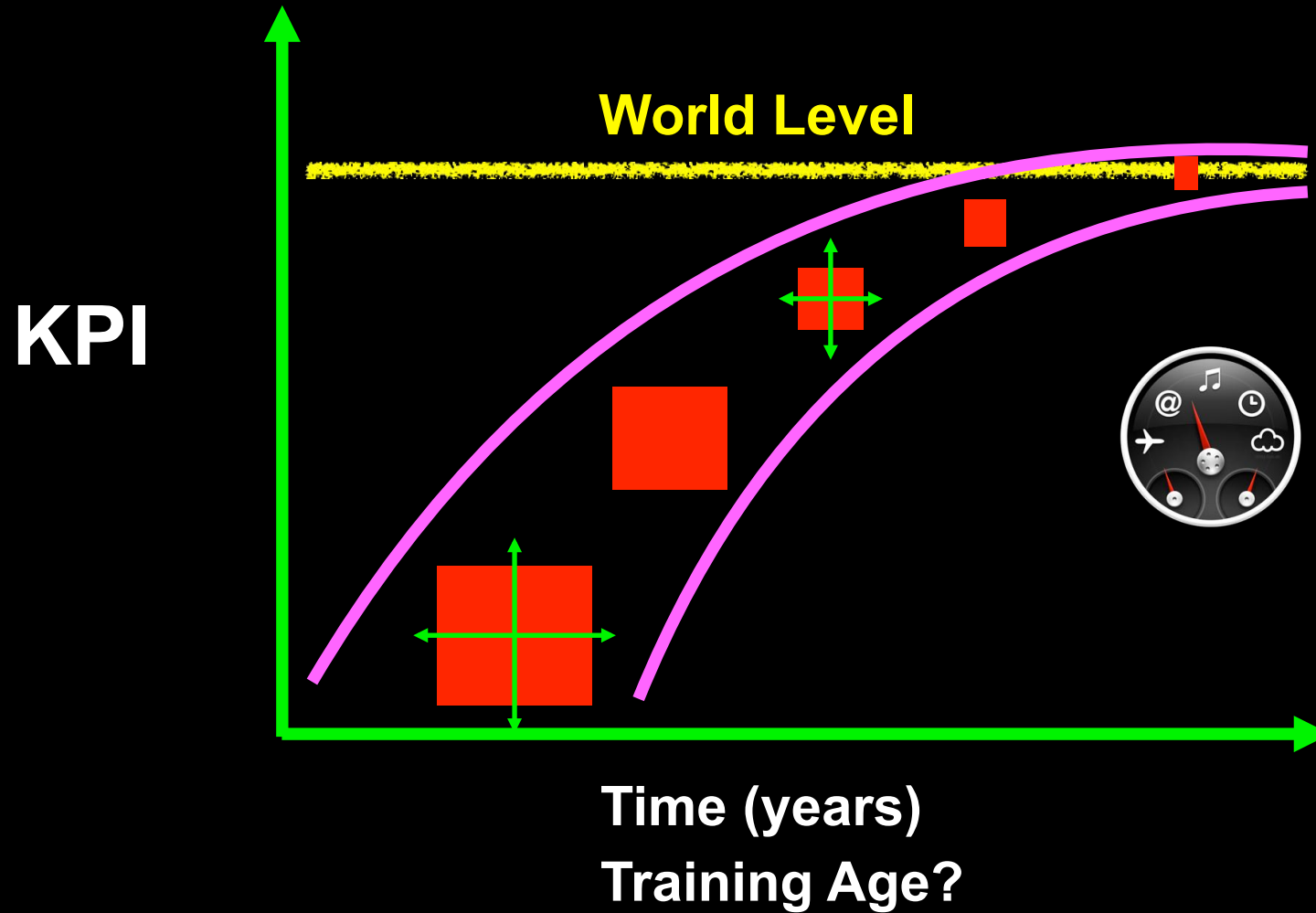
AGE 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 YRS



BASE PHYSICAL LITERACY

*CONTINUED PHYSICAL LITERACY
& ACTIVITY / ACTIVE FOR LIFE*

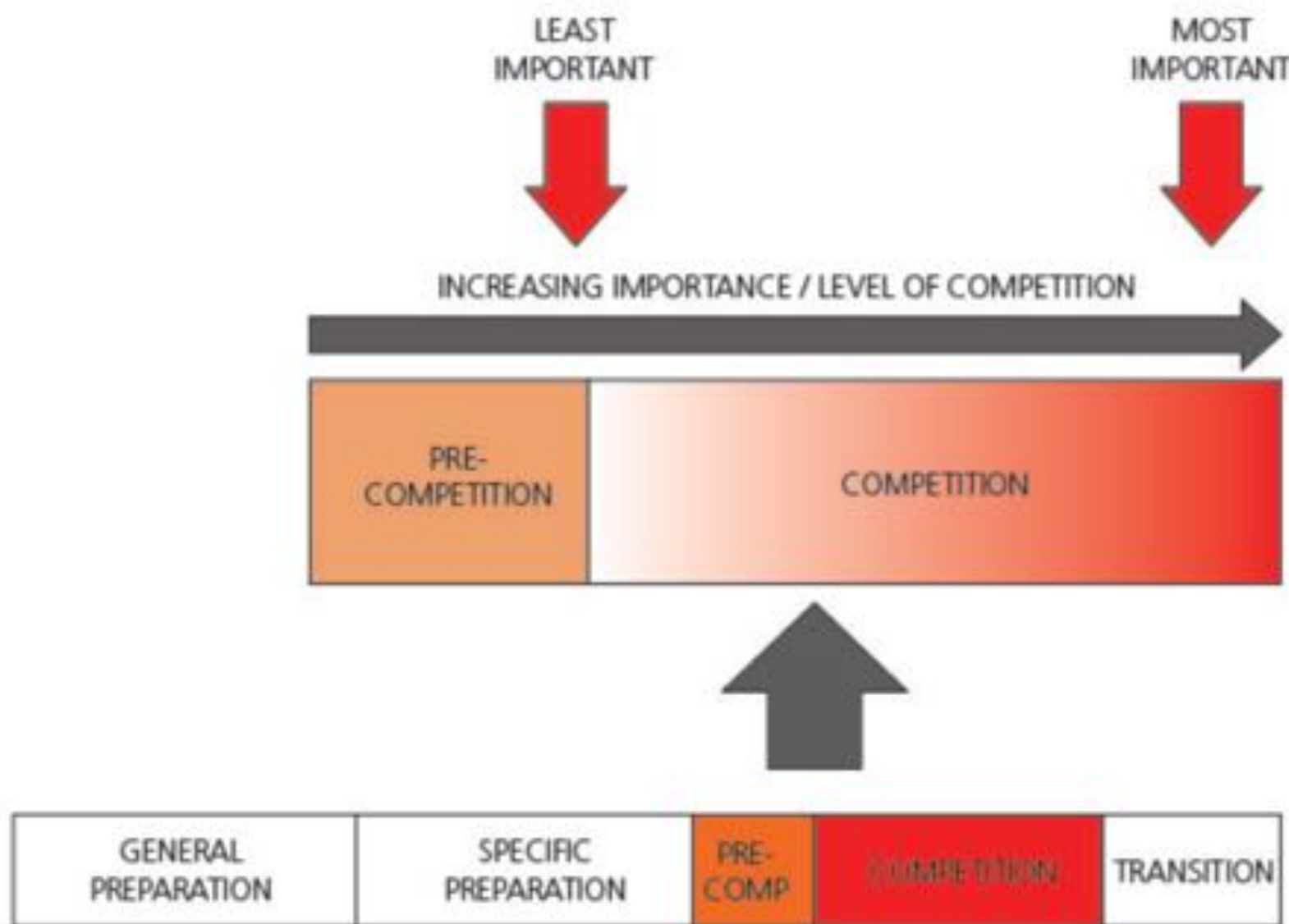
Performance 'Envelope'

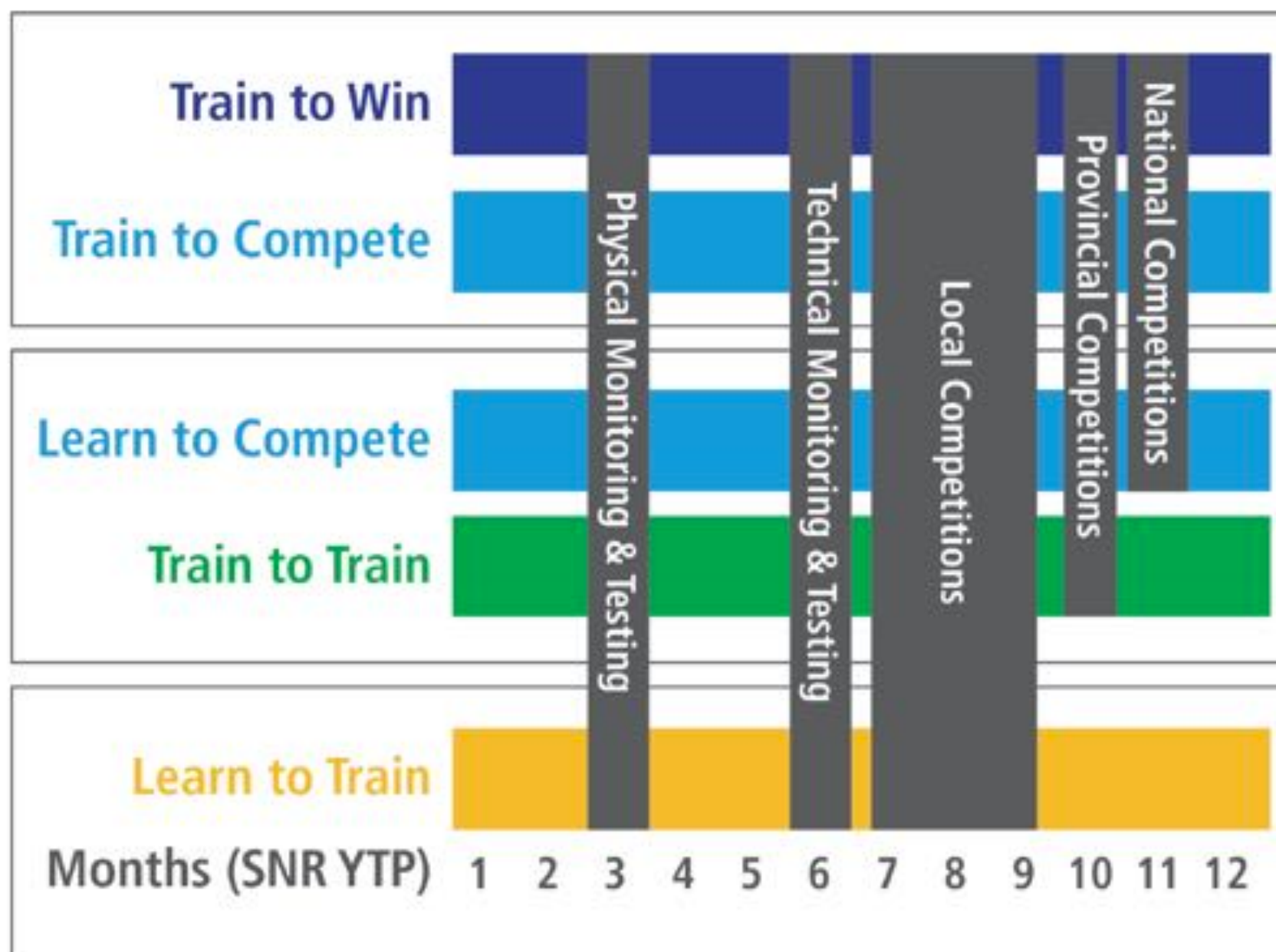


STAGE	AGE	FUN	PROGRESS & BENCHMARKING	PROGRAM or TEAM SELECTION	POD*	RESULT FOCUS
Learn to Train	8-11 F / 9-12 M	✓	✓			
Train to Train	11-15F / 12- 16 M	✓	✓	✓**	✓	
Train to Compete	15-21F / 16- 23 M	✓	✓	✓	✓	
Train to Win	18+ F / 19+ M	✓	✓	✓	✓	✓

* POD = Performance on Demand

** Selection to performance programs at later point within this stage – not at beginning of stage





Recovery?



Five (5) points to bear in mind:

Successfully planned & implemented competition calendars ...

1. Prevent over competing and undertraining at any stage
2. Maximize the benefits from developmentally-appropriate frequency, volume, and intensity of training and competition
3. Foster the development of athleticism by allowing adequate time to be spent on physical preparation and recovery
4. Consider the social/emotional, psychological and lifestyle aspects of athlete development
5. Select a limited number of priority competitions each year on which to focus

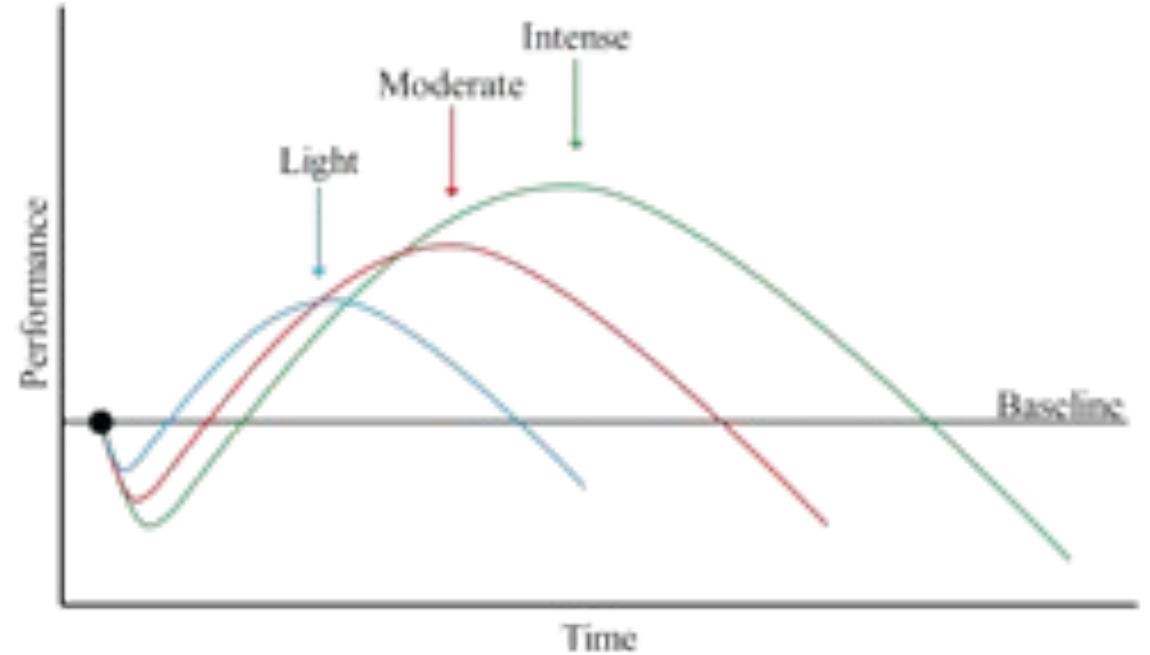
Ratio guidelines?


Training / Competition /
Recovery



KEEP
CALM
IT'S
COMPETITION
TIME

Volume, Intensity, Frequency Guidelines



A silhouette of a person standing on a dark pier or walkway, with their arms outstretched horizontally. They are facing a bright sunset over a body of water. The sky is a gradient of orange and yellow, and the sun is a large, bright orb on the horizon. The water reflects the light from the sun. The pier has a railing visible in the foreground.

Social, Emotional, Mental Well- being

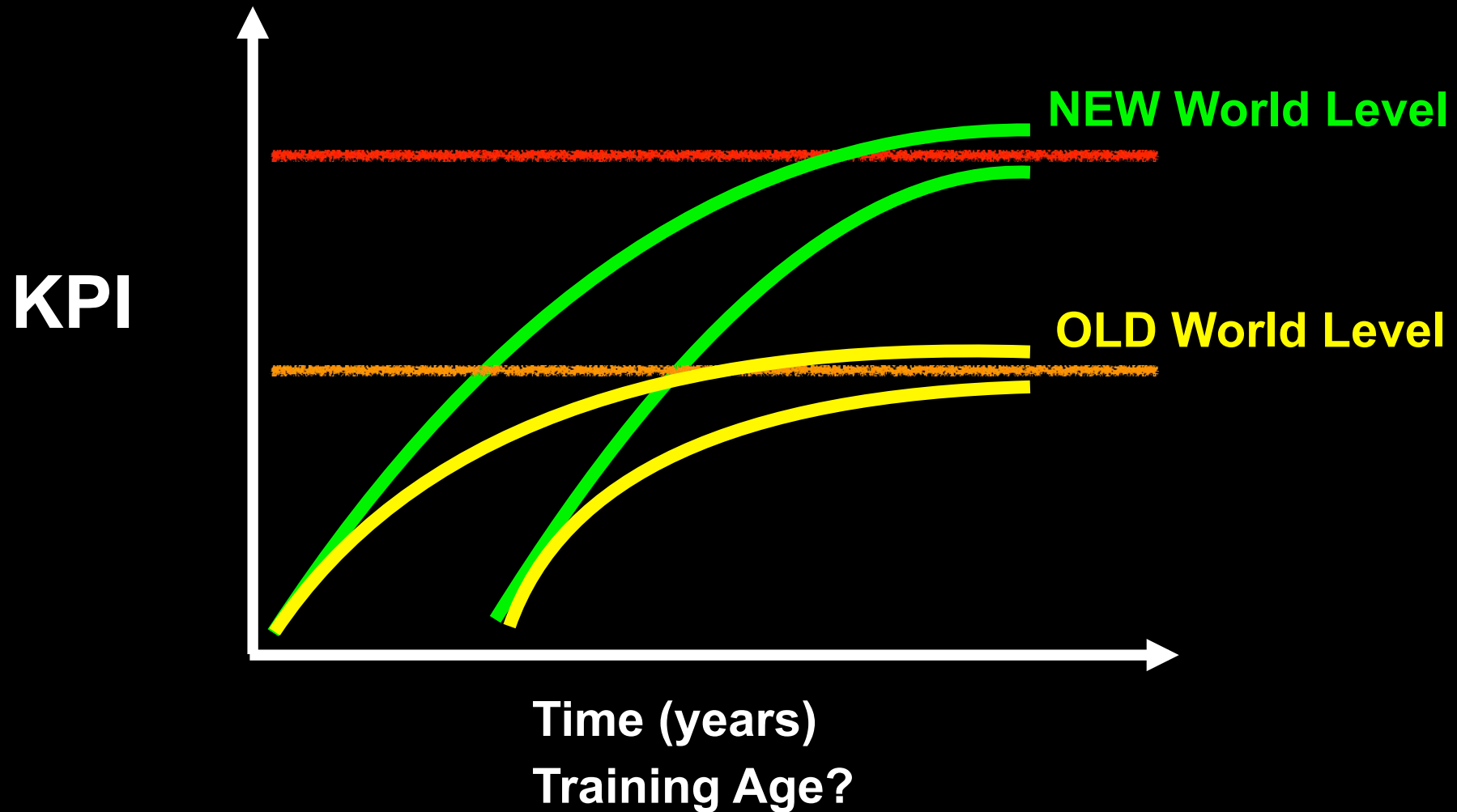
**3 ...
or fewer ...
key
competitions**



Analytics?



Performance 'Envelope': KINETICS also important



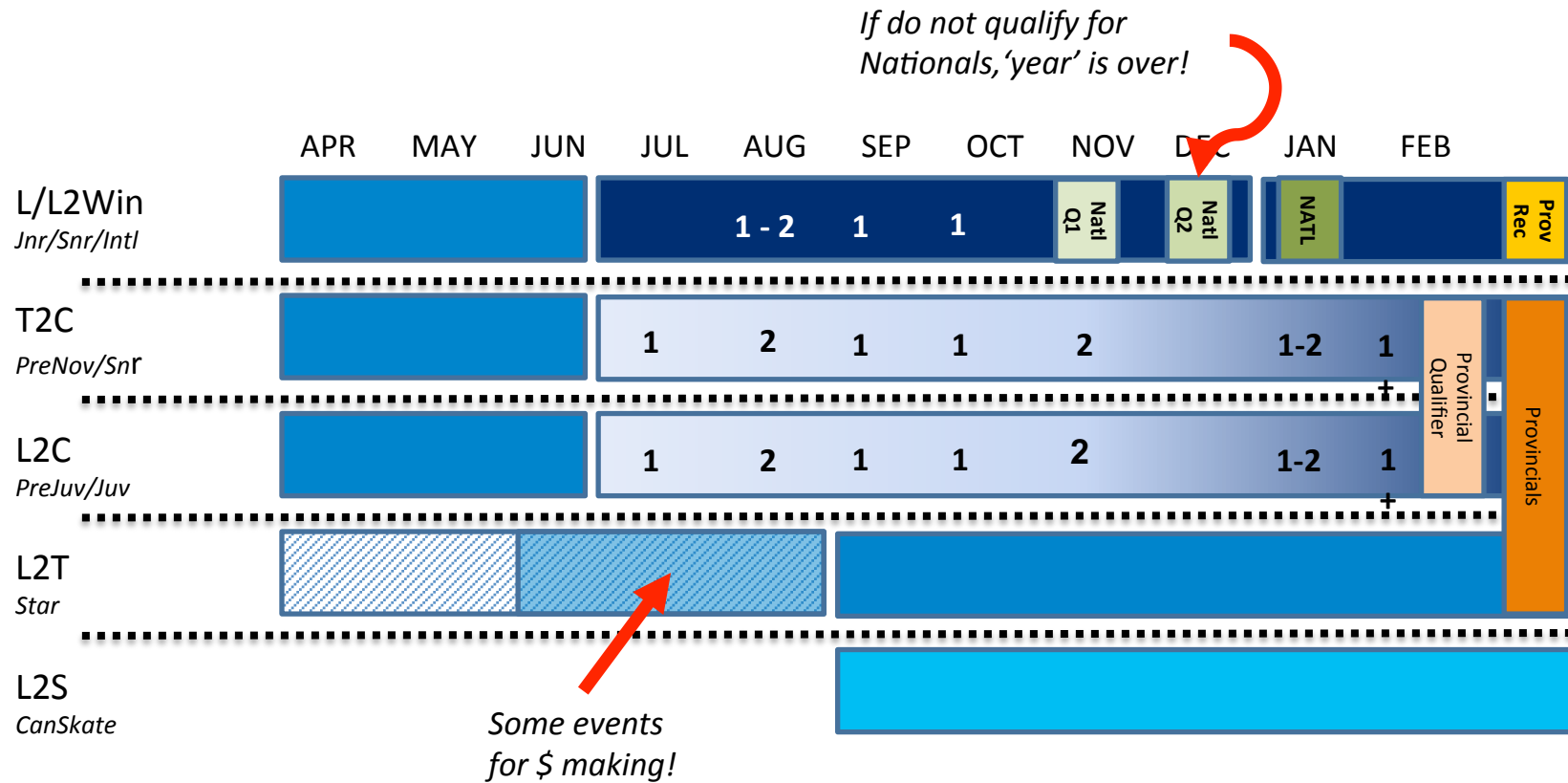
COMPETITION FRAMEWORK:

Coherent Revision

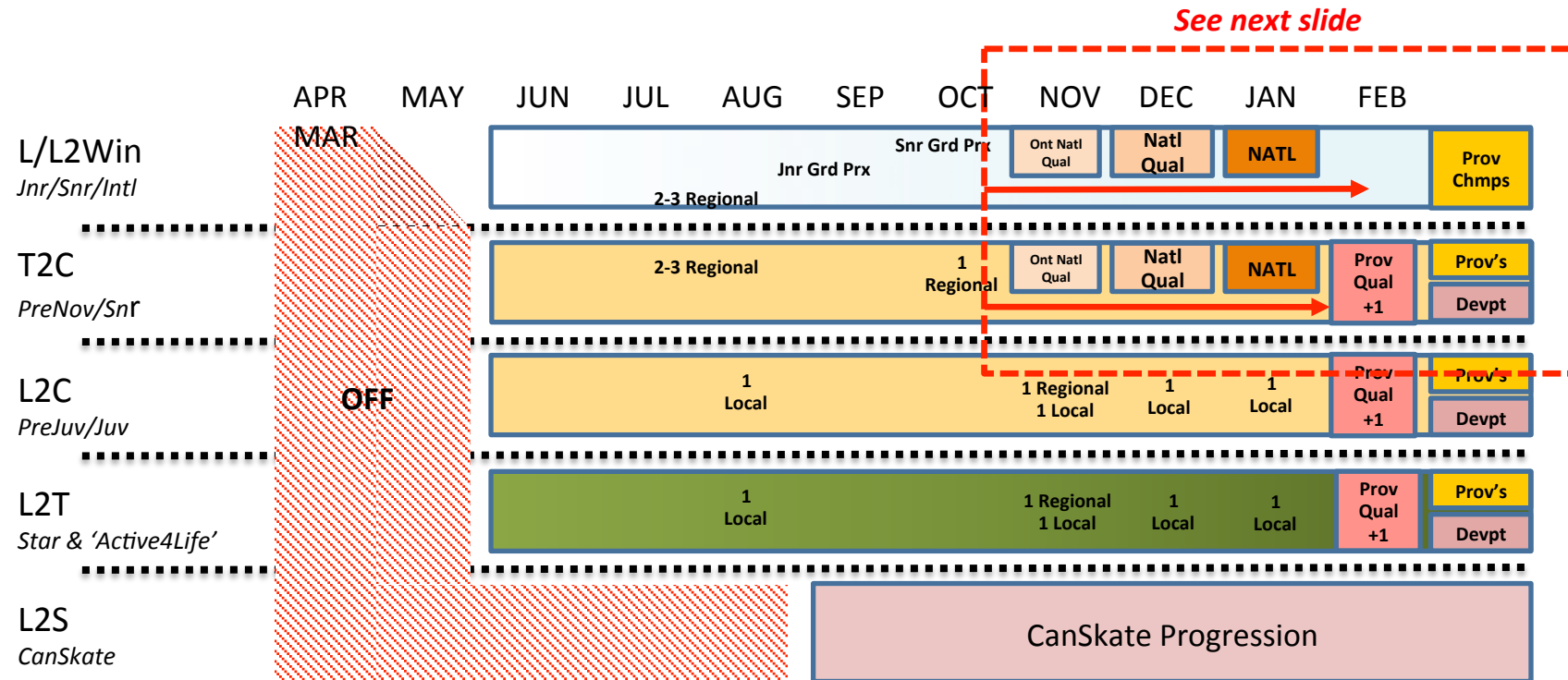
SKATE ONTARIO

DRAFT: DISCUSSION PURPOSES

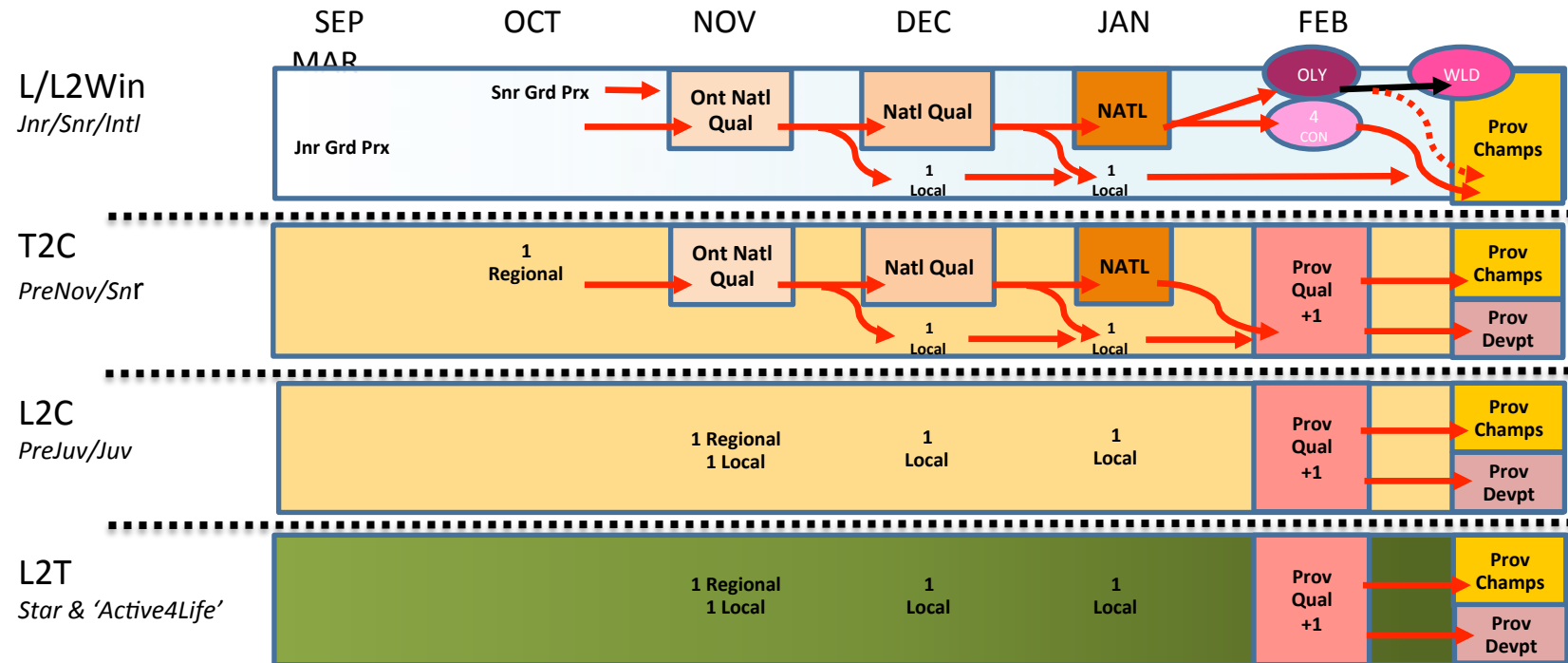
Current Situation



Possible Framework



Expanded Explanation



QUESTIONS ...

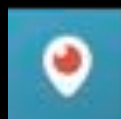
COMMENTS ...



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