

Dear Karate Canada Member,

The Karate Canada Long Term Athlete Development (LTAD) Committee is inviting feedback on the newly produced Karate Canada document titled ***Karate for Life*** and the accompanying poster titled ***Karate Canada LTAD Model***. These 2 documents are the culmination of more than two years of research and work and are based on the Sport Canada document titled ***Canadian Sport for Life*** (CS4L).

The Karate Canada LTAD Committee is made up the following coaches from across the country:

Paul Oliver-*New Brunswick*
Germain Bisson-*Quebec*
Gerard Lauziere-*Quebec*
Jim Jennings-*Ontario*
Kraig Devlin-*British Columbia*

Karate Canada gratefully acknowledges Mr. Istvan Balyi as our Sport Canada LTAD Consultant. Mr. Balyi is sought after worldwide for his expertise in the field and we are very lucky to have him working with us on this project.

The CS4L document provides a generic LTAD framework for Canadian sport and is based on scientific research into the growth and maturation processes as they relate to physical activity and sport. The members of the Karate Canada LTAD Committee have taken the generic LTAD information and reworked it into a karate-specific model that makes recommendations in a number of areas. The LTAD Committee is inviting feedback on the technical, tactical and physical areas of the model. Every member of Karate Canada is invited to read the attached documents and provide feedback directly to the committee.

Karate for Life is designed to be an overview document that identifies training factors and makes general recommendations. However, the document stops short of providing specific recommendations necessary for implementation. This next step will be addressed in upcoming LTAD modules planned for the coming years.

In addition to content feedback, photo submissions are also invited. The current layout includes some photos as space filler. High quality j-peg files of karateka in all stages of development are required. Both dojo and competition photos are needed. The photos should reflect the stage priorities and model consent will be required. Photo credit will be given.

Also included for your review is a PowerPoint presentation recently given at the Karate Canada AGM in Calgary, AB. This presentation provides an overview of the Karate Canada LTAD Committee's work

Please view the documents listed below and submit feedback and photos to kdevlin1@telus.net prior to September 8th 2009.

Respectfully,
Kraig Devlin
Karate Canada LTAD Chair

For additional information on the Canadian Long Term Athlete Development Model please go to www.ltad.ca