

## **BCTTA Training Programs**

Two LTAD programs are being offered, catering to athletes with different levels of technical skills.

### Program A: Train to Win

#### Objectives:

This is a customized program for elite athletes with emphasis on match strategy, mental and physical training. This is in an attempt to assist athletes to successful performance in National /International tournaments.

#### Eligibility to enrol:

- (a) Must have competed extensively in B.C. sanctioned tournaments.
- (b) Must have been selected a member of B.C. provincial team (junior or senior)
- (c) Must have participated in National Juniors or Seniors Championships or international events.

#### Others:

BCTTA's Junior Development Committee and team coaches have the final team member selection decision and discretion.

- (a) Advance notice is required if an athlete is unable to attend.
- (b) 10% discount is available for athletes with 100% attendance
- (c) Payments must be made in advance

#### Training session schedules and fees:

- (i) Tuesdays and Thursdays: 4:30pm - 7:00pm
- (ii) Saturdays : 1:00pm - 4:00pm
- (iii) Sundays : 10:00am - 1:00pm

#### Fees:

\$40 per person per session ( non refundable)

Program B: Train to Compete.

Objectives: (to enrol)

This program emphasizes training in physical strengthening, advanced skills, match tactics in an attempt to prepare athletes to be a member of Team BC to compete in National Championships (junior /senior), or international events.

Eligibility to enrol:

- (1) Must have competed in local or regional sanctioned tournaments.
- (2) Must evidence enthusiasm to be a member of Team BC.

Others:

BCTTA's Junior Development Committee and team coaches have the final team member selection decision and discretion.

- (a) Advance notice is required if an athlete is unable to attend.
- (b) 10% discount is available for athletes with 100% attendance in
- (c) Payments must be made in advance.

Training session schedules and fees:

- (i) Tuesdays and Thursdays : 4:30pm - 7:00pm
- (ii) Saturdays : 1:00pm - 4:00pm
- (iii) Sundays : 10:00am - 1:00pm

Fees:

\$40 per person per session (non-refundable)

Other LTAD programs such as Learn to Learn, Learn to Train, are offered by local / regional clubs.

Details are available by logging onto: [www.bctta.ca](http://www.bctta.ca) and click "Clubs."

For further information:

Please contact Tony Xu, Junior Development Director at 778-834-6639 or email: [bctta@lightspeed.ca](mailto:bctta@lightspeed.ca)