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| Name: | | | | | | | | | | | | | Date Submitted: | | | | | | | | | | | |
| Nom: | | | | | | | | | | | | | Presente le: | | | | | | | | | | | |
| Discipline: | | | | | | | | | | | | | | | | | | | | | | | | |
| Month: | Jan/Janv | Feb/Fev | Mar/Mars | Apr/Avril | May/Mai | Jun/Juin | July/Juillet | Aug/Aout | Sept | Oct | Nov | Dec | | | | | | | | | | | | |
| Mois: | Gen. Pre-season | Gen. Pre-season | Spec. Pre-season | Spec. Pre-season | Pre-Comp. | Pre-Comp. | Comp. | Post-Comp.(Pre) | Post-Comp.(Pre) | Trans. | Trans. | Trans. | | | | | | | | | | | | |
| Saturdays/Samedis | | | | | | | | | | | | | | | | | | | | | | | | |
| Dates | | | | | | | | | | | | | | | | | | | | | | | | |
| Competitions: | | | | | | | | | | | | | | | | | | | | | | | | |
| International | | | | | | | | | | | | | | | | | | | | | | | | |
| National | | | | | | | | | | | | | | | | | | | | | | | | |
| Provincial | | | | | | | | | | | | | | | | | | | | | | | | |
| Others/Autres | | | | | | | | | | | | | | | | | | | | | | | | |
| Training Camps: | | | | | | | | | | | | | | | | | | | | | | | | |
| Camps d'Entraînement: | | | | | | | | | | | | | | | | | | | | | | | | |
| Names and Locations Noms et Endroits | | | | | | | | | | | | | | | | | | | | | | | | |
| Goals & Objectives: Buts et Objectifs: | | | | | | | | | | | | | | | | | | | | | | | | |
| Month: | Jan/Janv | Feb/Fev | Mar/Mars | Apr/Avril | May/Mai | Jun/Juin | July/Juillet | Aug/Aout | Sept | Oct | Nov | Dec | | | | | | | | | | | | |
| Mois: | Gen. Pre | Gen. Pre | Spec. Pre | Spec. Pre | Pre-Comp. | Pre-Comp. | Comp. | Comp. | Comp. | Trans. | Trans. | Trans. | | | | | | | | | | | | |
| Training Schedule: | | | | | | | | | | | | | | | | | | | | | | | | |
| Cedule D'Entraînement: | | | | | | | | | | | | | | | | | | | | | | | | |
| Physical - Strength Physique - Force | | | | | | | | | | | | | | | | | | | | | | | | |
| Physical - Aerobic Physique - Aerobie | | | | | | | | | | | | | | | | | | | | | | | | |
| Mental - Tactical Mental - Tactique | | | | | | | | | | | | | | | | | | | | | | | | |
| Performance Steps Technical - Shooting Technique - Tir | | | | | | | | | | | | | | | | | | | | | | | | |
| Test or Evaluation Dates: Dates de Tests ou Evaluations: AR-Aerobic MN-Mental TS-Tech. Score | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadline for Submission: Date Limite pour les Soumissions | Please Submit to your Team Head Coach S.V.P. Soumettre a Votre Entraîneur en Chef de l'Équipe Nationale | | | | | | | | | | | | Reviewed by Coach: Revisé par l'Entraîneur: _____ | | | | | | | | | | | |
| <p>Pre-season – Build foundation of skills and abilities</p> <p> General Pre-season – provides groundwork through a high volume of training at lower levels of intensity. Physical training is the main focus.</p> <p> Specific Pre-season – transition to competition by blending various types of training. Physical training maintains its high volume, but the exercises become more specific.</p> <p>In-season – Stabilize performance</p> <p> Pre-competitive In-season – take skills and abilities developed and incorporate them into performance. The focus is to obtain in this phase is to fine tune the skills and determine where the athlete truly stands (performance-wise.) Inconsistent performance is natural in this phase as the athlete must constantly adapt to rationalize training with performance.</p> <p> Competitive In-season – Results is the focus of this phase. The athlete pursues maximum performance. There is a high intensity of training coupled with the high stress of competition. Consequently, training volumes decrease. You must incorporate active rest to aid in recovery.</p> <p>Post-Season - Recuperation</p> <p> Use general physical activity to maintain levels of fitness. Rehabilitate any injuries. Athletes may participate in similar sports, but they must avoid specialization in them. Remember to keep training intensity and volume low, as this is the athletes' recovery phase.</p> | | | | | | | | | | | | | | | | | | | | | | | | |