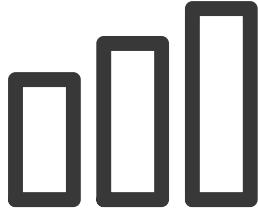


What is the BLTAD?

The Botswana Long-Term Athlete Development (BLTAD) is a framework for safe and long-term sporting success and/or life-long participation in physical activity.

The framework provides age appropriate guidelines for sport development from grass roots to podium.



What is your role?

As the athlete you have a major role in your own athletic career! Even though you are supported by your coaches, parents and teachers, you are able to control your own development and safety.



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Botswana Long-Term Athlete Development



Athlete Guide

BASIC FUNDAMENTALS

- Compete in modified games, have fun and use your imagination
- Focus on developing skills and creativity vs winning. You will have time to win later on when it matters!

You need to develop your skills before you can win

INTERMEDIATE: TRIPLE T'S

Technical, Tactical, Training

- Develop more advanced skills and progress into more formal training
- Develop at your own rate. Do not compare yourself to others
- Get involved in multiple sports: Other sports may have cross over benefits and you might find that you are talented in another sport!

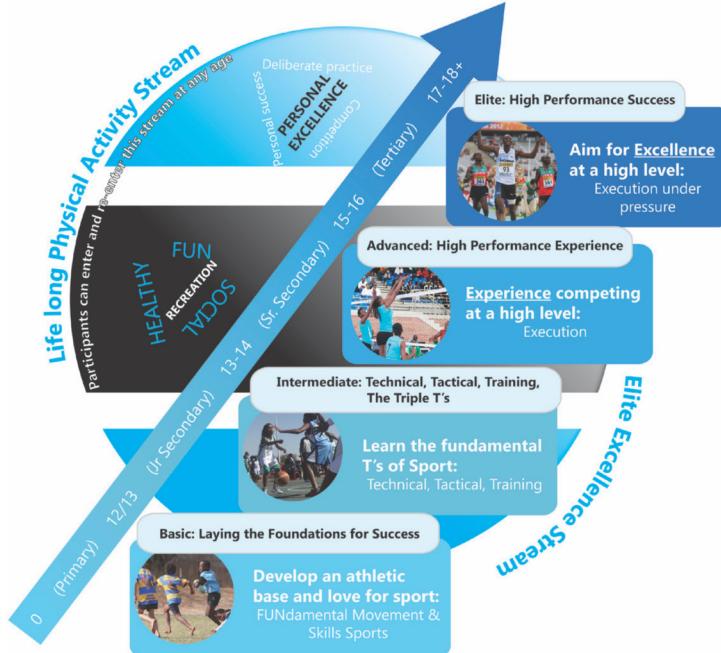
HIGH PERFORMANCE EXPERIENCE

- Begin regular position training in 1 or 2 sports
- Practice advanced skills and game tactics
- The goal is not necessarily to win but to gain experience at a high level to win at the next stage.

HIGH PERFORMANCE SUCCESS

- High performance training, specializing in one sport
- Focus on maximizing, fine-tuning, and winning
- Take time to prepare for your career post-retirement
- Stay involved in sport for a healthy, fun and active life!

**DOING THE RIGHT THING,
AT THE RIGHT TIME**



Why BLTAD?

THE AVERAGE AGE OF AN OLYMPIC MEDALIST IS 25-30 YEAR

A focus on winning often begins long before the junior (U19) or the Youth (U17) ages!

Studies show that **less than 5%** of athletes who medal at the world junior stage medal on the Olympic stage.

Less than 1% of the population make it to the Olympic level!

We need the **BLTAD** as a system that develops more olympians more often by system rather than chance, and fosters life-long participation for **ALL**

BLTAD KEY FACTORS

Excellence takes time

Success begins with the FUNDamental movements at the grassroot level. Children who miss the FUNDamentals may lack the skills required to advance or stay active for life.

Develop First to Win Later

A focus on results too early may limit trying new things and limit developing a base for success. At the elite stage, Early specialization can lead to injuries, burn out and early drop out.

Kids are Unique

All kids are unique and require different training. Training should be individualized based on growth and maturity rather than age.

Talent is a process

With kids developing at different times it is important to not select athletes too early. Children should have a chance to develop to expand the talent pool.