ATHLETE DEVELOPMENT PATHWAYS

The High Performance Athletes' Pathways is a guide for athletes, coaches and other participants in Table Tennis Canada (TTCAN) High Performance Programs.

TTCAN executes HP Program together with PTSOs, affiliated clubs and identified HP coaches.

Provided guidance is based on three high performance elements:

- Athletes' level
- Targeted competitions
- Daily Training Environment.

Athletes earn their level based on criteria setup by National Team List (Elite, International, Continental and National) and Provincial Team List (provincial, aspiring and novice). National Team List level criteria are based on achieved results and position on the world ranking list.

Athlete's level is a decisive factor that influences selection of pursued competitions and requirements for daily training environment.

TTCAN recognizes four different levels of daily training environments:

- Personal coaches & clubs
- Provincial/Territorial High Performance Training Centers (P/THPTC)
- National High Performance Training Centers (NHPTC)
- Training camps for selected National Team athletes
- International hubs.

International hubs are training centers outside of Canada that have established high level of cooperation with TTCAN to let the best players to join practice at their center.

Beside general concept, this document is outlining specific pathways for each athlete's identified level:

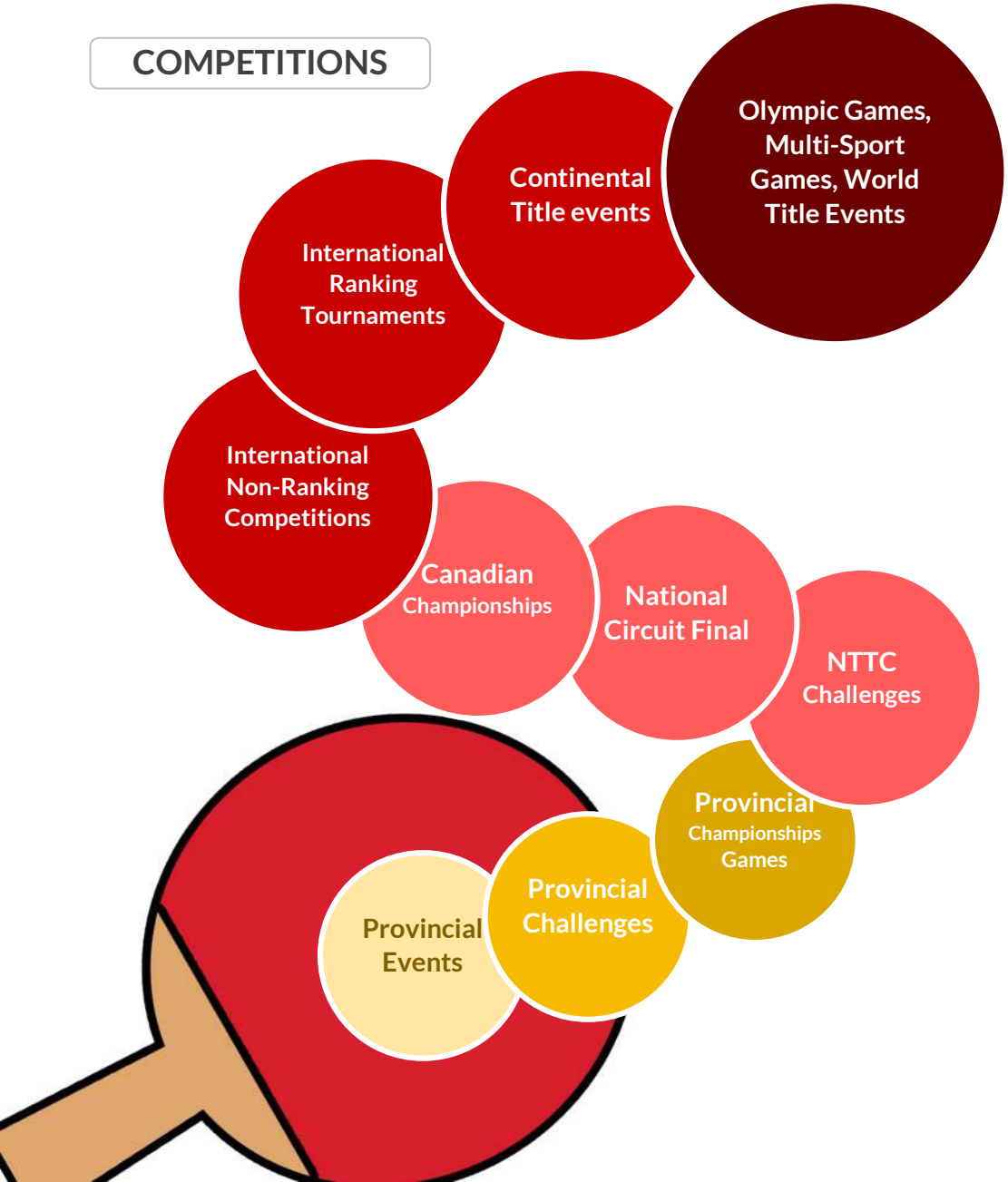
- List of competitions (major, regular and preparatory)
- Defines recommended and supported daily training environment.

Athlete s and coaches should utilize their account on the TTCAN Athletes' Platform to:

- Set / refine development and performance goals
- Identify daily training environment (coaches, IST, venues)
- Design and regularly update annual periodization document.

Athlete Development Pathways

COMPETITIONS



SELECTIONS

Senior Team	Canada	Elite
		International
		Continental
		National
	Provincial	Provincial
		Aspiring
		Novice
Junior Team	Canada	Elite
		International
		Continental
		National
	Provincial	Provincial
		Aspiring
		Novice
Cadet Team	Canada	Elite
		International
		Continental
		National
	Provincial	Provincial
		Aspiring
		Novice
Hopes Team	Canada	Distinguished
		National
	Provincial	Provincial
		Aspiring
		Novice

DAILY TRAINING ENVIRONMENT

International Hubs

Long-term training centers in Europe and Asia

National Team Camps

selected players for targeted events

NT Annual TC
Evaluation
Testing
Planning

National Team Training Center

PT Annual TC
Evaluation
Testing
Planning

Provincial Team Training Centers

Clubs & Personal coaches

Athlete Pathway Martix

Category	Level	Pursuing	Competitions																		Daily Training Environment						
	Beginning of season	Next Level	Olympic Games/YOG	PanAm / Commonwealth Games	World Title Events	PanAm Championships	North American Championships	International Ranking	International Non-Ranking	Canada Witner Games	Canadian Championships Final	National Circuit Final	National Circuits	National Team Challenges	Ontario Championships	Ontario Summer Games	Ontario Team Challenges	Ontario Cup (Active For Life)	Other provincial events	Weeks (min) only within certain age category	Matches (min)	National Team Camps	International Hubs	National Team Annual TC Evaluation/Testing/Planning	National HPTC	Provincial Team Annual TC Evaluation/Testing/Planning	Provincial HPTC	Personal Coaches & Clubs
Seniors	Elite	Podium						4	Pro.											30	100							
	International	Elite						4	Pro.											30	100		Opt.					
	Continental	International						1	4									Opt.	Opt.	24	75		Opt.		Opt.			
	National	Continental						Opt.	2										Opt.	20	60	Opt.	Opt.		Opt.			
	Provincial	National							1											20	60							
	Aspiring	Provincial																		20	60						Opt.	
	Novice	Aspiring																		6	15							
Juniors	Elite	Podium						3	2											17+								
	International	Elite						3	2											18+			Opt.					
	Continental	International						1	3									Opt.	Opt.	18+			Opt.		Opt.			
	National	Continental						Opt.	2										Opt.	15+		Opt.			Opt.			
	Provincial	National							1											15+								
	Aspiring	Provincial																		15+							Opt.	
	Novice	Aspiring																		6+								
Cadets	Elite	Podium						3	2									Opt.	Opt.	17+			Opt.					
	International	Elite						3	2									Opt.	Opt.	18+			Opt.		Opt.			
	Continental	International						1	3									Opt.	Opt.	18+					Opt.			
	National	Continental						Opt.	2										Opt.	15+		Opt.			Opt.			
	Provincial	National							1											15+								
	Aspiring	Provincial																		15+							Opt.	
	Novice	Aspiring																		6+								
Hopes	Distinguished	Podium						Opt.												20+					Opt.			
	National	Distinguished							Opt.											15+		Opt.			Opt.			
	Provincial	National																		12+							Opt.	
	Aspiring	Provincial																		12+							Opt.	
	Novice	Aspiring																		6								