



U S SPEEDSKATING



Overview

The US Speedskating ADM is a five stage development model for athletes, parents, coaches, and sport administrators to use as a guide for long term athlete development. The US Speedskating ADM is designed on chronological age however; technical, tactical, physical, cognitive, social and emotional development must all be considered when identifying what stage an athlete may be in.

Stage 1 Discover, Learn & Play (0-12 Years Old)

This stage is all about Fun and Fundamentals. Athletes need to learn how their body works before more complex movements can be introduced. Focus on creating a fun environment that keeps kids active and teach them how to skate before they can be introduced to more complex sport specific movements.

Stage 2 Develop & Challenge (10-16 Years Old)

Now that you have athletes who understand the fundamentals of the sport you can start to introduce more sport specific skill development but don't forget to teach total body movements and activities through off ice training and multi-sport activity.

Stage 3 Train & Compete (13-19 Years Old)

The focus starts to narrow, training sessions and programs become longer. Sport specific skill development and race simulation in practice are critical. Multi-sport activities should be geared toward cross training; running, cycling and structured strength training programs help set the stage for future development. Athletes should start to take ownership of their path.

Stage 4 Excel for High Performance or Participate and Succeed (15+ Years Old)

Stage 4 can find athletes making the choice between performance and participation. Both serve as important stages in athlete development. Performance minded athletes will start to fine tune physiology along with technical and tactical skills with year-long periodized programs and a heavy focus on taking ownership and accountability for their career. Participation minded athletes focus is on fitness, challenge and balance that will contribute to becoming a life-long athlete.

Stage 5 Thrive and Mentor (All Ages)

A life-long passion for speed skating is greatly rewarding. Through alumni events, masters competitions or volunteer activities, athletes stay involved in the sport. Coaching and officiating also utilize a wealth of knowledge developed from experience.