

Train to Win Stage (T2W)

(Ages 23+/- females and 25+/- males)

All facets of the game have already been introduced, emphasized, developed and refined. An emphasis on refinement must still exist as it will always as improvements can be made on all technical and tactical areas throughout an athlete's career. There will be many new strategies, offensive and defensive sets and philosophies that will depend on the individual coach. A successful player will be able to adapt and accept the desired philosophy.

As in **Learn to Win**, the athlete can still make gains in terms of strength and endurance. While in the areas of speed, skill and suppleness, training must still occur for these systems to remain effective. Without the proper training of these areas, these capacities will begin to degenerate.



Athletes at this stage face conditions that are very often unique:

- Playing for the Canadian National team:
 - The continual pursuit of performance excellence; becoming a world-class athlete and representing Canada at the highest level of international competition.
 - The commitment and passion to play for multiple years.
 - Accepting different roles within the team.
- Taking personal responsibility for the continual development and implementation of:
 - Yearly training plans (Y.T.P.)
 - Personal improvement plans (P.I.P.)
- Adjusting to the lifestyle of a professional athlete:
 - Playing in a foreign country.
 - Accepting the responsibilities, expectations, and dealing with the pressures.
 - Dealing with agents.
 - Cultural adjustments; language, food, and local customs.
- Financial planning.
- Social aspect of their lives; family, friends, and personal relationships.
- Preparing to make the transition from being a high performance player to some other aspect of the game; coach, referee, administrator or an active for life player.
- Continual lifelong involvement in the growth and development of basketball in Canada.
- Being a mentor to others.

More detailed information will be developed in these areas as the Athlete Development Model matures.