

MENTAL SKILL DEVELOPMENT FOR LTAD STAGES

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This section outlines the mental skill capacities to be acquired along the stages outlined in the LTAD plan for cross-country skiing. It is presented in three parts: (1) a table identifying mental skills and life skills to be developed at each LTAD stage, (2) a table of mental skill competencies (benchmarks) of the mental skills and life skills to be developed at each LTAD stage, and (3) a list of mental skill training resources.

These suggestions are grounded in the sport psychology scholarly literature on psychological skill training, athlete psychosocial development, and mental toughness (e.g., Burton & Raedeke, 2008; Côté, 1999; Gucciardi, & Gordon, 2011). Also, suggestions have been developed based on Partington & Partington's (2005) application to mental training to an LTAD for Badminton (England) and MacNeill's (2009) position paper for mental training for LTAD in Canada.

Other sport specific LTAD models developed for Canadian Sport Organizations (triathlon, swimming, athletics, and cycling), as well as Sharleen Hoar's personal experiences working with CCC's national world cup team have been considered in the development of this section.