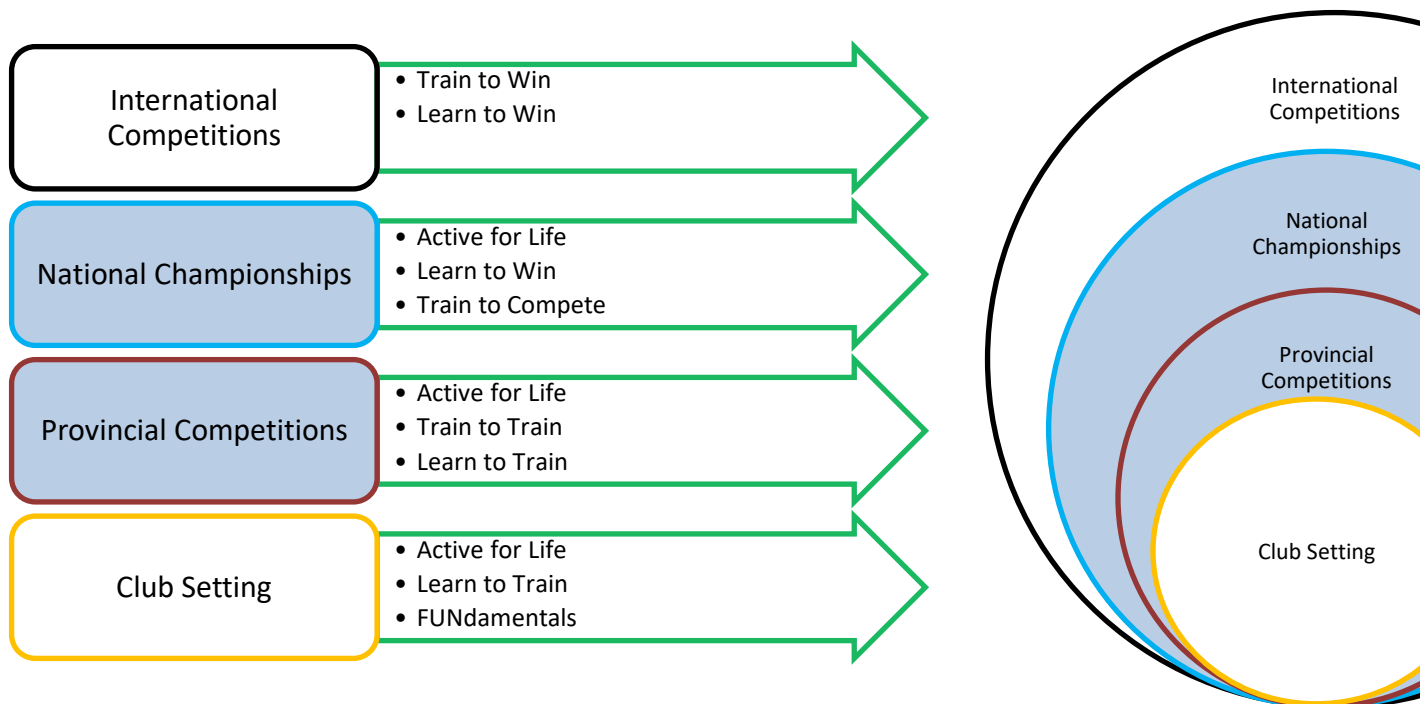


Athlete Development Pathway

The participant development model, below, demonstrates how someone interested in the sport can grow or progress. You will also see where the athlete needs to be in the CWFHC Long-term Athlete Development (LTAD) model.



The Participant Development Model provides a mapping of participants' career in weightlifting. This model establishes a close link between Long Term Athletes Development process and opportunities to develop as a weightlifter in Canada.

It is important to remember that based on the level of involvement of the participant the sport of weightlifting can offer a variety of challenges that are tailored to personal level of development and interest. The CWFHC aims at providing challenges to athletes that will be stimulating as well as offering opportunity for success and progression in their sporting career.