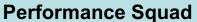
NCSA/NCSS – LTAD Stages



Train to Compete/Compete to Win

Train 7 Squad

Train to Train/Train to Compete

Train 5 Squad

Learn to Train/Train to Train

Learn to Train LT4

Fundamentals/Learn to Train

Development Squad

Fundamentals/Learn to Train

Stage 3

Fundamentals

Stage 2 **Fundamentals**

Stage 1 **Active Start/Fundamentals** Fundamentals Squad

Fundamentals/Learn to Train