



### Ultimate Canada Coaching Level Recommendations

LTAD Stage:	Learn to Play	Train to Play	Train to Compete	Learn to Win
Average athlete age:	8-12	11-16	15-19	19-23
Programs:	Elementary & Middle School Programs  High School-non-competitive  Introductory non-competitive	Middle School Programs  High School competitive  Competitive Junior  Development adult teams	High School competitive  Competitive Junior  Provincial junior teams  Development adult teams	University adult teams  Competitive adult teams
Coach minimum age:	16 years old	16-18 years old (early-late stage)	18 years old	18 years old
Recommended minimum training requirement*:	Comm-In	Middle school: Comm-In  All other: Comp-Intro Tra (Multi-S A & Ultimate course)	Provincial junior teams: Comp-Intro Cert. (Multi-S A & Ultimate course)  All other: Comp-Intro Tra (Multi-S A & Ultimate course)	Comp-Intro Cert. (Multi-S A & Ultimate course)
Other recommended training:	CPR and First Aid	CPR and First Aid  Comp-Intro Cert.	CPR and First Aid  Comp-Intro Cert.	CPR and First Aid  Comp-dev courses (not yet developed)

**\* National Certification Coaching Program (NCCP) legend:**

Comm-In: Community Initiation

Comp-Intro Tra: Competition Introduction Trained

Comp-Intro Cert: Competition Introduction Certified

Multi-S A: Multi-Sport A