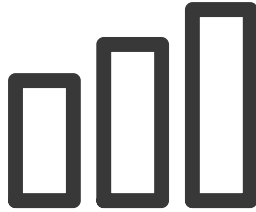


## What is the BLTAD?

The Botswana Long-Term Athlete Development (BLTAD) is a framework for safe and long-term sporting success and/or life-long participation in physical activity.

The framework provides age appropriate guidelines for sport development from grass roots to podium.



## What is your role?

Children learn habits from their family and those with active families are more likely to be active in the future. Your role as a parent is very important! Teach your children that physical activity also supports a healthy lifestyle by lowering the risk of disease.



## Botswana Long-Term Athlete Development

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## Parents Guide

## BASIC FUNDAMENTALS

- Children need at least 60 minutes of activity each day
- Provide simple, fun activities that encourage creativity and develop a variety of movement skills through multiple sports
- Support your child in fun competitions and reward effort, skills, and creativity over result

## INTERMEDIATE: TRIPLE T'S

Technical, Tactical, Training

- Introduce formal programs to your child.
- Support multi-sports: your child may be a late developer or have undiscovered talents in another sport they have not tried.

This age has the highest drop out rate

- Encourage your child to continue sport but avoid pressure: support your child interest in multiple activities

Research shows that physical activity IMPROVES academics

- Support sports with academics

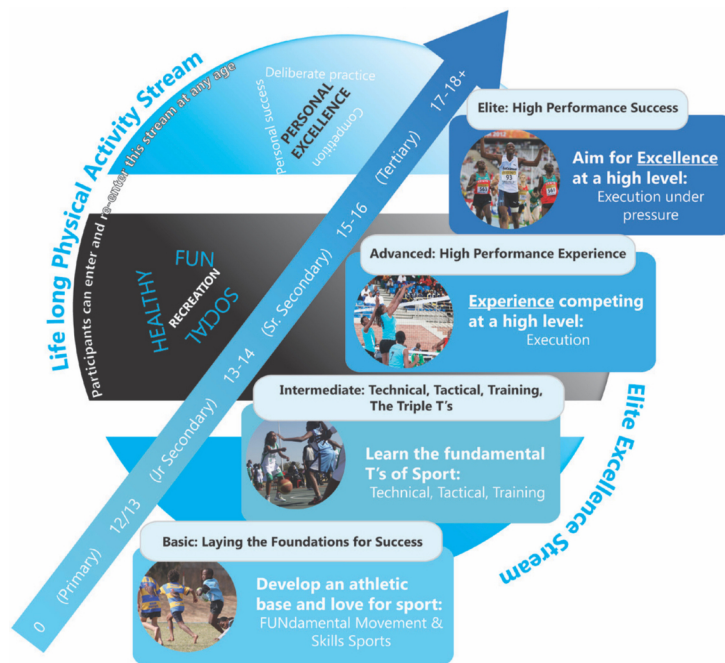
## LIFE-LONG PHYSICAL ACTIVITY

- Support your child in sport and develop a healthy and active lifestyle for your whole family!

Simple activities include:

- Taking a walk or hike
- Riding a bike
- Kicking a football
- eating a balanced diet including a variety of food

**DOING THE RIGHT THING,  
AT THE RIGHT TIME**



## Why BLTAD?

THE AVERAGE AGE OF AN OLYMPIC MEDALIST IS 25-30 YEAR

A focus on winning often begins long before the junior (U19) or the Youth (U17) ages!

Studies show that **less than 5%** of athletes who medal at the world junior stage medal on the Olympic stage.

**Less than 1%** of the population make it to the Olympic level!

We need the **BLTAD** as a system that develops more olympians more often by system rather than chance, and fosters life-long participation for **ALL**

## BLTAD KEY FACTORS

### Excellence takes time

Success begins with the **FUND**amental movements at the grassroots level. Children who miss the **FUND**amentals may lack the skills required to advance or stay active for life.

### Develop First to Win Later

A focus on results too early may limit trying new things and limit developing a base for success. At the elite stage, early specialization can lead to injuries, burn out and early drop out

### Kids are Unique

All kids are unique and require different training. Training should be individualized based on growth and maturity rather than age.

### Talent is a process

With kids developing at different times it is important to not select athletes too early. Children should have a chance to develop to expand the talent pool