

## Quebec Sailing Team program 2022-2023

### - Athlete development model

### - Number of training years required to reach Excellence in hours of training

Number of training hours per program			
<b>Summer club program</b>			
Season	Frequency and duration of trainings	Number of hours	Total
Summer (regular season)	5 trainings x 4 hours each / week x 8 weeks	160	160
<b>Intro à la performance (U13)</b>			
Saison	Frequency and duration of trainings	Number of hours	Total
Summer (regular season)	5 trainings x 4 hours each / week x 8 weeks	160	256
Spring and fall (season extension)	2 trainings x 3 hours each / week x 16 weeks	96	
Winter (off season) - Optionnal	5 trainings x 4 hours each / week x 1 week	20	20
<b>Bronze - Performance (U16)</b>			
Saison	Frequency and duration of trainings	Number of hours	Total
Summer (regular season)	5 trainings x 4 hours each / week x 8 weeks	160	316
Spring and fall (season extension)	2 trainings x 3 hours each / week x 16 weeks	96	
Winter (off season) - Optionnal	1 week / month (5 trainings x 4 hours each) x 3 month	60	
<b>Sport-Études</b>			
Saison	Frequency and duration of trainings	Number of hours	Total
Summer (regular season)	5 trainings x 4 hours each / week x 8 weeks	160	520
Spring and fall (season extension)	4 trainings x 3 hours each / week x 18 weeks	216	
Winter (off season) - Optionnal	6 trainings x 4 hours each / week x 6 weeks	144	
<b>Argent - Performance (U19)</b>			
Saison	Frequency and duration of trainings	Number of hours	Total
Summer (regular season)	5 trainings x 4 hours each / week x 8 weeks	160	418
Spring and fall (season extension)	3 trainings x 3 hours each / week x 18 weeks	162	
Winter (off season) - Optionnal	1 week / month (6 trainings x 4 hours each) x 4 month	96	
<b>Argent - Haute Performance (U22)</b>			
Saison	Frequency and duration of trainings	Number of hours	Total
Summer (regular season)	5 trainings x 4 hours each / week x 13 weeks	260	612
Spring and fall (season extension)	4 trainings x 4 hours each / week x 16 weeks	256	
Winter (off season) - Optionnal	1 week / month (6 trainings x 4 hours each) x 4 month	96	
<b>Or - Haute Performance (U24 &amp; U26)</b>			
Saison	Frequency and duration of trainings	Number of hours	Total

Summer (regular season)	5 trainings x 4 hours each / week x 15 weeks	300	700
Spring and fall (season extension)	4 trainings x 4 hours each / week x 14 weeks	224	
Winter (off season) - Optionnal	4 trainings x 4 hours each / week x 2 weeks / month on a period of 22 weeks	176	

Equipe canadienne			
Saison	Frequency and duration of trainings	Number of hours	Total
Summer (regular season)	4 trainings x 4 hours each / week x 13 weeks	208	604
Spring and fall (season extension)	4 trainings x 3 hours each / week x 21 weeks	252	
Winter (off season) - Optionnal	4 trainings x 3 hours each / week x 3 weeks / month on a period of 16 weeks	144	

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#### Cumulated hours by Quebec athlete depending of his program and age when he will be reaching his optimal level of performances

Age	No winter program before 16 years old		Winter program without Sport-Études		Optimal program including Sport-Études	
	Program	Accumulated hours	Program	Accumulated hours	Program	Accumulated hours
8	Summer club program	160	Summer club program	160	Summer club program	160
9	Summer club program	320	Summer club program	320	Summer club program	320
10	Intro to performance (U13)	576	Intro to p (U13)	576	Intro(U13) + 1week winter	596
11	Intro to performance (U13)	832	Intro to p (U13)	832	Intro (U13) + 1week winter	872
12	Intro to performance (U13)	1088	Intro (U13) + 1week winter	1108	Sport-Études U16	1392
13	Intro to performance (U13)	1344	Bronze - P (U16)	1424	Sport-Études U16	1912
14	Intro to performance (U13)	1600	Bronze - P (U16)	1740	Sport-Études U19	2330
15	Intro to performance (U13)	1856	Bronze - P (U16)	2056	Sport-Études U22	2942
16	Bronze - Performance (U16)	2172	Silver - P (U19)	2474	Sport-Études U22	3554
17	Bronze - Performance (U16)	2488	Silver - P (U19)	2892	Silver - HP (U22)	4166
18	Silver - Performance (U19)	2906	Silver - P (U19)	3310	Silver - HP (U22)	4778
19	Silver - Performance (U19)	3324	Silver - HP (U22)	3922	Gold (U24 / U26)	5478
20	Silver - Performance (U19)	3742	Silver - HP (U22)	4534	Gold (U24 / U26)	6178
21	Silver - HP (U22)	4354	Silver - HP (U22)	5146	Gold (U24 / U26)	6878
22	Gold (U24 / U26)	5054	Gold (U24 / U26)	5846	Gold (U24 / U26)	7578
23	Gold (U24 / U26)	5754	Gold (U24 / U26)	6546	Gold (U24 / U26)	8278
24	Gold (U24 / U26)	6454	Gold (U24 / U26)	7246	Gold (U24 / U26)	8978
25	Gold (U24 / U26)	7154	Gold (U24 / U26)	7946	Gold (U24 / U26)	9678
26	Gold (U24 / U26)	7854	Gold (U24 / U26)	8646	Excellence	10378
27	Gold (U24 / U26)	8554	Gold (U24 / U26)	9346	Excellence	11078
28	Gold (U24 / U26)	9254	Excellence	10046	Excellence	11778

Estimation du niveau à partir duquel l'athlète à des chances de se qualifier pour l'équipe nationale (selon niveaux de performance actuels des athlètes canadiens.)