

**General Recommendations as to type of Competition and Training for Young Competitors (Ages 6-11)  
Training at TDC's (regular year round program participants)**

As of January 1, 2009

Note: Exceptional players (ie. top 5 in larger provinces and top 3 in smaller provinces) will be one year ahead of recommendations below for Competitive Players. For example, in Ontario at the NTC Program there are currently 6 year 2000's who began the year already at full court, while 10 2000's begin the year at ¾ court.

Year Born	Turning __ in 2009	Age Category in 2009	Recommended Competition and Training Environment For <u>Competitive Players</u>		Recommended Competition and Training Environment For <u>Recreational and entry Level Competitive Players</u>	
			Competition	Training Environment	Competition	Training Environment
1998	11	U12	U12 Events	Full Court Reg Balls	U12 Rookie Events	Full Court Reg Balls
1999	10	U10	U10 Transition Ball Events; transitioning to U12 regular ball events in the summer	Full Court Transition Balls and transitioning to regular balls in the spring	U10 Transition Ball Events	Full Court Transition Balls
2000	9	U9	¾ court at beginning of year and transitioning to full court transition ball events during summer period	¾ at beginning of year and transitioning to full court transition ball during the spring period	¾ court	¾ Court
2001	8	U8	¾ Court	¾ Court	¾ Court	¾ Court
2002	7	U8	½ court at beginning of year and transitioning to ¾ Court during summer period	½ court at beginning of year and transitioning to ¾ Court during summer period	½ court	½ court
2003	6		½ Court	½ Court	½ Court	½ Court