What is Athlete Development?

According to the Professional Association for Athlete Development Specialists (www.PAADS.org), the term athlete development has different meanings to different people. To some, it is about specific athletic skills and developing competitive athletes, while others suggest that it is about developing the whole person in the athletic context.

The LAADR defines the term through the following equation:

Player Development + Personal Development = Athlete Development

The two components are expected to allow athletes to develop their potential as a player in their sport domain, while also growing, developing, and succeeding in life away from sports, and in life after retirement from sports competition.

The LAADR Athlete Development Model (LADM) further depicts this definition:

In order to apply, further study, and validate specific factors in the LADM model, LAADR researchers have expanded the LADM to produce an Athlete Development Literacy (ADL) model.

For more information, please visit www.AthleteLiteracy.org