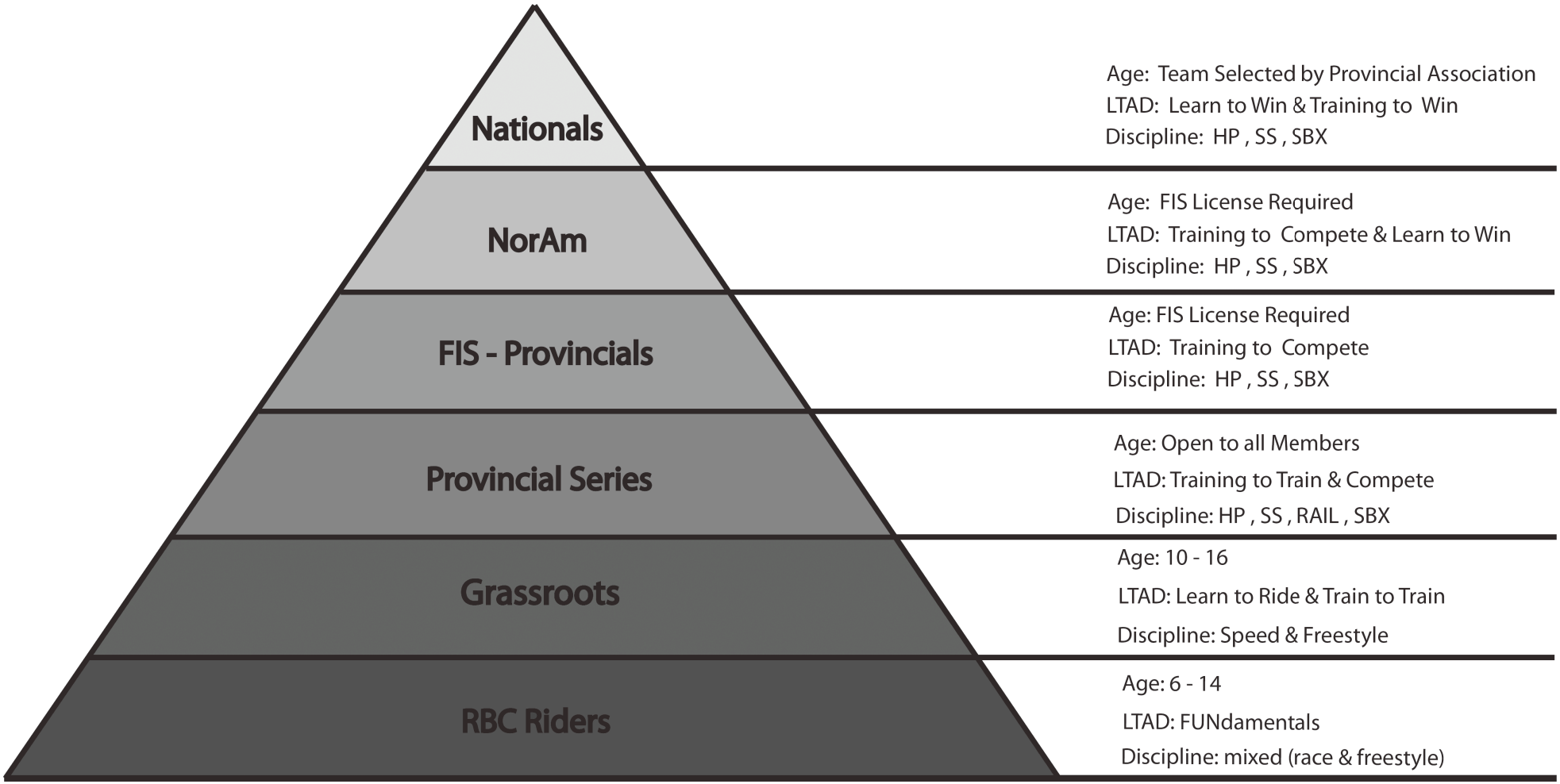**LTAD - Long Term Athlete Development Model*