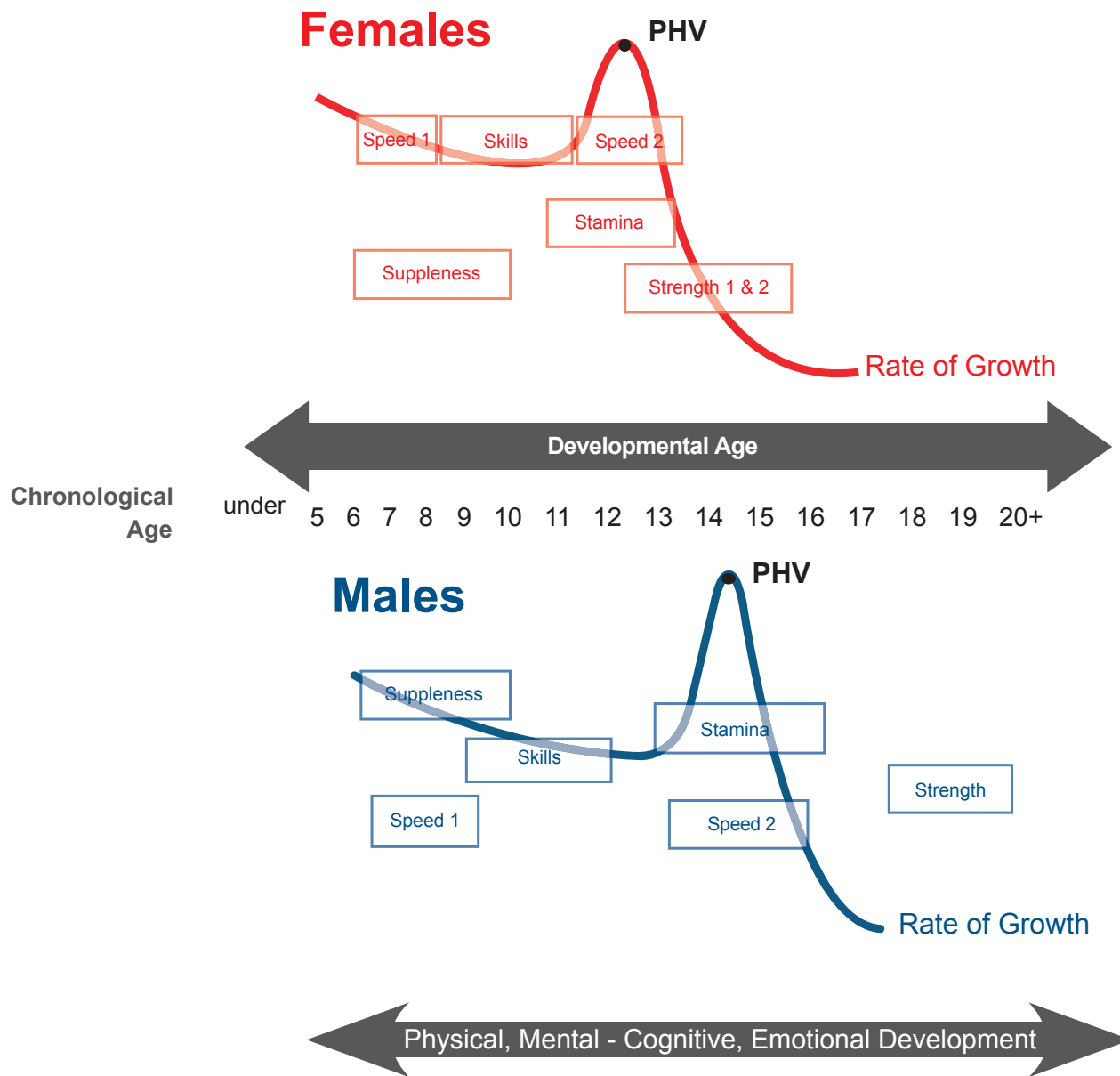


Figure 8 PacificSport - Optimal Windows of Trainability (Balyi and Way, 2005)



**All Systems Are Always Trainable!**