



Canadian Sport for Life

Long-Term Athlete Development A Sport Perspective

Ringette BC

Presented by

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British Columbia's Canadian Sport for Life Support Partners





LTAD is:

- Simply a way of stepping back and looking at the “big picture” of what your sport needs
- A way of simplifying the structure of your sport
- Detail there to ensure a consistent, evidence-based system for developing athletes
- A plan to help all those involved in your sport work together seamlessly
 - Coaches, Officials, Event Organizers, Clubs/Teams, Athletes, Parents
- Not just for High Performance, although this is often seen as the focus

“Stages of Ability”



LTAD is also:

- **Integrated** training, competition and **recovery** programming with relation to **biological and emotional development and maturation**
- Equal opportunity for **recreation** and **competition**
- **Athlete centred, coach driven** and officials, parents, administration, sport science and sponsor supported

Developing Physical Literacy!



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LTAD allows all Canadian to be physically active through sport/recreation and participation

LTAD is an optimal pathway from playground/pond to podium

LTAD facilitates all children to be physically literate (competent in fundamental movement and sport skills)



Seniors

Infants



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**Physical Education
School Sports**

**THESE THREE FACTORS ARE MUTUALLY
INTERDEPENDENT**

**SEPARATE DEVELOPMENT IS INEFFECTIVE
AND EXPENSIVE**

**Recreation
Physical Activity**



Organized Sport

Knowledge Base = Physical Literacy



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Current Sport/Athlete Development Models



A system of exclusion?

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Paradigm Shift

- Quantity to quality
- Exclusion to inclusion
- Age to stage
- System independence to integration
- ‘Sport for sport’s self’ to ‘sport for greater goals’
- The goal is immediate success to the goal is international (long-term) success
- Random to planned change

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The Seven Phases of CS4L



- **Active Start** - *learn basic motor skills*
- **FUNDamentals** - *build overall motor skills*
- **Learning to Train** - *learn all fundamental sports skills*
- **Training to Train** - *build the “engine” and consolidate sport-specific skills*
- **Training to Compete** - *fine tune the “engine”, skills and performance*
- **Training to Win** - *maximise performance, skills and engine*
- **Active for Life** - *opportunities for sport at any age, retain retired athletes for coaching/admin*

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Physical Literacy

Excellence

Life-long Physical Activity

Active Start

FUNDamental

Learning to Train

Training to Train

Training to Compete

Training to Win

Active for Life





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Physical Literacy

First 3 stages of LTAD

Before the onset of PHV

***Fundamental Movement skill +
Fundamental Sport Skills =
Physical Literacy =
Foundation for Participation & Excellence***

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Physical Literacy:

Much like the alphabet and phonics are fundamental skills needed to learn to read, the learning and practice of fundamental movement skills is the building block for the development of physical literacy. Fundamental movement and sport skills are critical for children to feel confident and engaged whether they participate in physical activity for fun, health, competition or the pursuit of excellence.

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Active Start Stage

Chronological/ Development Age
Males and Females: 0-6

Fundamental Movements

*Gymnastics
Swimming
Running
(Wheeling)*

“Getting Wet”



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FUNdamental Stage

Chronological/ Development Age
Males 6-9 and Females: 6-8

Fundamental Movements Skills + “Fun”



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Agility



Balance



Co-ordination



Speed



Jumping



Climbing



Walking



Skating



Hopping



Swimming



Skipping



Balance



Throwing



Dribbling



Kicking



Throwing



Hitting



Catching

The Great One's message to parents: Let your kids have fun

It's important for children to play other sports, says Gretzky after a spate of young stars have lost their desire for hockey

BY ERIC DUHATSCHEK CALGARY

He doesn't pretend to have all the answers about youth-hockey burnout, but Wayne Gretzky knows what worked for him — and what works for his kids.

Mr. Gretzky reiterated yesterday a gospel that many Canadian parents have ignored — that too often, young hockey players can get burned out by the pressure and the time commitment.

"First of all, I think every kid is different," said Mr. Gretzky, a Hall Of Fame player and currently the coach of the NHL's Phoenix Coyotes. "Some kids can play every day, all year long, like Gordie Howe — until they made him take his skates off. But that's a rarity, I really believe that.

"In youth hockey, in most cases, it's really important for kids to play other sports — whether it's indoor lacrosse or soccer or baseball. I think what that does is two things. One, each sport helps the other sport. And then I think taking time off in the off-season — that three- or four-month window — really rejuvenates kids so when they come back at the end of August, they're more excited. They think, 'All right, hockey's back, I'm ready to go.'"

Mr. Gretzky's comments came after a handful of recent examples of young athletes who, for whatever reason, lost their desire for their sport.

wasn't interested any more. Colorado Avalanche prospect Victor Oreskovich, a second-round pick in 2004, retired last October and returned to school to complete a business degree.

Mr. Gretzky, the NHL's all-time leading scorer, spent much of his youth as a multi-sport athlete and became good at both baseball and tennis as a youngster.

Winters, he'd spend hours skating on the backyard rink that his father, Walter, flooded every year in Brantford, Ont., once the weather got cold enough. But once hockey ended — and in that era, hockey usually ended in April — he was ready for something else.

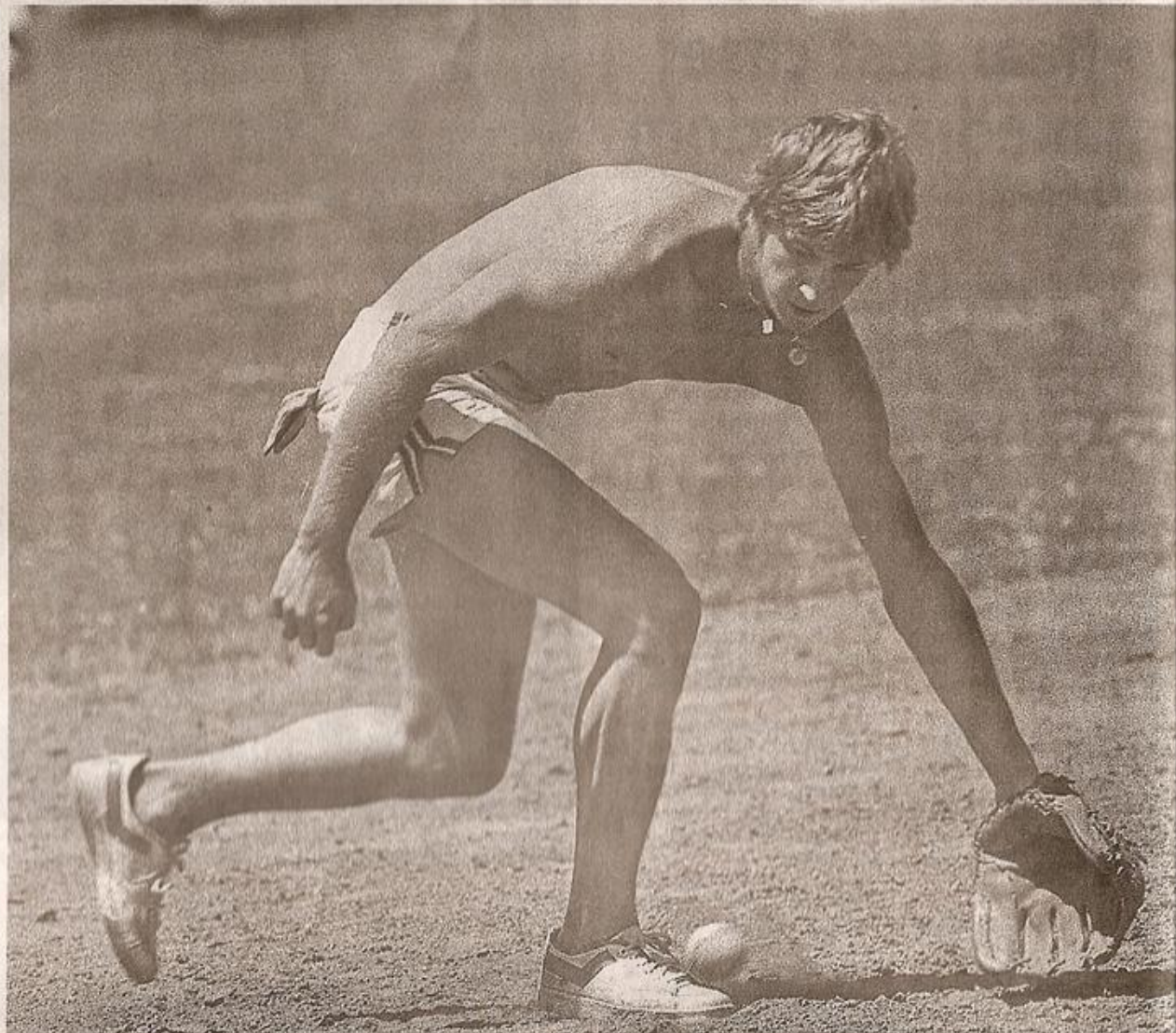
Today, many young athletes, seeking to achieve an elite level in a single sport, often devote all their energies toward that pursuit.

Summer hockey camps are so common that many parents fear their children will be left behind if they don't participate in them.

"It's a fine line," Mr. Gretzky said.

"I know, for myself, when the hockey season was over, I couldn't wait to play baseball. I had no interest in playing ice hockey until September. Then you get a guy like Gordie Howe, he couldn't skate enough. I don't have the answer, other than I think it's good for kids to participate in all sports."

Mr. Gretzky and his wife, Janet Jones-Gretzky, have five children — and the three old-



In 1980, Wayne Gretzky, age 19, plays junior baseball in Brantford, Ont., with the CKPC Braves. JACK DOBSON/THE GLOBE AND MAIL



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Training to Train

Developmental Age – onset of PHV

Males: 12-16 Females: 11-15

Building engine and sport specific skills



“Make or break the athlete”

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Training to Compete

Chronological Age

Males: 16-19 +/- Females: 15-18 +/-

***Optimizing engine
and
sport / event / position
skills***

“Competition”



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Training to Win

Chronological Age

Males: 19 -25+/- Females: 18 -23+/-

***Maximizing engine
and
event / position skills***

PODIUMS

“Road to Excellence”



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Active for Life

Enter at any age
(15+) (after physical literacy)

**Healthy
Life-long
Physical
Activity**

“Polo for Life”



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Two More Stages

Active for Life
Enter at any age

Training to Win
Males 19+/- Females 18+/-

Training to Compete
Males 16-23+/- Females 15-21+/-

Training to Train
Males 12-16 Females 11-15

Learning to Train
Males 9-12 Females 8-11

FUNDamentals
Males 6-9 Females 6-8

Active Start
Males and Females 0-6



**First Contact/
Recruitment**

Awareness

Since people become disabled at any age, no ages have been assigned to these additional stages. The lifelong importance of an Active Start for kids with a congenital disability cannot be over-emphasized.

Athletes with a Disability



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New way of doing things:

- New philosophy
- New programs
- Re-design of existing programs
- New system of competition
- New talent ID systems
- New coaching education curriculum
- New governance

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Final Words on LTAD

- Start off with physical literacy
- Cash in on Windows of Trainability
- Improve talent ID system
- Improve the system of competition
- Work on system alignment and integration
- Need good coaches at early stages
- Health and well-being always comes first



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Questions and comments?



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