

## 2011 Canadian Sport for Life Workshop

January 19

## Atelier 2011 « Au Canada, le sport c'est pour la vie »

19 janvier

| 1/19/11       | Type                       | Title/Titre   | Speakers/Conférenciers   |
|---------------|----------------------------|---|--|
| 7:45          |                            | Breakfast Le petit déjeuner   |  |
| 8:30 – 9:30   | Plenary<br>Plénière        | Now CS4L is a Movement: What Does that Mean? *<br>Maintenant que ACSPV est un mouvement: Que cela signifie-t-il ? *   | Richard Monette  |
| 9:45 – 10:45  | Individual<br>Individuelle | A1 <b>Turning the Machine Around: How Hockey Canada Developed it's LTAD Plan *</b><br>Hockey needed to take a serious look at where it was at across the country at all levels. Surveys and questionnaires painted the picture and a plan was put in place. The resources necessary to implement the plan were then developed along with an evaluation system to ensure success.<br>Changement de cap: Comment le hockey a développé son plan DLTA *  | Corey McNabb   |
|               |                            | A2 <b>Aligning CS4L with Injury Prevention</b><br>If we increase the number of people participating in sport we can reduce the number of injuries sustained within the community. This session explores the connection between physical literacy and the causes and contributing factors of injury and injury-related death that cost Canadians \$19.8 billion annually. How do we enhance our sport and recreation programs to capitalize on the benefits that can reduce the costs associated with injury?  | Brandy Tanenbaum   |
|               |                            | A3 <b>Alberta Sport for Life: A Provincial CS4L Strategic Plan</b><br>This session will highlight the current projects and initiatives within each sector of the Alberta Ambassador Network. We will also share Alberta's recently developed strategic plan which emphasizes the collaborative approach to advance Physical Activity and Physical Literacy amongst Albertans to improve health, wellness and sporting experiences.  | Alberta Ambassadors  |
|               |                            | A4 <b>Where CS4L Intersects with Health</b>   | Emily Knight & Dr. Meghann Lloyd   |
|               |                            | A5 <b>Engaging Girls &amp; Women: Best Practices from the Field</b><br>Girls and women represent an untapped market of athletes, coaches, officials, volunteers and administrators. This session will review the needs, interests and experiences of this important target group, highlight innovative programs being implemented by national, provincial/territorial and community sport organizations, and provide practical tips and ideas to enhance your programs and initiatives. Resources and tools available from CAAWS will also be shared.   | Karin Lofstrom & Sydney Millar   |
|               |                            | A6 <b>Changing the Basketball Culture</b><br>This session will look at the evolution of CS4L in basketball in Ontario with regards to the changes that have been made in competition, high performance training and governance.   | Michele O'Keefe, Shawn McPhee & Derrick Stryker  |
| 11:00 – 12:30 | Panel                      | B1 <b>Coaching: Changing How We Do Things *</b><br>What are the roadblocks that prevent coaches from fully developing young talent's potential at the L2T and T2T Stages and what possible solutions are you implementing to CHANGE HOW WE DO THINGS or solutions you would like the sport community to adopt?<br>L'entraînement: Modifier notre façon d'intervenir *<br>Quelles sont les problématiques rencontrées par les intervenants qui souhaitent accentuer le développement du talent sportif chez les jeunes 8-12 ans et 12-15/16 ans. Quelles solutions avez-vous apportées récemment qui favorisent l'éclosion du talent ou quelles seraient les actions que vous souhaiteriez voir la communauté sportive adoptées. | Charles Cardinal (M), Yves Archambault, Carolyn Trono, André Lachance & Christian Hrab     |
|               |                            | B2 <b>Promising Practices in Promoting an Active Start</b><br>Multi-sectoral leaders from across Canada will present their experiences in promoting physical literacy and the active start stage of the LTAD. Presentations will include information on initiatives, resources and overall promising practices in promoting an active start.  | Katie Faloon-Drew (M), Dr. Colin Higgs, Elaine Danelesko, Janis Phillips & Kristen Harrott |
|               |                            | B3 <b>Technology in the Context of CS4L</b><br>Opportunities to connect in new and different ways are evolving at a rapid rate. New technology  | Christian Hrab (M), Simon Reffold, Don Devenney, Kevin Rimmer                              |

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|               |                            |    | solutions are becoming available to manage membership, track data and manage information for athletes and service providers in ways not imagined a decade ago. The decimation of information and availability of web based coach education tools has also radically changed. Come join these three leaders of advanced web-based technologies as they discuss how they are applying solutions on a stage-by-stage basis.   |   |
|               |                            | B4 | <b>Change at the Community Level</b>   | Mark Vulliamy (M), Gary Shelton, Michael Lalonde, Rick Lambert & Ken Lodewyk      |
| 12:30 – 13:30 | Plenary<br>Plénière        |    | <b>Lunch Pause-repas</b><br><b>What is our Purpose?</b>  | Richard Monette   |
| 13:30 – 14:30 | Individual<br>Individuelle | C1 | <b>Specialization in Sport – A Tricky Business! *</b><br><b>La spécialisation dans le sport - Une affaire complexe *</b>   | Istvan Balyi  |
|               |                            | C2 | <b>Physical Literacy Environmental Scan: Pilot Results</b>   | Dr. Vicki Harber  |
|               |                            | C3 | <b>Inverted: Acrobatic Sport Now Working Together</b><br>Four sports with acrobatics at their core are working together to advance all by using their individual best practices and building off the commonalities seen through the LTAD lens.   | Meredith Gardener   |
|               |                            | C4 | <b>Strengthening the Link Between Physical Education and LTAD</b><br>This session will explore the key characteristics of a Quality PE Program and unpack the assumptions by coaches of what they believe is happening in Physical Education classes. Through a better understanding, we can close the gap between schools and LTAD and demonstrate how Quality PE Programs can support LTAD.  | Glenn Young   |
|               |                            | C5 | <b>Lords of Discipline-Specific: Targeted Models for AWAD and More</b><br>Organizations are facing the challenge of creating their own discipline, group and community-specific LTAD models. The presenters share their experience in creating two very different Cycling "sub-models"- one for AWAD and one for BMX. Learn how they engaged inside and outside experts and organizations and found new ways to reach their target audiences with specific LTAD models.  | Paul Jurbala & Mathieu Boucher  |
|               |                            | C6 | <b>Supporting Young Developing Athletes</b>  | Dr. Penny Werthner  |
| 14:45 – 16:15 | Panel                      | D1 | <b>Building Champions in Individual Sports at the T2T-T2C Stages *</b><br>The CS4L LTAD resource paper taught us that the Train to Train stages is one of the most important stage of athletic development." During this stages, we make or break an athlete!"<br>This panel of professional coaches will share T2T and T2C stories of: <ul style="list-style-type: none"> <li>Roadblocks and challenges encountered when building champion T2T athletes.</li> <li>Solutions and successes of athletes transitioning into the T2C stage.</li> <li>Ideas and recommendations for improved programming at these 2 stages.</li> </ul> <b>Créer des champions dans les sports individuels aux stades S'entraîner à s'entraîner et S'entraîner à la compétition *</b> | Christian Hrab (M) Jeff Thompson, Luc Arseneau, Pierre Lafontaine, Lucinda Jagger |
|               |                            | D2 | <b>Building Champions in Team Sports at the T2T-T2C Stages **</b><br>What are the roadblocks and challenges in building champions and full developing our athletes' potential at the T2T and T2C stages of LTAD? What potential solutions are you implementing to change how things are done? What solutions would you like the sport community to adopt?<br><b>Créer des champions dans les sports d'équipe au stades S'entraîner à s'entraîner et S'entraîner à la compétition **</b>  | André Lachance (M), Julien Boucher, Julie Healy, Sylvie Beliveau, Mike MacKay     |
|               |                            | D3 | <b>Active for Life</b>   | Donald Njelseani (M), Andrea Carey, Christa Costa-Bradstreet, Helen Radford       |
|               |                            | D4 | <b>Paradigm Shifts in Different Sectors</b><br>You can plan for what has happened in the past, you can plan for what is happening now or you can plan for what you anticipate the future to be. Join thought leaders from various sectors for insight into the existing paradigms that they see shifting in the future.  | Richard Way (M), Istvan Balyi, Jeff Carmichael, Elaine Danelsko & Reg Leidl       |

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| 16:30 – 17:30 | Individual | E1 | <b>CS4L 2.0 – The Future * ACSV 2.0 - Le future *</b>  | Richard Way & Christian Hrab      |
|               |            | E2 | <b>Stopping Injury Before it Occurs</b><br>This presentation will demonstrate where the most common sport injury prevention strategies can be inserted into the LTAD model. Sport-specific examples will be highlighted.   | Dr. Khatija Westbrook             |
|               |            | E3 | <b>Supporting Physical and Emotional Literacy for Children in Sport</b><br>Find out how NSO's and PSO's are developing a holistic approach to the FUNdamentals and L2T stages of LTAD. In these stages, children are in need of key development points to ensure physical literacy. If you are involved in coach education and development, this session will help you identify how you can: <ul style="list-style-type: none"><li>• Add value to the NCCP guiding principals at the Community Context</li><li>• Provide ideal supplementary learning for coaches to allow them to create well rounded young athletes</li><li>• Integrate physical and emotional literacy into professional development for coaches on a national, provincial or local level</li></ul> | LJ Bartle & Dustin Hopkins        |
|               |            | E4 | <b>Child Protection</b><br>This session will explore child protection on a stage-by-stage basis, looking at it from a physical, psychological, mental health & sexual perspective.   | Dr. Colin Higgs                   |
|               |            | E5 | <b>Don't Judge Me: Knowing Trends in Your Officials</b>  | Mitch Gellar                      |
|               |            | E6 | <b>Igniting the Young Athlete</b><br>CSC Pacific in partnership with the PacificSport Centre is launching Ignite - a new development program preparing young athletes in the L2T/T2T stages. We will present the program development strategy and an overview of how three training paradigms, Strength and Conditioning, Gymnastics and Track and Field, have been combined into a program to build foundational fitness and athleticism.   | Dr. Gord Sleivert & Tyler Goodale |
|               |            | E7 | <b>Physical Literacy in Action!</b><br>Looking for the tools to teach children to be physically literate? Through developing FUNdamental Movement Skills and creating a positive learning environment, this can be achieved! Come join Ever Active Schools and Be Fit for Life Coordinators for this practical workshop and take away activities and resources to develop physically literate children.  | Tracy Lockwood & Stephanie Wierl  |

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|---------------|----------------------------|--|--|
| 7:45          |                            | Breakfast <b>Le petit déjeuner</b>   |  |
| 8:30 – 9:30   | Plenary<br>Plénière        | What are our Critical Success Factors?   | Richard Monette  |
|               | Plenary<br>Plénière        | TBD  | Sport Canada & Richard Way   |
| 9:45 – 11:15  | Panel                      | F1 <b>Challenges of Implementation at the P/T Level *</b><br><b>Les défis reliés à l'implantation au niveau provincial et territorial *</b>  | Carol Malcolm-O'Grady (M), Steve Harris (M), Warren Proctor, Carolyn Trono & Andrea Wooles |
|               |                            | F2 <b>Periodization of the T2T Athlete **</b><br><b>La périodisation de l'athlète impliqué dans le stade 'S'entraîner à s'entraîner' **</b>  | Istvan Balyi (M), Charles Cardinal, Mike MacKay & Peter Niedre                             |
|               |                            | F3 <b>The Implementation of New FUNdamental Programs **</b><br><b>Implantation de nouveaux programmes d'initiation au sport **</b>   | Brian Rahill (M), Andre Lachance, Brett Thompson, Dr. Meghann Lloyd & Tom Davies           |
|               |                            | F4 <b>Linking CS4L to the Education System and Curriculums</b><br>This session will explore: <ul style="list-style-type: none"> <li>The relationship between LTAD and Physical Education curricula.</li> <li>The use of the Mini Volleyball and Atomic Volleyball school programs as a curriculum support resource.</li> <li>The Golf in Schools Program and its link as a curriculum support resource for schools.</li> </ul> Combined, these experts will provide practical examples of how elements of CS4L are being integrated into schools and their link to support existing curricula.   | Dr. James Mandigo (M), Glenn Young, Ted Logan & Doug Anton                                 |
| 11:30 – 12:30 | Individual<br>Individuelle | G1 <b>Sport for Life Cochrane: The Engagement of a Small Town in the Principles of LTAD *</b><br>Although each municipality will face its own unique challenges when implementing Canadian Sport for Life ideals, it is possible -and in some ways easier - to influence change in smaller communities.<br><b>L'histoire de Cochrane: L'engagement d'une petite communauté envers les principes du DLTA *</b>  | Lea Norris & Dr. Stephen Norris  |
|               |                            | G2 <b>Sport Schools : The Optimal T2T Environment</b>  | Richard Way & Carl Repp  |
|               |                            | G3 <b>Physical Literacy Considering all Physical Adaptations: Definition, Measurement &amp; Methods</b><br>This presentation will focus on how physical literacy definitions may, or may not encompass the needs of Canadians with disabilities. We will discuss how the recreation, education and sport sectors can include Canadians with disabilities in their programming. We will also discuss how outcomes could be measured once these participants are included in the programs.   | Dr. Meghann Lloyd & Dean Kozak   |
|               |                            | G4 <b>Implementing LTAD: The Canadian Lacrosse Association's Plan</b><br>Designing and approving a sport's LTAD plan is just the beginning. It is critical that there also exists an implementation process. A program, no matter how well it is designed, is destined to fail in the absence of an effective implementation process. The CLA's LTAD implementation plan identifies what has been accomplished and what still needs to be done. It identifies specific tasks, responsibilities, costs, and timelines. It includes two appendices: A) a communication strategy for coaches/parents at the mini-tyke, tyke, and novice divisions; and B) provincial funding guidelines for LTAD implementation to help subsidize the implementation costs. | Dr. Duane Bratt  |
|               |                            | G5 <b>CS4L Implementation: Real Stores of Change by PSOs</b><br>This session will focus on the exciting changes that are happening with PSOs in BC. Over 20 organizations have developed CS4L Implementation plans that are being realized as change begins.   | Drew Mitchell  |
|               |                            | G6 <b>Physical Literacy for All: Foundation Sports Working Together</b>  | Cathy Haines   |
|               |                            | G7 <b>Using the LTAD Model as a Basis for Implementing &amp; Operating the Programs of a Canadian College</b>  | Leigh Goldie & Francois Fournier   |

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| 12:30 – 13:30 | Plenary<br>Plénière |    | <b>Lunch Pause-repas</b><br><b>The Honourable Gary Lunn, Minister of State (Sport) L'honorable Gary Lunn, ministre d'État (Sports)</b>   |
| 13:30 – 14:00 | Plenary<br>Plénière |    | <b>A Peek Outside: Exploring the Nature Literacy Concept</b><br>Playing and being physically active outside leads to numerous benefits that cannot be achieved indoors. This talk will propose adding “outdoors” as another essential environment for the achievement of physical literacy. An introduction to “nature literacy” and the need for reconnecting children to the natural world will be discussed.                            |
| 14:15 – 15:45 | Panel               | H1 | <b>Train to Win *</b><br>This panel will discuss the CS4L high performance stage ‘T2W’. The panelists will present their key points surrounding this stage and the audience will have an opportunity to make their own comments and engage the panel members further.<br><b>S'entraîner à gagner *</b>   |
|               |                     | H2 | <b>Communicating CS4L **</b><br><b>Communiquer le DLTA **</b>  |
|               |                     | H3 | <b>Practical Applications of Physical Literacy</b>   |
|               |                     | H4 | <b>Conflicting Messages for the Female Athlete</b><br>To kick start the session, each panel member will present a short case describing a “conflicting message” they have experienced in their profession. Disciplines of coach education, athlete therapy, sports medicine and exercise science are some of the areas represented for this session. Questions and discussion will be welcomed throughout this highly interactive session. |
| 16:00 – 17:00 | Panel               |    | <b>When Will we have 100,00 CS4L Champions? *</b><br><b>Quand aurons-nous 100,000 adeptes du mouvement ACSPV ? *</b>   |

\* Simultaneous translation available *Service de traduction simultanée disponible*

\*\* Questions responded to in French & English *Questions répondues en français et en anglais*

(M) = Moderator *Modérateur*