

Did You Know: Physical Literacy

If you can't count, you can't add. If you can't throw, you can't play a number of sports...

Physical Literacy is a key concept behind the CS4L model for both competitive excellence and long-term wellness in activity and sport.

Some of Canada's greatest athletes are prime examples of physical literacy in action. Here are a few famous Canadian athletes who didn't specialize too early in one sport or activity, but leveraged their fundamental skills from one pursuit to another:

Steve Nash is a superstar NBA basketball player, but he was also an accomplished soccer, hockey and baseball player as a teen. He didn't start playing basketball until he was 12 or 13 years old!

Hockey's Great One, **Wayne Gretzky**, was a star player in both youth lacrosse and baseball. Throughout his career, he was also famous for the childlike joy he took in playing, despite being recognized as a supreme 'competitor'.

Marquee MLB baseball player **Corey Koskie** played Junior-A hockey with the Selkirk Steelers, and he was also a star volleyball player at the University of Manitoba before he committed to baseball full-time.

Baseball great **Matt Stairs** excelled in hockey as a youth, and today he coaches youth hockey during the Major League Baseball off-season.

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