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**sport** nova scotia

 Sport for Life

Canada 

ACTIVE  FOR LIFE

 NOVA SCOTIA

# Agenda

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- ❑ What and WHY of Multisport
- ❑ Current landscape of Sport Nova Scotia endorsed Multisport programs
- ❑ Building best practices through process development
- ❑ Keys to success
- ❑ Provincial impact
- ❑ Learnings and ongoing development
- ❑ Multisport in your community



# We want to help kids reach their potential through sport!

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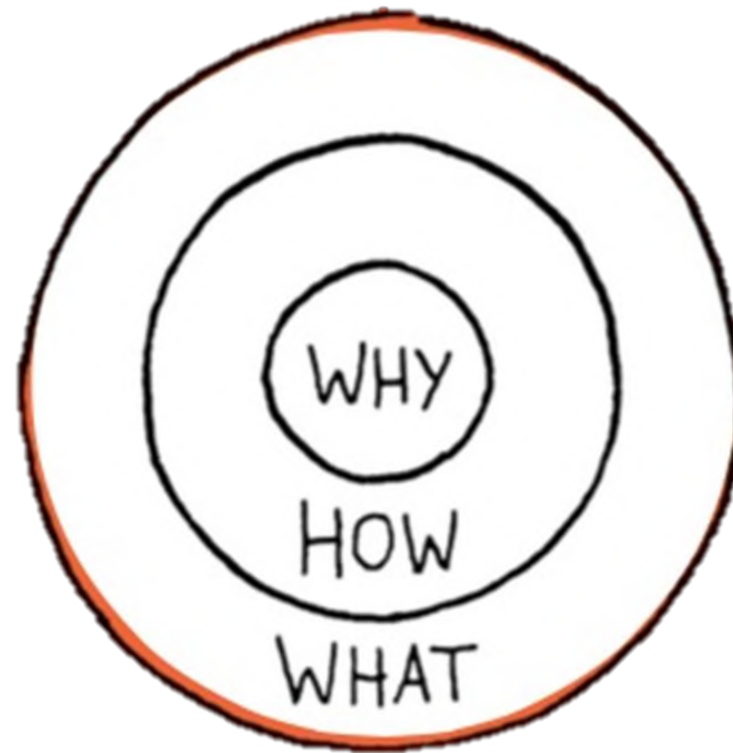
**Sport Nova Scotia Multisport programs are collaborative projects between community sport organizations and municipal recreation departments, with the support of numerous community sport stakeholders.**

**Our vision is to grow children through sport by providing opportunities to develop the skills and confidence to enjoy the positive benefits of a quality experience.**

“People don’t buy what you do,  
they buy why you do it.”

~ Simon Sinek

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# Why?







**EARLY,  
SINGLE-SPORT  
SPECIALIZATION  
DOES MORE HARM  
THAN GOOD.**

#### EARLY SPECIALIZATION

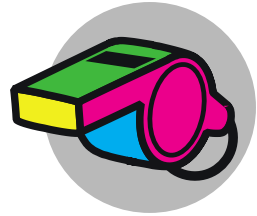
Increases risk of  
overuse injuries in  
developing bodies



Causes kids to burn  
out and quit sports  
altogether



Decreases overall  
athletic development



**GETMORE  
FROMSPORT.CA**

- ❑ Get More from Sport Campaign
- ❑ Produced and running a CAC approved Multisport module
- ❑ Hockey NS and Soccer NS conducted a policy review of their clubs



**RBC  
Learn to Play  
Project**

## BENEFITS OF A MULTISPORT ATHLETE

Reduction in injuries due  
to wide range of  
movement skills



Kids stay engaged longer and  
maintain motivation to  
participate – FUN!



Well rounded athletic  
Development



# Process Development

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- ❑ Work plan and bilateral alignment
- ❑ Nova Scotia Sport for Life implementation plan
- ❑ Community energy around enhancing quality sport
- ❑ Municipal recreation alignment
- ❑ Continued S4L/PL/LTAD 101
- ❑ Collective impact
- ❑ Building it together





# Keys to Success

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- ❑ Program design fit to community needs and resources
- ❑ Reduction of barriers
- ❑ Age and stage alignment
- ❑ Clearly defined partner roles and responsibilities
- ❑ Sport Nova Scotia = backbone support
- ❑ Measurable impact
- ❑ Parent engagement throughout
- ❑ Prioritizing sustainability



# Provincial Impact

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- ❑ Participants
- ❑ Parent Engagement
- ❑ National Connections
- ❑ Program Partners
  - CSOs
  - PSOs
  - Municipal Recreation
  - Community Sport Stakeholders







# Learnings & Ongoing Development

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- ❑ **Testing ground for enhanced quality sport initiatives**
- ❑ **Increased opportunities by thinking outside the box**
- ❑ **Increased parental engagement**
- ❑ **Building stronger community relationships**
- ❑ **When we know what we know, it's simply the right thing to do...**





# Multisport in your Community...

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- ☐ Are you at a state of readiness for a collaborative community approach to Multisport delivery?
- ☐ What partners would you engage? Who has energy and capacity to do something different in community sport delivery?
- ☐ What is the best avenue to bring people together to start the conversation?
- ☐ Who will provide the backbone support?
- ☐ What will be the roles and responsibilities of each partner?
- ☐ What are your community's goals and vision for Multisport delivery?
  - ☐ What program format and target age group fit best?
  - ☐ What facilities and environments would be ideal?
  - ☐ What does quality leadership look like?
  - ☐ What are the curriculum and equipment needs?
  - ☐ What logistics are needed?
  - ☐ How do you know if you are successful?





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