

Long-Term Athlete Development and Quality Sport



Sport for Life

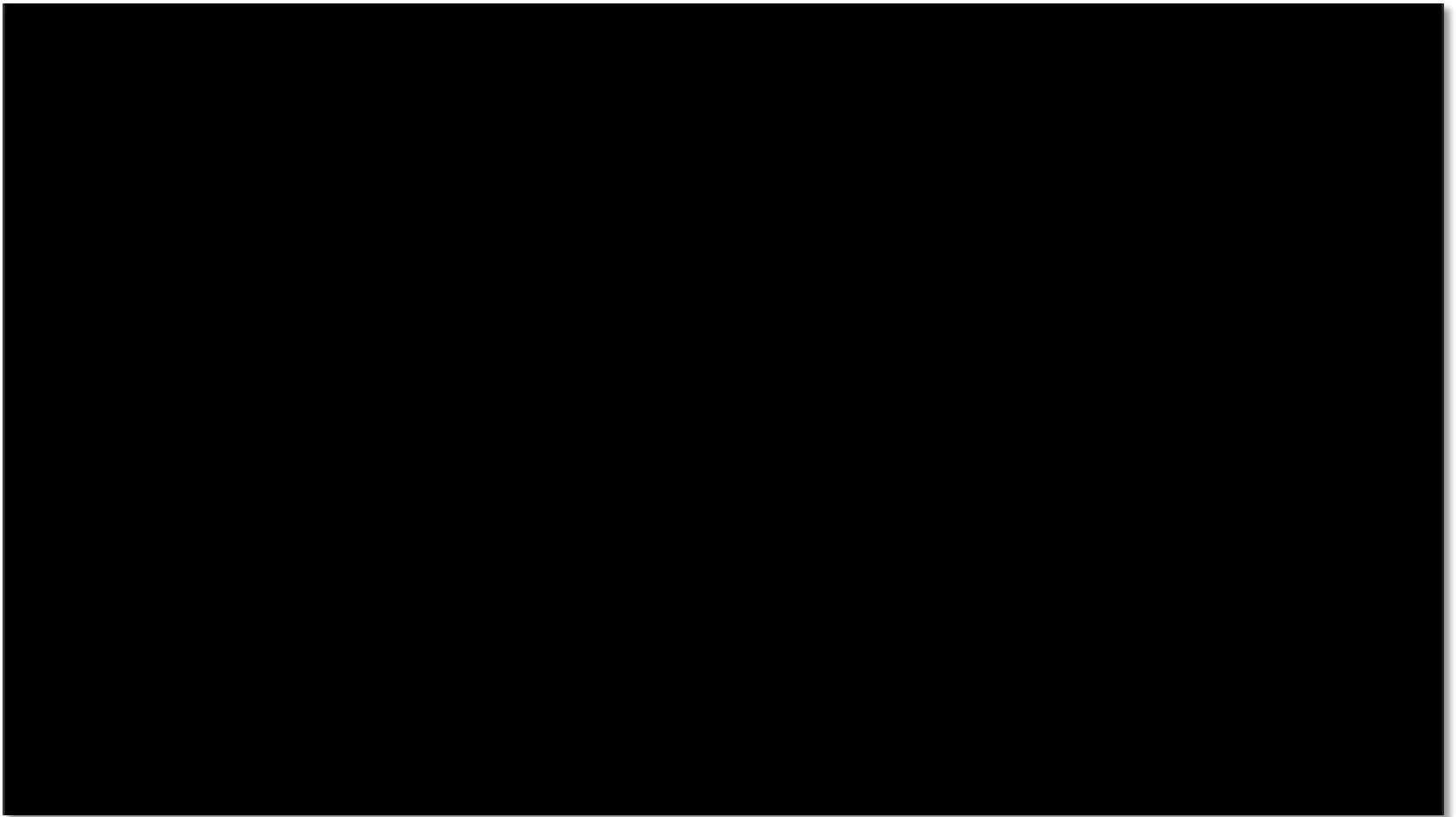
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What is quality sport?

<http://bit.ly/2E5I7KM>



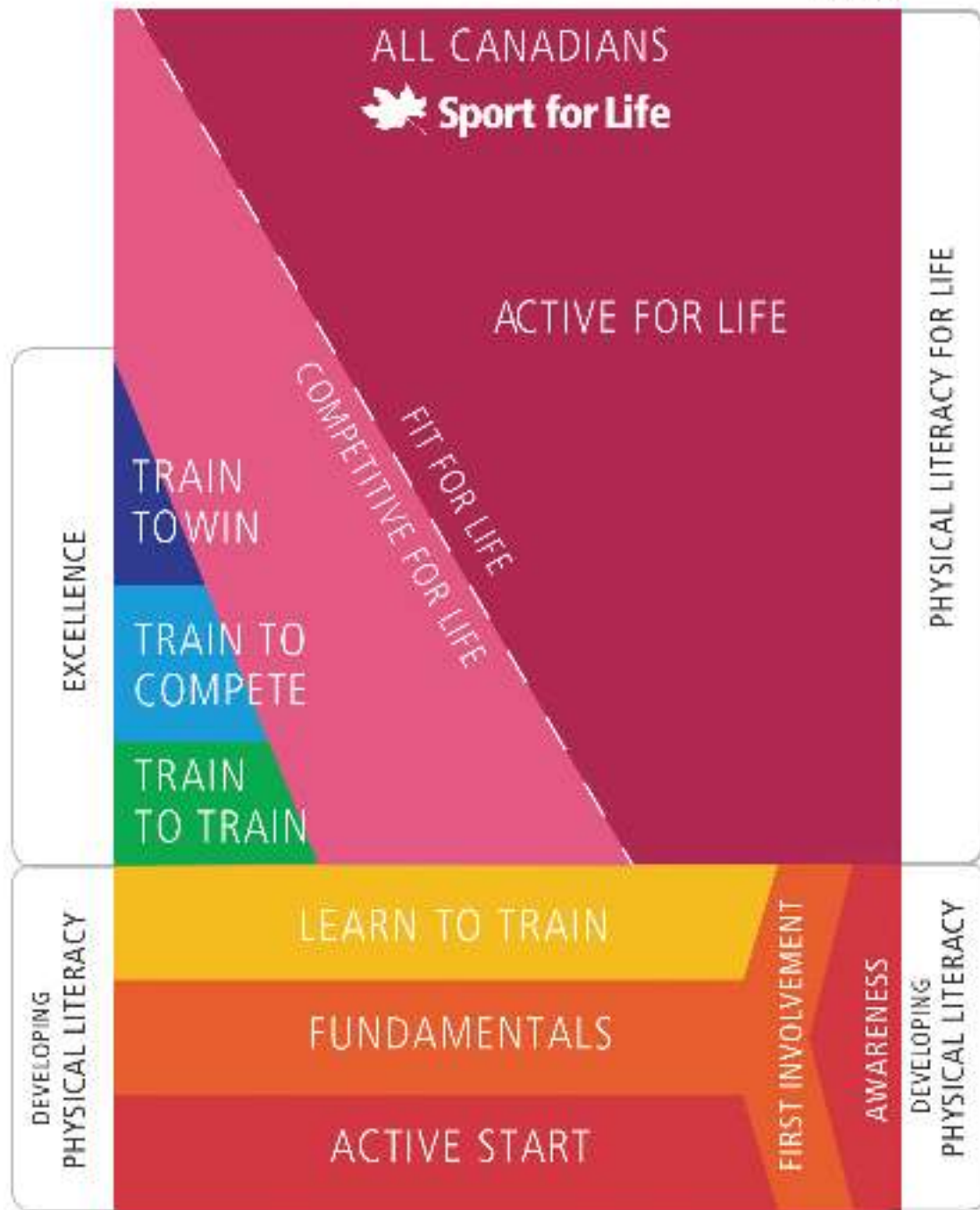
Why did this come about?

- Helping sport implement LTAD
- Finding language that was relevant and all could relate to its value



Quality Sport Checklist

Based on Long-Term Athlete Development

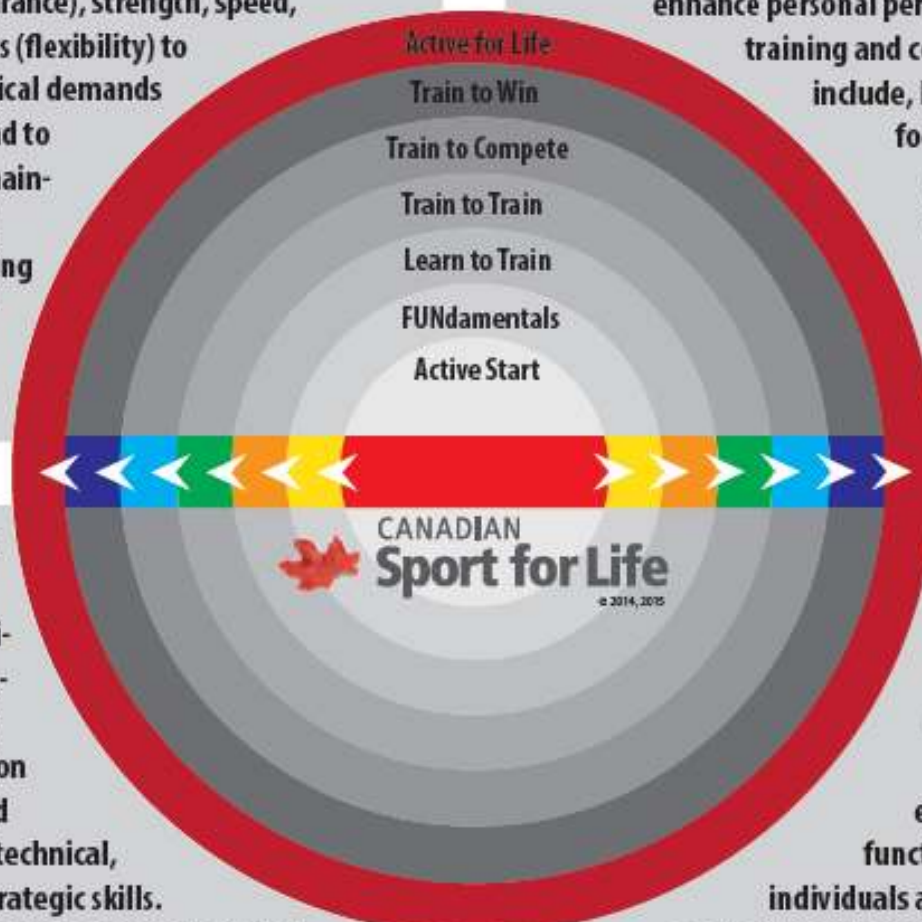


Physical Capacities

Engage in stage-of-development appropriate training to develop general, and sport-specific, stamina (endurance), strength, speed, and suppleness (flexibility) to meet the physical demands of the sport and to develop and maintain optimum health, including injury prevention.

Psychological (Mental) Skills

Learn stage-of-development appropriate mental skills that enable the athlete to enhance personal performance in both training and competition. Skills include, but not limited to focus and attention control, effective visualization and emotional control under performance pressure.



Execute stage-of-development appropriate fundamental movement skill, foundation sport skills and sport-specific technical, tactical and strategic skills. Focus is on developing and enhancing skill performance under pressure.

Learn stage-of-development appropriate emotional, social and life skills to enable athletes to function effectively as individuals and harmoniously as group members; enabling them to focus on key educational, relationship and sport activities.

Technical Skills

Life Skills

How did this come about?

- Launched within the Aboriginal Communities: Active for Life workshop (June 2017)



Quality Sport Checklist

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ABORIGINAL COMMUNITIES: ACTIVE FOR LIFE



Quality Sport Checklist

Based on Long-Term Athlete Development

Quality sport

based on Long-Term Athlete Development is...



...leading to

**individual excellence
and optimum health**

Ideas for using the checklist?

- Alignment (community, provincial/territorial, national sport organizations)
- Coach development and education
- Program assessment
- Parent information and guidance
- Others?

Let's talk about each of these...

In pairs or 3's (at your table or self-selected), choose 1 component to discuss.

- On the next slide will be the questions to guide your conversation.



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Here we go!!

Read through the statements for the component you've selected:

1. What do these elements look like in your club or place of sport?
2. What supports or capacities do you need to move these along?
3. How can you see yourself using this checklist?

Big group share

What next?

- Quality Sport videos and Interactive PDF – April 2018
- Quality Sport Resource
- Quality Sport: Youth Sport Experience (UofT, McMaster University and Nipissing University)
 - Visit their table near the Mozart Room

THANK YOU

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