

Sport for Life LTAD Advisory Group Meeting Minutes

June 7th, 2018 (9:00am – 2:30pm EDT) SIRC/CPC Office – 85 Plymouth Street, Ottawa, ON

Attendees: Sean Liebich, Peter Niedre, Heather Ross McManus, Carolyn Trono, Anna Mees, Corey Beard, Aaron Nutting, Debra Gassewitz, Nathalie Muller
Note taker – Noah Marion (SIRC)
On-line: Meredith Gardner, Matthew Kennedy
Regrets: James Sneddon, Vick Harber

Summary of Discussions

There was discussion around filling the 2 vacant seats and suggestions included smaller PTSO Rep, a PTASB rep, younger people coming up through the sport system, and a CPRA member as a community representative from an LTAD community.

Clarification was requested by the group on how funding and other decision-making takes place within Sport for Life. The process was explained including the role of the CEO, budget recommendations received through Sport Canada, and the input and guidance from the NSO MSO Leads Day. Carolyn also presented the new LTAD Division draft website page and the group provided feedback.

Considerable discussion took place with a focus on LTAD Division Expected Results with reference to the Sport for Life Strategic Plan and for the group to gain understanding and insight into the upcoming initiatives. The group liked the idea of having S4L core resources and expert time provided for NSOs with a complete activation plan. They recommended that the allocated three expert days have some flexibility in how and when these are used. The group provided input on a variety of approaches and considerations regarding service to NSOs, proposing a more flexible system where NSOs could share days with other sports that have similar backgrounds, and other networks could be informed of and support these initiatives.

The group discussed many topics around improving system alignment. For the Canada Games, it was suggested that sports should be able to modify their respective definition of *meaningful competition* to better serve their sport's unique indicators of success. Regarding coaching, there was a discussion around LTAD integration into coaching and NCCP. The group suggested that LTAD integration should happen first to allow for proper reinforcement concepts at the community level. The group highlighted the importance of having aligned language that is common and easy to understand by the parent coach and communication along the entire pathway, including in the high performance context. It was suggested that starting at the community coach level is beneficial as they have the largest mass of athletes to work with, and

creating learning portals to better store LTAD information for later use by coaches at all levels. Regarding FPT jurisdictions the group suggested information sharing through webinars targeting NSO, PTSO and CSO and increasing LTAD workshops and material that is available to the French speaking community.

The group discussed the progress tracker providing feedback on its use, discussing the purpose and future of the tool, and the potential to include PTSO data into the tracker.

The group discussed the new Learning Series for new NSO Staff and suggested it be no charge as it helps better alignment ensuring everybody would have access to the program. The group also suggests having a reading list for information in regards to LTAD training and the specific relevance of each LTAD program aspects for each respective sport.

Finally, the group discussed LTAD Leads Day and suggested more networking time, more interactive sessions, fewer lecture style presentations, more practical expert led workshops and best practices to address areas and gaps based on what the Progress Tracker shows.

The next meeting was decided to be November 8 during Sport Leadership in Ottawa.