

# **Aboriginal Sport for Life & Aboriginal Long-Term Participant Development**



# Project Overview



# Identify Key Themes

- Aboriginal HP Support
- Aboriginal Sport for Life
- Aboriginal Long Term Participant
- Cultural relevance
- How will this assist us on the ground ?
  - Physical Literacy- Healthy Start
  - Athlete Pathway-High Performance
  - Active for Life- Community Leadership



# WHAT IS ABORIGINAL SPORT FOR LIFE?

- Aboriginal Sport for Life (AS4L) will be a resource that identifies the ALTPD resource as the pathway for activity and athlete development throughout the lifespan
- AS4L will link health, sport, recreation & education sectors in developing healthy, active citizens and nurturing potential athletes
- AS4L will focus on developing physical literacy to ensure that everyone has the fundamental movement skills and confidence to pursue whatever activities they choose throughout their lifespan



# WHAT IS ALTPD?

- ALTPD is the Aboriginal Long-Term Participant Development resource
- It will be a stand alone supplement to the CS4L Long Term Athlete Development pathway which is the best practice of how to better support and develop Aboriginal athletes in Canada
- The ALTPD resource is centred on the Aboriginal athlete
- It is being built to support Aboriginal Sport Leaders in the community, the Aboriginal Sport System, and to better support Aboriginal athletes within the mainstream sporting environment



Aboriginal Athletes are under represented at the Elite level





# How will the Aboriginal Resource help

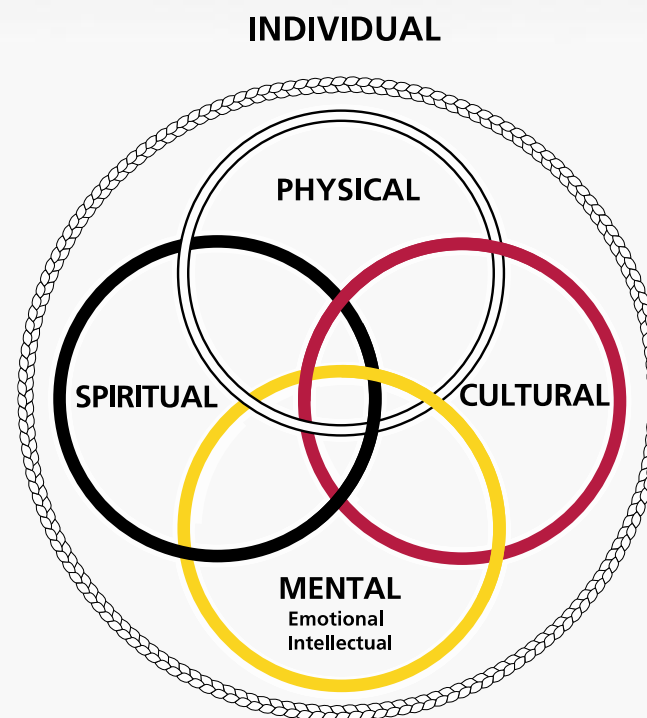
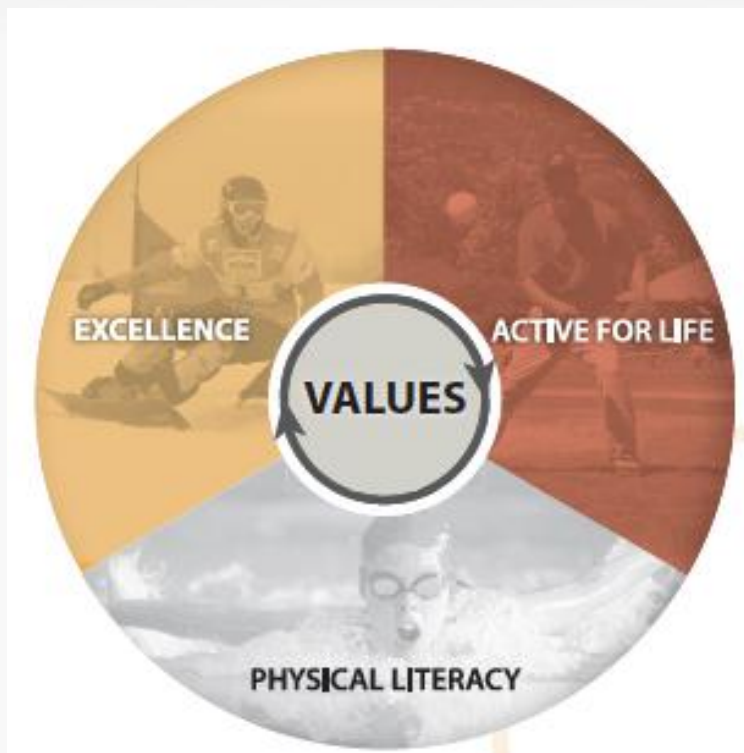


## Values-Centred Approach

While the Aboriginal Peoples of Canada (First Nations, Métis and Inuit) have distinct cultures and languages, there are also shared common beliefs, values and histories. At the core of the Aboriginal LTAD will be the common values that encompass Aboriginal belief systems and the traditional/holistic understanding of sport.

The Aboriginal LTAD will be a strategic mechanism that reflects these ideologies and values and it will empower sport leaders as they guide Aboriginal athletes through the stages of their active life.









# Aboriginal Sport for Life



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SPORT FOR LIFE**  
*quality sport & physical activity*

# An Outline of Aboriginal Sport for Life



## Active Start

Chronological Age  
Males and Females 0-6

**SAMPLE Traditional Teachings:** eg. Love / Eagle  
To know is to know peace. You must love yourself in order to love another.  
**Inuit Quajimajatuqanjit:** Fostering good spirit by being open, welcoming and inclusive.

- Development of general movement skills
- Not sedentary for more than 60 minutes except when sleeping
- Some organized physical activity
- Exploration of risk and limits in safe environments
- Active movement environment combined with well-structured gymnastics and swimming programs
- Daily physical activity with an emphasis on fun

## FUNdamentals

Chronological Age  
Males 6-9 and Females 6-8

**SAMPLE Traditional Teachings:** eg. Respect / Buffalo  
To honor all creation is to have Respect.  
**Inuit Quajimajatuqanjit:** Respecting others, relationships and caring for people.

- Overall movement skills
- General, overall development
- Integrated mental, cognitive and emotional development
- ABCs of athleticism: agility, balance, coordination and speed
- ABCs of athletics: running, jumping, throwing and wheeling for wheelchair sports
- Develop strength through use of own body weight exercises
- Introduce simple rules of fair play and ethics of sport
- Well-structured programs without periodization
- Daily physical activity, still emphasizing fun



# Long-Term Participant Development



## Learn to Train

Chronological / Developmental Age  
Males 9-12 and Females 8-11

**SAMPLE Traditional Teachings:** eg. Humility / Wolf

To think things through carefully and to know your part of Creation.

Inuit Quajimajatuqanjit: Development of skills through observation, mentoring, practice and effort.

- Overall sport skills development
- Major skill learning stage: all basic sport skills should be learned before entering puberty or the Train to Train stage
- Integrated mental, cognitive and emotional development
- Introduction to mental preparation
- Develop strength through use of own body weight, adding medicine ball and Swiss ball
- Introduce ancillary capacities
- Further identification and development of talents
- Single or double periodization
- Sport-specific training three times per week; participation in other sports three times per week

## Train to Train

Chronological / Developmental Age  
Males 12-16 and Females 11-15

**SAMPLE Traditional Teachings:** eg. Wisdom / Beaver

To cherish knowledge is to know.

Inuit Quajimajatuqanjit: Being innovative and resourceful.

- Sport-specific skill development
- Major fitness development stage: aerobic, speed and strength
- The onset of the growth spurt, peak height velocity (PHV) (the fastest rate of growth after growth decelerates) and the onset of menarche are the biological markers
- Build the physical and mental engine
- Integrated mental, cognitive and emotional development
- Introduce free weights
- Develop ancillary capacities
- Frequent musculoskeletal evaluations during growth spurt
- Talent identification and selection
- Single or double periodization
- Sport-specific training six - nine times per week, including complementary sports

# An Outline of Aboriginal Sport for Life



## Train to Compete

Chronological / Developmental Age  
Males 16-23 +/- and Females 15-21 +/-

**SAMPLE Traditional Teachings:** eg. Honesty / Man

Honesty in facing a situation is to be brave.

Inuit Quajlmajatuqanjit: Decision making through discussion and consensus.

- Sport-, event-, position-specific physical conditioning
- Sport-, event-, position-specific technical tactical preparation
- Sport-, event-, position-specific technical and playing skills under competitive conditions
- Integrated mental, cognitive and emotional development
- Advanced mental preparation
- Optimize ancillary capacities
- Specialization
- Single, double or triple periodization
- Sport-specific technical, tactical and fitness training 9-12 times per week

## Train to Win

Chronological Age  
Males 19 +/- and Females 18 +/-

**SAMPLE Traditional Teachings:** eg. Courage / Bear

To face the foe with integrity.

Inuit Quajlmajatuqanjit: Working together for a common cause.

- Ages are sport-specific and based on national and international normative data, which represents the average score for a certain factor across various levels of performance (height, weight, etc.)
- Maintenance or improvement of physical capacities
- Further development of technical, tactical and playing skills
- Modelling all possible aspects of competition in training
- Frequent preventative breaks
- Maximize ancillary capacities
- Performance on demand
- Single, double, triple or multiple periodization
- Sport-specific technical, tactical and fitness training 9-15 times per week



# Long-Term Participant Development



## Active For Life

Enter at any time after the onset of the growth spurt

**SAMPLE Traditional Teachings:** eg. Truth / Turtle

To know all Seven Teachings.

Inuit Quajlmajatuqanjit: Serving and providing for family and/or community.

Active for Life constitutes three participant-based streams: Competitive for Life, Fit for Life and Sport and Physical Activity Leaders. Participants may be active in multiple streams depending on their involvement in sport and physical activity.

### Competitive for Life

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- Transfer from one sport to another
- Move from highly competitive sport to lifelong competitive sport including age group competition
- Embrace an active lifestyle by participating in organized sport that may be unfamiliar
- Compete at a high level in age-group competitions such as Masters Games

### Fit for Life

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- Move from competitive sport to recreational activities
- Move to sport careers or volunteering
- Maintain an active lifestyle by continuing to participate in organized or non-organized physical activity
- Become active by participating in non-organized sport or physical activity that may be unfamiliar

### Sport and Physical Activity Leaders \*

- Move from competitive sport to volunteering as coaches, officials or administrators
- Upon retiring from competitive sport, move to sport-related careers such as coaching, officiating, sport administration, small business enterprises or media
- Use experience, whether from previous involvement or education, to help ensure a positive environment for participants

\* Active for Life if physical literacy is achieved before the Train to Train stage



# 10 Key Factors Influencing Aboriginal Long-Term Participant Development

1. Physical Literacy / Learning how to move like our animal relations
2. Specialization / The straight trail
3. Developmental Age / From Seed to Tree
4. Sensitive Periods / Planting the Garden
5. Mental, Cognitive and Emotional Development / Training the Good Mind
6. Periodization / Hunting Seasons
7. Competition / Representing your People
8. Excellence Takes Time / Moccasin Trails
9. System Alignment and Integration / Tipi Teaching
10. Continuous Improvement – Kaizen / Honoring the Circle



# Support the Aboriginal Coach

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## Aboriginal Coaching Modules - LF Training Session

The Coaching Association of Canada's Aboriginal Coach Development Program is hosting an Aboriginal Learning Facilitator training session for the Aboriginal Coaching Modules (ACMs). This training session will be held August 2 to August 4, 2012 with August 1 and 5 identified as travel dates; location to be determined at a later date. Successful candidates will be trained under experienced Aboriginal Master Learning Facilitators.

This is the first of a two-part certification process. After this training session, candidates will be recognized as Learning Facilitators in Training, and will be required to deliver an ACM workshop as part of the evaluation process. This evaluation process will be under the direction of the program manager with Master Learning Facilitator's evaluating the workshop process.

### Successful candidates will:

1. Have Aboriginal Coaching Modules qualification.
2. Have NCCP certification in the Community Sport – Initiation context in any given sport.
3. Have strong public speaking and communication skills.
4. Possess strong facilitation skills.



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# What's in it for you

- Aboriginal Community is the fastest growing under 25 demographic.
- High Performance and Participation
- Capacity through leadership Building
- Additional Competition – Streams, potential alignment, and Talent ID opps.
- ACM + CAC = understanding how to support athlete.
- ALTPD – System to support Aboriginal Athlete.



# Thank you!

- Thank you for your interest and support for this project!

- Questions? Comments?

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