




sport nova scotia
sport makes a difference

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

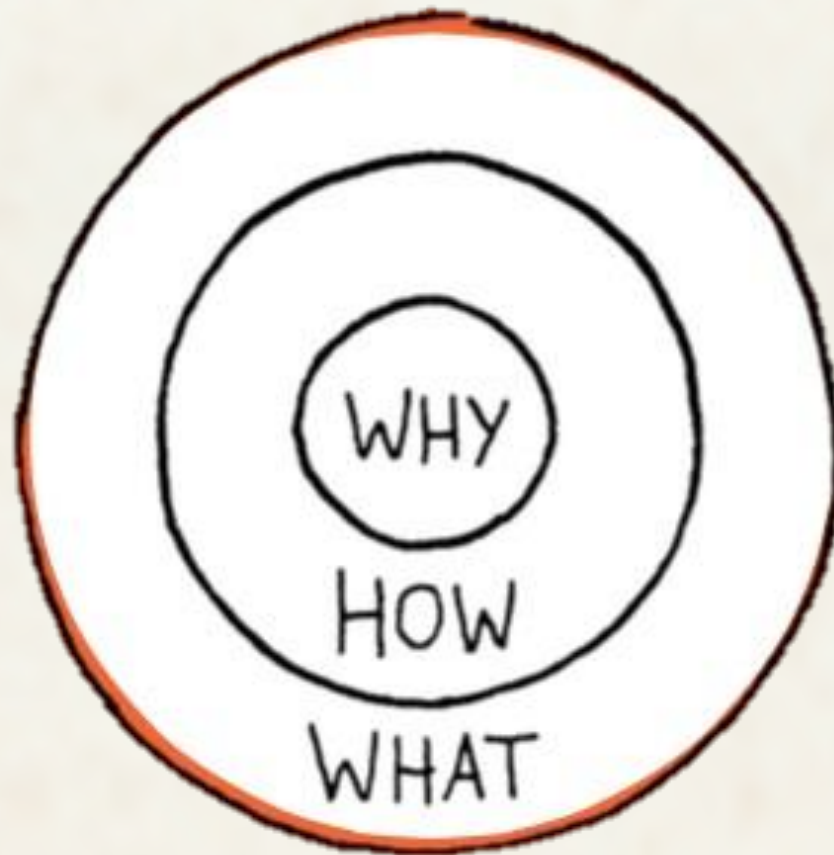
Antigonish Multisport Pilot is a collaborative project between 10 community sport organizations and Town and County Recreation Departments, with the support of StFX Athletics and Recreation, Nova Scotia Department of Health and Wellness and Sport Nova Scotia.

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, first experience.

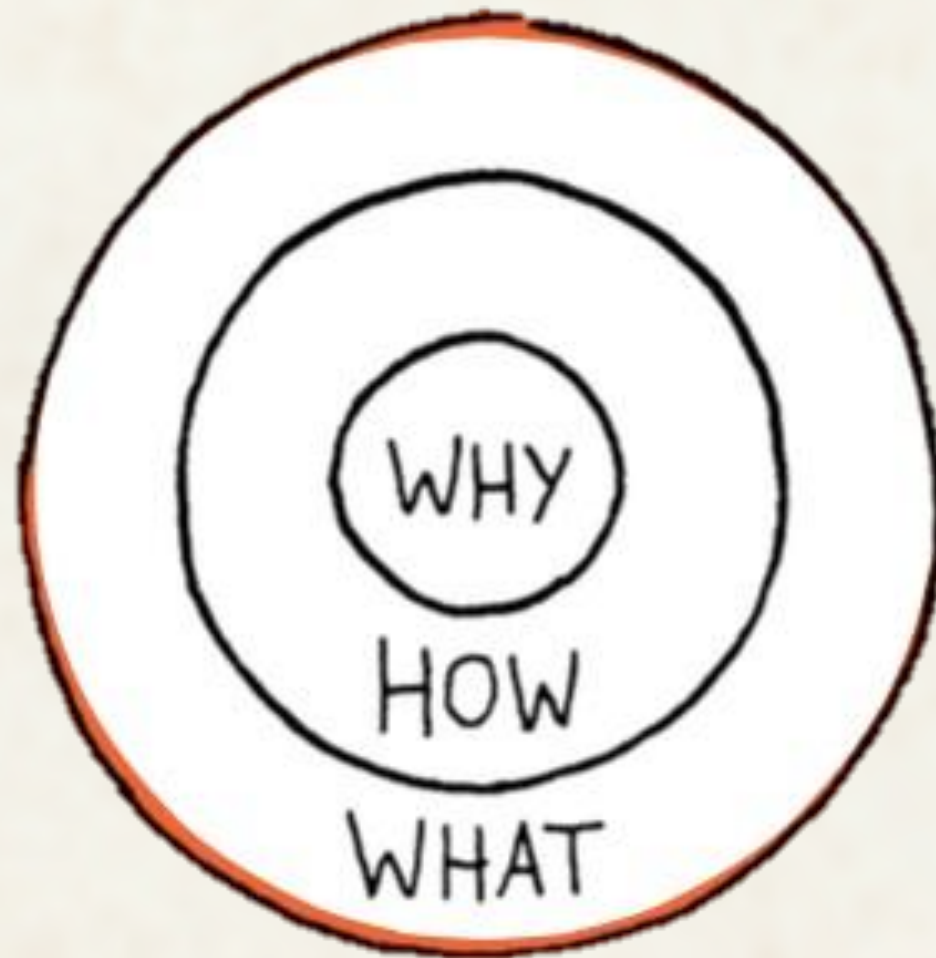


“People don’t buy what you do, they
buy why you do it.”

~ Simon Sinek



Why?





CANADIAN SPORT FOR LIFE



CANADIAN SPORT FOR LIFE

NOVA SCOTIA CS4L IMPLEMENTATION PLAN

Individuals who take part in quality sport and physical activity programming are more likely to attain their optimal physical literacy and become active for life. Canadian Sport for Life (CS4L) is the movement for improving the quality of sport and physical activity in Canada.

CS4L links sport, education, recreation and health, and aligns community and provincial programming.

The CS4L movement builds on the principles of Long Term Athlete Development (LTAD) – a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood.

STRATEGY

CS4L-aligned Sport and Physical Activity programming and practices, with a primary focus on the first three stages of LTAD.

2015 – 2017 PROVINCIAL IMPLEMENTATION PLAN

KNOWLEDGE MOBILIZATION

Educate leaders in organizations, municipalities, and parents about CS4L.

- Establish a provincial Physical Literacy conference
- Host summits / workshops for Community Sport Organizations
- Develop a communication strategy to educate parents about the importance of physical literacy
- Advocate for training and development of front line leaders and coaches

LTAD ALIGNMENT

Assist organizations and municipalities to make programming changes to align with LTAD. Support Leadership development and training

- Consult with Provincial Sport Organizations on application of national sport-specific LTAD model
- Support municipal recreation to introduce and enhance programming that contributes to the development of physical literacy
- Encourage early childhood education centres to incorporate daily activities that develop physical literacy

COLLABORATION

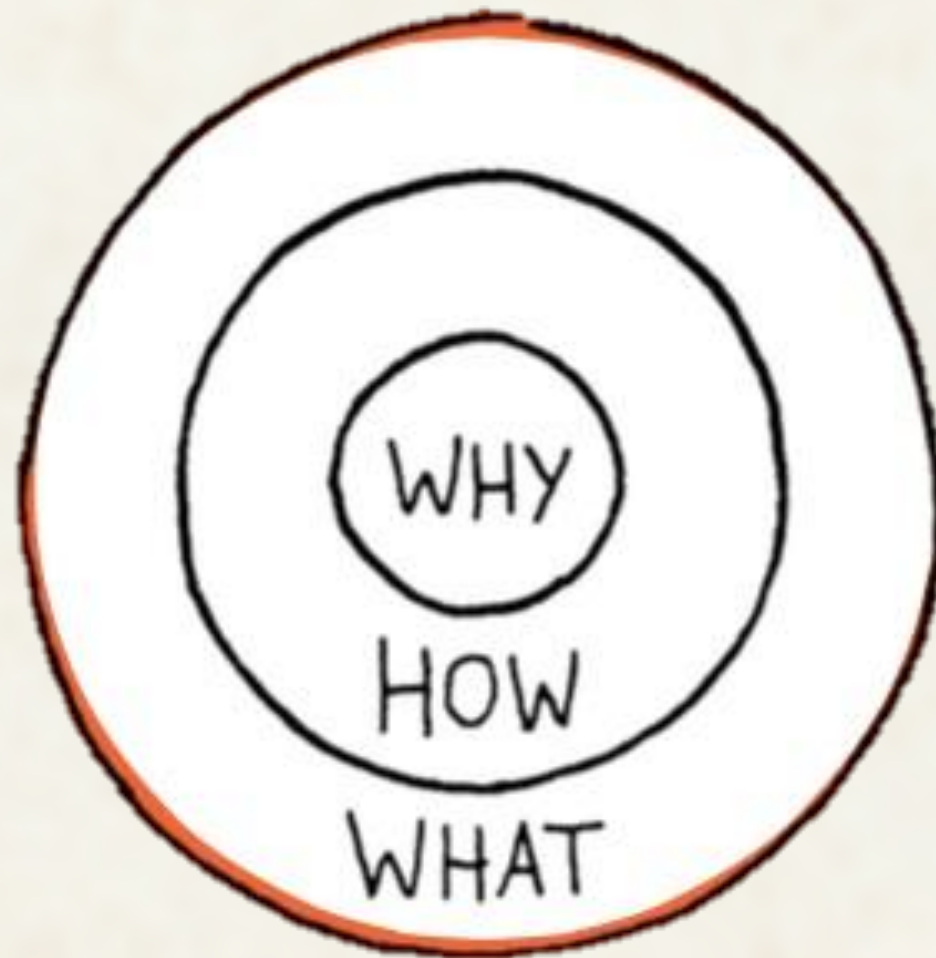
Facilitate opportunities for organizations and sectors to work together around CS4L

- Expand provincial activation group to include representation from Education
- Expand provincial activation group to include representation from Health
- Support the development of community sport plans, based on CS4L principals

MONITORING, EVALUATION AND 'KAIZEN'
(CONTINUOUS IMPROVEMENT THROUGHOUT)



How?



RIGHT PEOPLE.

SAME ROOM.

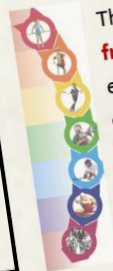
101...again

CS4L?

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming.



LONG TERM ATHLETE DEVELOPMENT



The seven stage model provides a **framework** for development that ensures **enjoyable lifelong playing** opportunities for participants of all levels of ability, as well as development of a **pathway for elite players** who pursue excellence.

PHYSICAL LITERACY

Individuals who are physically literate move with **competence** and **confidence** in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

Physical literacy allows individuals to enjoy a variety of sports and physical activities.

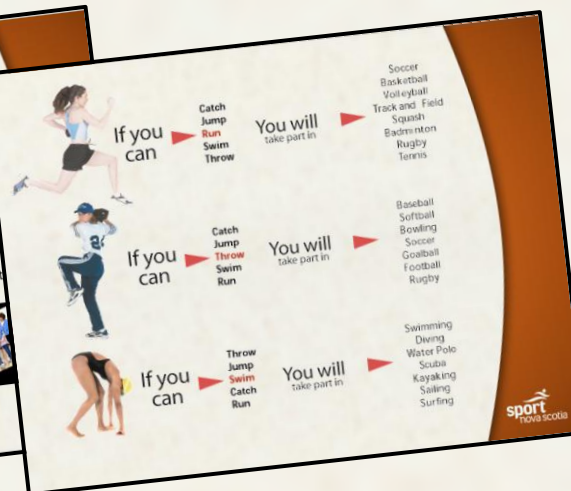


PHYSICAL LITERACY ENVIRONMENTS

	Ground	Water	Ice/Snow	Air
Body	✓	✓	✓	✓
Locomotor	✓	✓	✓	✓
Object	✓	✓	✓	✓

THE LITERACY MODEL

Literacy	Numeracy	Music	Physical Literacy
ABC....	123....	Do-re-me	FMS
Words	Add/Sub	Notes	Sport Skills
Sentences	Fractions	Scale	Decisions
Stories	Equations	Score	Game situations



Collective Impact



Shared Purpose

Vision

To grow children through sport by providing opportunities to develop the skills and confidence to enjoy the positive benefits of a quality, first experience.

Goals

- **Provide the opportunity for children to participate in a quality multisport experience with a physical literacy focus.**
- **Strengthen the mandate of community sport organizations in alignment with Canadian Sport for Life.**
- **Reduce barriers of participation in a quality sport program.**
- **Educate the community on the importance of physical literacy and long term athlete development.**
- **Collectively build healthier communities through sport, with a focus on being Active for Life.**
- **Create a measurable impact through evaluation and assessment.**

Proposal to CSO Boards

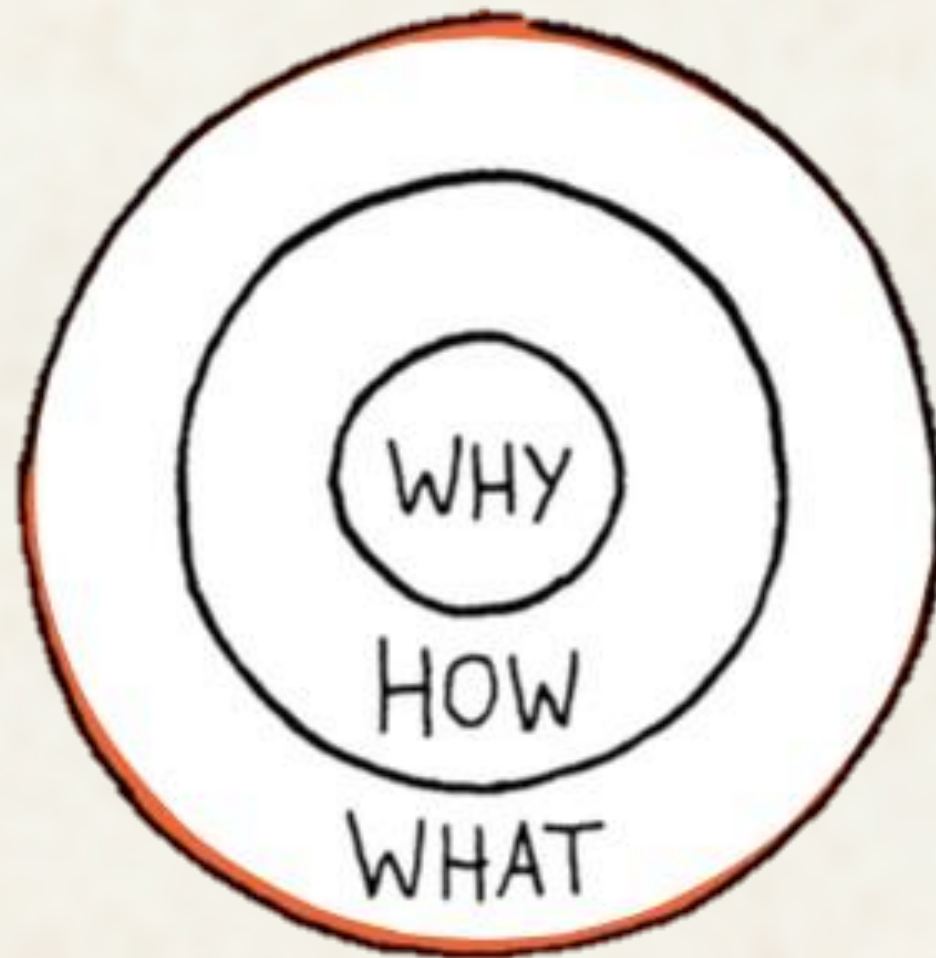
ANTIGONISH MULTISPORT PILOT PROSPOSAL



April 16, 2015

Stephanie Spencer
Community Sport Development Coordinator
Sport Nova Scotia

What?





**12 SPORTS, 10 MONTHS
1 LOCATION, 1 REGISTRATION**

**We want to help all kids reach
their potential through sport!**

All sessions will be facilitated by recreation program coordinators and delivered by community sport organizations. Each lesson focuses on developing physical literacy through skill development and fun, setting the ground work for a love of sport and an 'I can play anything!' attitude.

Physical literacy comes from developing a wide variety of fundamental movement skills such as running, throwing, catching and jumping. To develop these skills, our kids need to play different sports and activities from an early age. Physical literacy makes better athletes and helps kids stay active, happy and healthy – it's a win-win!

Starting September 2015 to June 2016

\$300 with payment options available

JUMPSTART Assistance available through Municipal Recreation

For more information:

www.highlandconnect.ca/sport/antigonishmultisportpilot

902-863-1141 or recreation@antigonishcounty.ns.ca

902-867-5596 or recreation@townofantigonish.ca

Antigonish Multisport Pilot

Children must be in primary or grade one

Maximum of 30 Participants.

Basketball
Badminton
Tennis
Hockey
Swimming
Volleyball
Baseball
Softball
Gymnastics
Run, Jump,
Throw, Wheel
Soccer
Taekwondo





TIMES AND LOCATIONS

SEPTEMBER 11TH

Program Kick Off for Kids and Parents:
5-7pm Oland Center Main Gym

Basketball, Badminton and Tennis, Volleyball,
Baseball and Softball, Gymnastics, Run Jump
Throw, Soccer, Taekwondo and Multisport Days

Sundays: Oland Center **Main** Gym 5:30-6:30pm,
Tuesdays: Oland Center **Aux** Gym 5:30-6:30pm

Hockey

Sundays: KMC Main Rink 5:30 - 6:30pm
Thursdays: KMC Aux Rink 3:30 - 4:30pm

Swimming

Alumni Aquatic Center
Sundays: 4:00 - 5:00pm
Wednesdays: 5:30 - 6:30pm

CONTACT

www.highlandconnect.ca/sport/antigonishmultisportpilot

902-863-1141 or 902-867-5596

Antigonish Multisport Pilot

- Basketball
- Badminton & Tennis
- Hockey
- Swimming
- Volleyball
- Baseball & Softball
- Gymnastics
- Run Jump Throw
- Soccer
- Taekwondo
- Multisport Days

PILOT PROGRAM 2015-16 Calendar

SEPTEMBER BASKETBALL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER BADMINTON & TENNIS

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER HOCKEY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER SWIMMING

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY VOLLEYBALL

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

FEBRUARY BASEBALL & SOFTBALL

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

MARCH GYMNASTICS

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL RUN JUMP THROW & SOCCER

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY TAEKWONDO

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE MULTI SPORT DAYS

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Pre and Post-Program Data Collection

- **Participants – physical literacy**
- **Parents**
 - **Knowledge and attitudes toward sport and sport skill development**
 - **Satisfaction with program**
- **Program deliverers – satisfaction with program**
- **Program coordinators – satisfaction with program and overall organization**

Pre-Program Data

Children's Physical Literacy

- **Participants**
 - 29 children (16 boys)
 - Ages range from 4 yr, 10 months to 6 yrs, 8 months
- **Physical Literacy – TGMD-2**
 - established content, criterion-prediction, and construct-identification validity and reliability ($r = 0.88$) for measuring fundamental locomotor and object-control skills (Ullrich, 2000)
 - Provides overall motor proficiency score and scores for locomotor and object control
 - Age and sex-based normative data

Pre-Program Data

Children's Physical Literacy

Results:

- **8 children performed at an older age; 8 children at a younger age and one at the same age level for both components**
- **8 children performed one component at a younger age than age- and sex-matched norms**
- **5 children performed one component at an older age than age- and sex-matched norms**
- **8 children performed one component at their age- and sex-matched level**

Pre-Program Data

Parent's Knowledge and Attitudes

- **Participants**
 - 27 parents
- **PlayParent Survey (slightly modified)**
(Kriellers & Robillard, 2013)
- **Modified - Ask Your Coaches Quality Sport Checklist (Sport 4 Life, 2011)**

Pre-Program Data

Parent's Knowledge and Attitudes

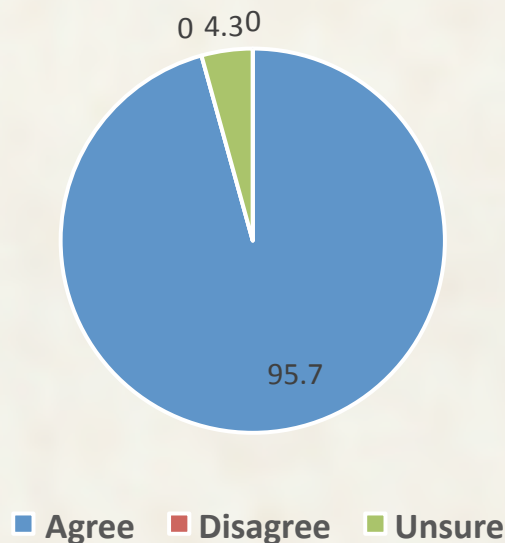
- **Parents rate their child's physical literacy as $7.32 \pm 1.03/10$**
- **PlayParent = parents rank their child at a medium to high level**
 - **Lowest for use of right and left sides of body**
 - **Highest for run and ability to stop, start, turn**
- **Results indicate parents, on average are knowledgeable about sport and sport development in their children (agree to agree a lot to every question but 'For my child to be successful, he/she should participate in one sport.')**

Feedback and Uptake

- **100% of the initial organizations around the table for the first meeting are key partners.**
- **100% of organizations or individuals approached after initial meeting is a supporting partner*.**
- **Registrations exceeded capacity by a twofold.**
- **516 Facebook page followers; post reaches in excess of 5000 people.**
- **6 media outlets with coverage of strong support: The Casket, XFM, Highland Heart Weekly, Sport Quarterly, Active for Life.**
 - **“This also mirrors the ultimate vision of the Canadian Sport for Life (CS4L) model.” – Jim Grove, A4L**
- **Strong and positive feedback from each organization that has currently delivered their programming component, as well as connections both nationally and internationally.**
- **National and international connections on program planning process, design and implementation.**

Parents Survey

Do you feel that your child's physical literacy has increased from the start of the Antigonish Multisport Pilot until now?

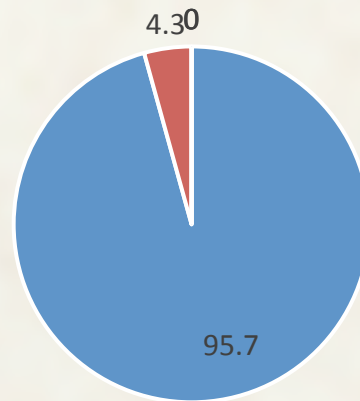


Responses

- Especially the hockey/skating!!
- My child has found 2 sports he is very interested in now that I had no idea he liked! - - Can't wait to see what 2016 sports bring for him.
- My child became interested in basketball through school phys ed, and then expressed interest in learning more, so it was great that it kicked off with Bball, and then for Xmas got a little hoop, and was just wowing us all with his aim!

Parents Survey

To date, how would you rate your overall satisfaction with the Antigonish Multisport Pilot?

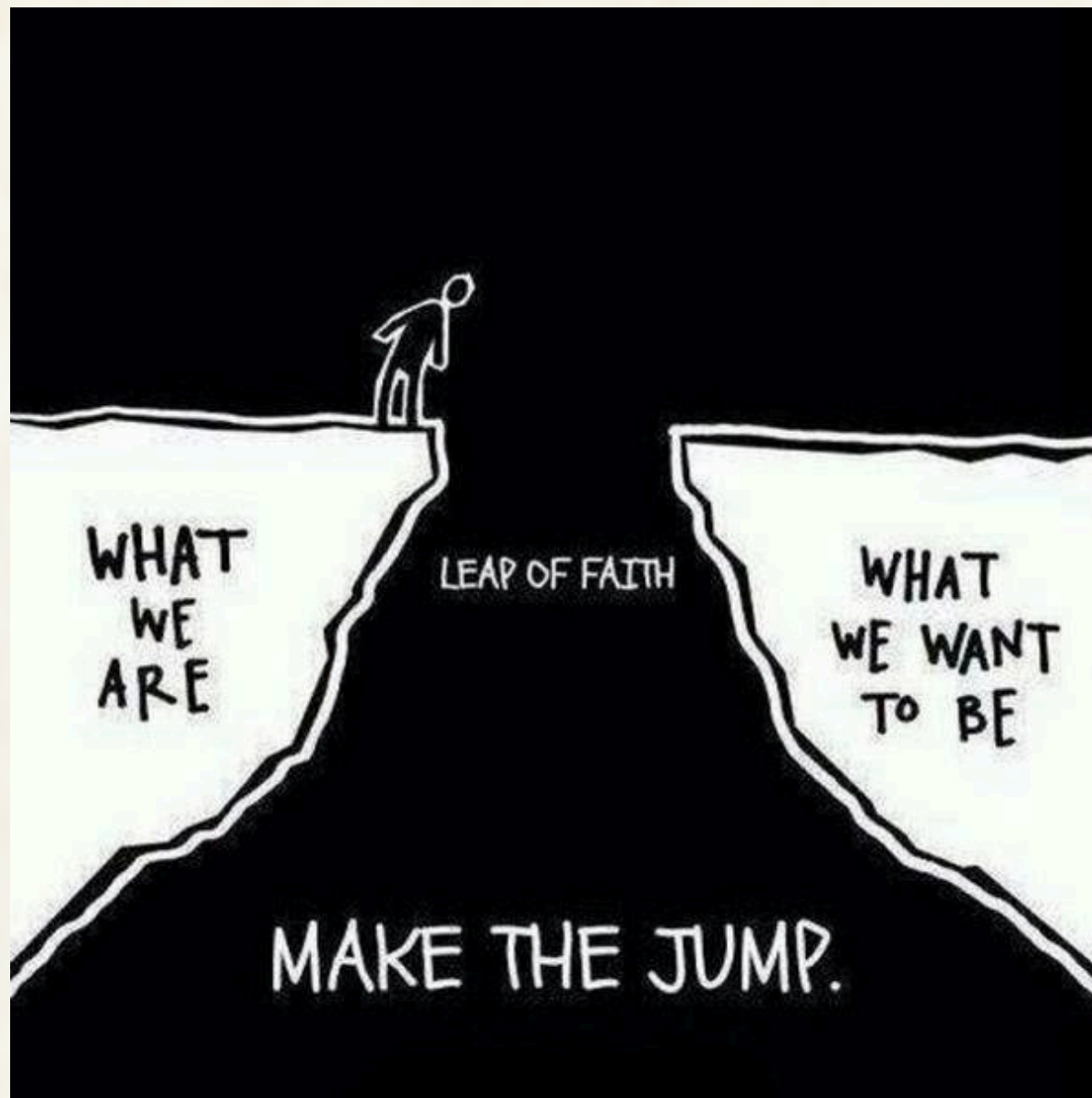


■ Very Satisfied ■ Satisfied ■ Neutral ■ Dissatisfied ■ Very Dissatisfied

Responses

- Great program, our kid love it.
 - Love it.
 - Terrific program delivered professionally, effectively and efficiently.
- Thank you!
- Thank you for the email reminders! The communication is great.

WHAT'S
NEXT ?





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