

Special Olympics Canada: LTAD for individuals with an Intellectual Disability

Special Olympics
Olympiques spéciaux
Canada



Setting the scene

There are approximately 800,000 individuals with an intellectual disability in Canada

Approximately 5% of Canadians with an intellectual disability are registered with Special Olympics in Canada.



Who we are

Special Olympics
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Canada



Special Olympics Canada is dedicated to enriching the lives of **athletes with an intellectual disability** through sport.

Special Olympics Canada is accessible and **open to all athletes** with an intellectual disability, regardless of their ability.

Happening everyday in communities across Canada



Our Reach is Broad

4.5 Million – The number of **athletes worldwide** participating in Special Olympics Programs



40,301 - The number of **registered athletes** in Special Olympics Canada **year-round** programs from coast to coast to coast

16,440 - The number of **children and youth** enrolled in Special Olympics Canada programs



19,645 - The number of **volunteers**, including more than **14,500 trained coaches**

3,200 – The estimated number of **programs** operating **year-round** across Canada



SOC 18 Official Sports

Summer Sports

Athletics
5 Pin Bowling
10 Pin Bowling
Basketball
Bocce
Golf
Powerlifting
Rhythmic Gymnastics
Soccer
Softball
Swimming

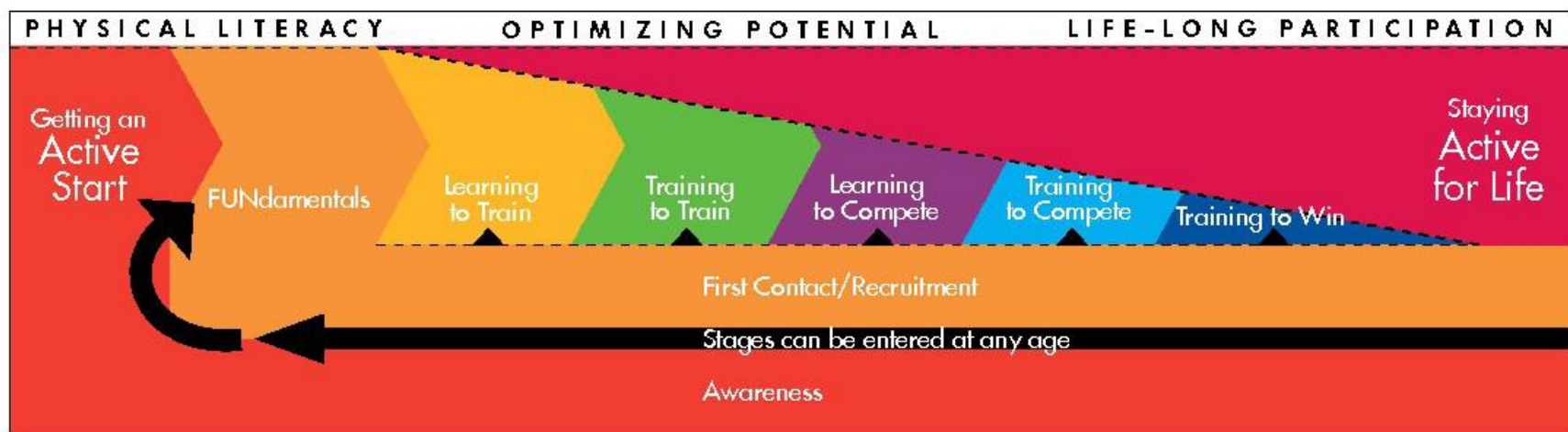
Winter Sports

Alpine Skiing
Cross Country
Curling
Figure Skating
Floor Hockey
Snowshoeing
Speed Skating



LTAD and SOC Implementation

Long-Term Athlete Development Model for Athletes with an Intellectual Disability



How long participants stay in the LTAD stages depends on when they get started and their needs and interests.

Athlete Pathway

Competition pathway:

- Four-year cycle
- Regional, Provincial/Territorial, National, International
- Training intensifies as athletes progress

Community pathway:

- Grassroot community development
- Weekly programs occurring seven days-a-week



Options for all athletes with an intellectual disability to be active

But what does this mean for you?



SO Coaching programs

Competition Sport:

- prepare the coach for local, regional, provincial/territorial and national competitions.

Community Sport:

- The Community program places an emphasis on safety, fun, ethics, teamwork, and values beyond the game.

Coaching Young Athletes:

- The Coaching Young Athletes course was designed to provide coach education to program leaders of the Active Start and Fundamentals programs.



Professional Development Opportunities!

Sport Technical coaching

- All volunteers that coach with Special Olympics Canada receive their sport specific technical training from the National Sport Organization.
- I.e. A Soccer coach for Special Olympics will take sport technical training from Soccer Canada and “how to work with an individual with an intellectual disability” from Special Olympics

Youth Programs

Active Start

- Turn-Key Resource Guide
- 12 lesson plans
- Basic Fundamental Movement Skills (FMS)
- Safety
- Motor Skill Development
- Fun Day Finale



FUNdamentals

- Turn-Key Resource Guide
- 12 lesson plans
- Basic Sport Movement Skills Safety
- Motor Skill Development
- Planning an Activity
- Goals and Goal Setting
- Fun Day Finale
- Transitioning into Community programs

Both programs include a Young Athletes Nutrition Guide and an @ Home Guide for parents

Learn to Train Resources

- Acting as a Transition Program
- Working with NSOs to develop age appropriate material for coaches to implement in a multi-sport context
- Resources vary from a five lesson plan document to a 30+ depending on sport and coach comfort level



FMS Program for Adults

- Working collaboratively with an expert in the field of FMS and intellectual disabilities
- Goal is to design the resource to be implemented at the start/end of community programs or act as a stand-alone program specific for adults to develop these skills.

National Team Training Program

Overview:

- The National Team Program (NTP) is designed to provide athletes, coaches and mission staff with a formalized approach to training and preparation for World Games. The program ensures that Special Olympics athletes in Canada have access to quality training, coaching and competitive opportunities to ensure optimal training, performance and a positive experience as a member of the National Team.



Partnerships

- Integration and collaboration with National Sport Organizations
- Creating new partnerships with Disability organizations
 - (Canucks Autism Network)



How to get involved

www.specialolympics.ca

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