

Registration and Icebreaker Bingo

8:30 – 9:00 am



NSO & MSO Leads Day 2020



Delfosse Room
Summit, January 2020

WELCOME AND INTRODUCTIONS



Richard Way, CEO



Carolyn Trono,
Director of Quality Sport

We gratefully acknowledge that we are gathered on unceded traditional territory of the Algonquin Nation, and we thank them for hosting us

ACTIVE START (mentally, anyway...)

- Table groups & facilitators
- Long-Term Development:
 - What's our progress?
 - What are the issues?
 - What's our focus going forward?
- Report back
- *30 minutes plus 10 to report*



SPEED SAMPLING

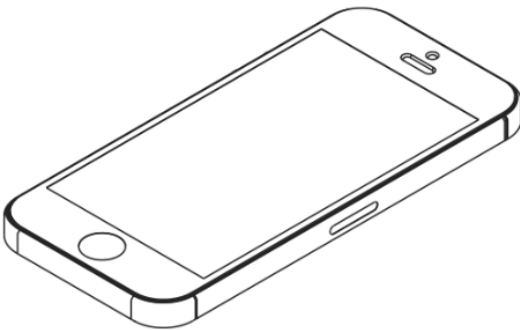
- A series of theme tables led by LTD Experts and special guests.
- Decide on your specialization!
- *6 minutes per table, then Experts rotate.*
- *When you've heard them all, we vote!*



THE VOTE

- Choose the most interesting themes to explore in this afternoon's workshop sessions!
- Go to menti.com and type
- Please rank! The top 4 will magically become our afternoon workshops:
 - LTD 3.0 and renewal
 - SPLISS and High-Performance Strategy
 - Evaluating and measuring LTD progress
 - Competition Review and Restructuring
 - Athlete Development Matrix and Gold Medal Profile
- ***Quality Sport for Communities and Clubs* will be in Salon du jardin 1:15-4:15 pm**

Go to **www.menti.com** and use the code **73 51 27**



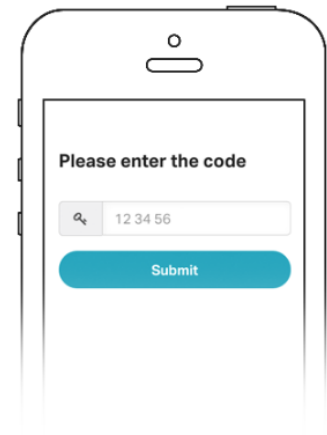
1

Grab your phone

www.menti.com|

2

Go to **www.menti.com**



3

Enter the code **73 51 27** and vote!

BREAK!

11:10 – 11:30 am



COOL IDEAS, 2019 EDITION

Special mini-presentations by...

- Shae Zukiwsky – Skate Canada
- Jenni Stielow – Alpine Canada
- Jake Schuknecht – Bowls Canada
- Marles Martins – Table Tennis Canada
- Jennifer Langois – Canada Artistic Swimming

THE AFTERNOON WORKSHOPS

Chosen by you!

1:15 – 2:45 pm

- Evaluating and Measuring LTD Progress – Delfosse
- SPLISS & High Performance Strategy– Krieghoff

3:00 – 4:15 pm

- ADM & GMP – Delfosse
- LTD 3.0 & Renewal – Krieghoff

1:15 – 4:15 pm

Quality Sport for Communities and Clubs – Salon du jardin

4:15 – 5:00 pm Marketplace Mingle



Learn to Bowl

Introducing bowls for all ages

Why?

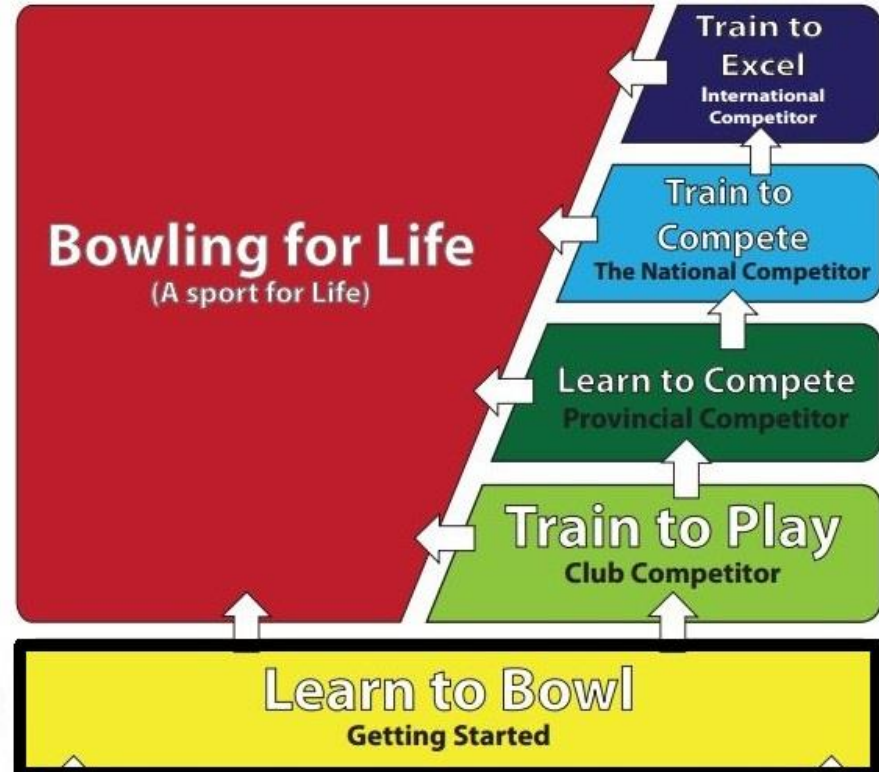
- * While many people “try” bowls at open houses, Bowls Day, other events, not many are joining clubs or coming back to try again
- * Too many clubs “teach” bowls to new people inappropriately (boring, too challenging, unhelpful)
- * Lack of qualified coaches in our clubs, which means we need to find alternative solutions
 - * Stigma around coaching in bowls

How do we fix this?

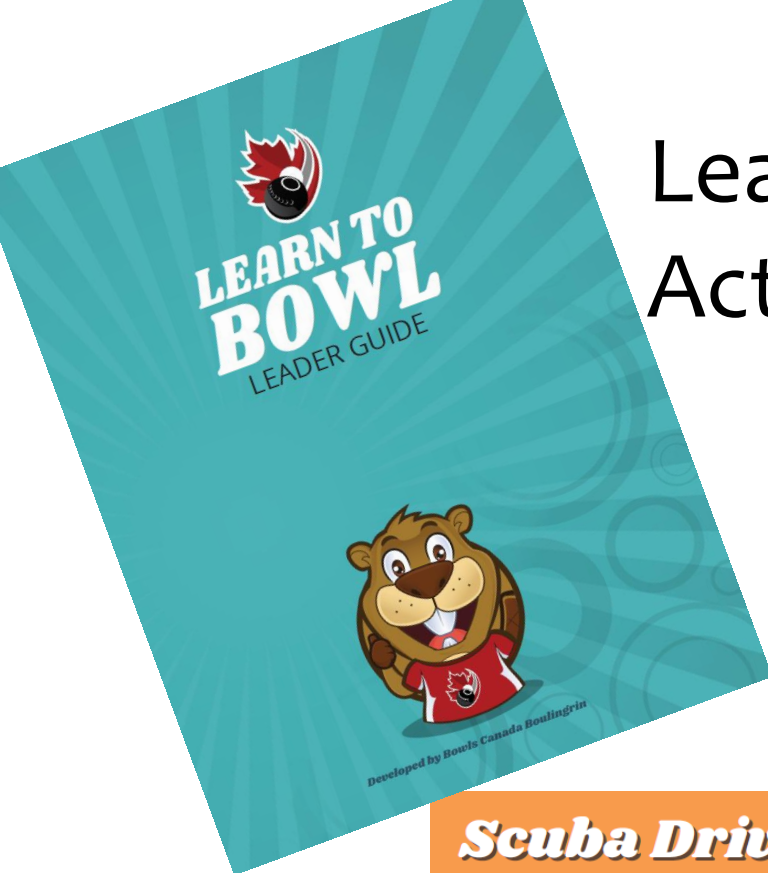
Learn to Bowl Program

- * Based off of Bowls Australia's "Jr Jack Attack"
- * Intent is to introduce people to bowls in a fun, friendly, safe, appropriate way
- * Quality Sport

BCB's LTAD model
& ADM were used
as starting points



Skill	Beginning of the Stage	Middle of the Stage	End of the Stage
Controlling the length of the jack	23 metres 50% of the time and in play	23 metres 75% of the time and in play	23 metres 100% of the time and in play
Bowling to the centre line	Within 1 metre of the centre line 50%	Within 90 cm of the centre line 60% of the time	Within 80 cm of the centre line 70% of the time
Controlling the length of the bowl	Within 3 metres of the jack 50% of the time	Within 3 metres of the jack 60% of the time	Within 3 metres of the jack 70% of the time



Leader Guide & Activity Cards



HOW TO PLAY

In small teams, players stand behind a starting line. Place many targets out in front of the starting line. Call "FIRE" and the first player in each group rolls their bowl. If they hit a target, players go and pick it up and bring it back to the group. Collect their bowl as well. When everyone is back behind the starting line, call "FIRE" again, with the next person from each group delivering their bowl. Proceed until everyone has had a turn. Once completed, count up how many targets each group has collected.

4F

Cones



Hoops



Wrist Bands



Duffle Bag



Target Mat



Foam Frisbees



Pilot



Roll Out

- * Took feedback and modified as necessary
- * Made updates so the program could be adapted for all ages and not just youth
- * Official roll-out in 2019
 - * 31 clubs impacted (either bought the kit, or just the leader guide/activity binder)
 - * 224 clubs in Canada; roughly 13% of clubs impacted

Evaluation

- * Some clubs loved it; some clubs didn't
- * Difficult to properly evaluate as every club is different
 - * Was it run by a trained coach?
 - * Did you target youth vs adults vs seniors?
 - * When did you run the program?
 - * Was it free, or was there a cost?
 - * Is your club in a city vs a small town?
 - * Does your club have many volunteers or were you on your own?
 - * Only been used for one season -> will you make changes for year 2?

Lessons Learned

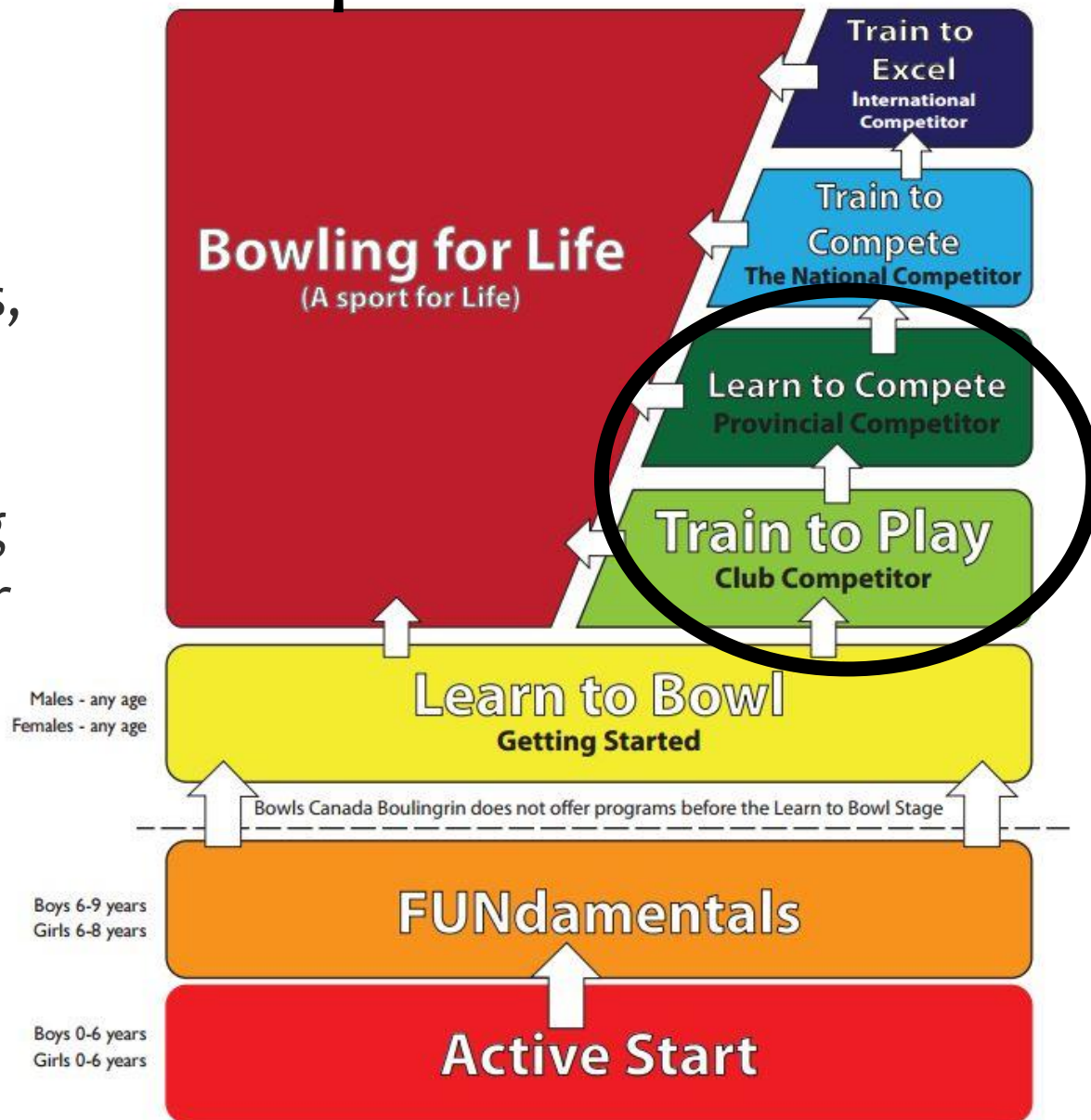
- * NSOs are not Amazon
- * Have multiple sources
- * Seek out grants
- * Patience
- * Incentivize feedback/reporting

Next Steps

- * Coaching is top priority
 - * Incorporating some of the L2B material into our coaching Material
- * Continue to push the Learn to Bowl program
 - * Use success stories/testimonials
- * Develop better feedback/reporting structure

Next Steps

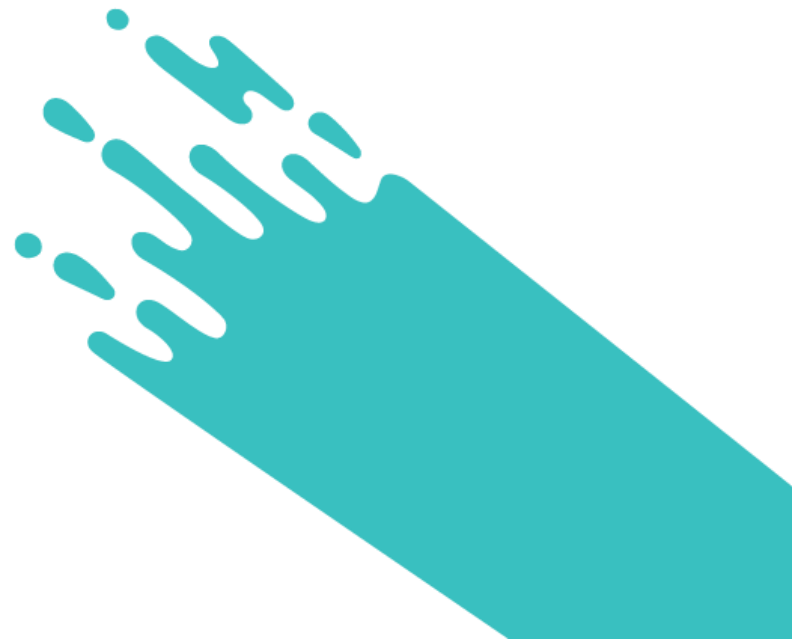
- * Already worked with Paul Jurbala on identifying skills, existing competitions, gaps in other stages
- * In process of creating recommendations for appropriate competitions, skill development, and best practices for other stages



CANADA ARTISTIC SWIMMING



Update 2020





FORGING UNITY
THROUGH DIVERSITY

VISION

to be a world leading nation in
Artistic Swimming

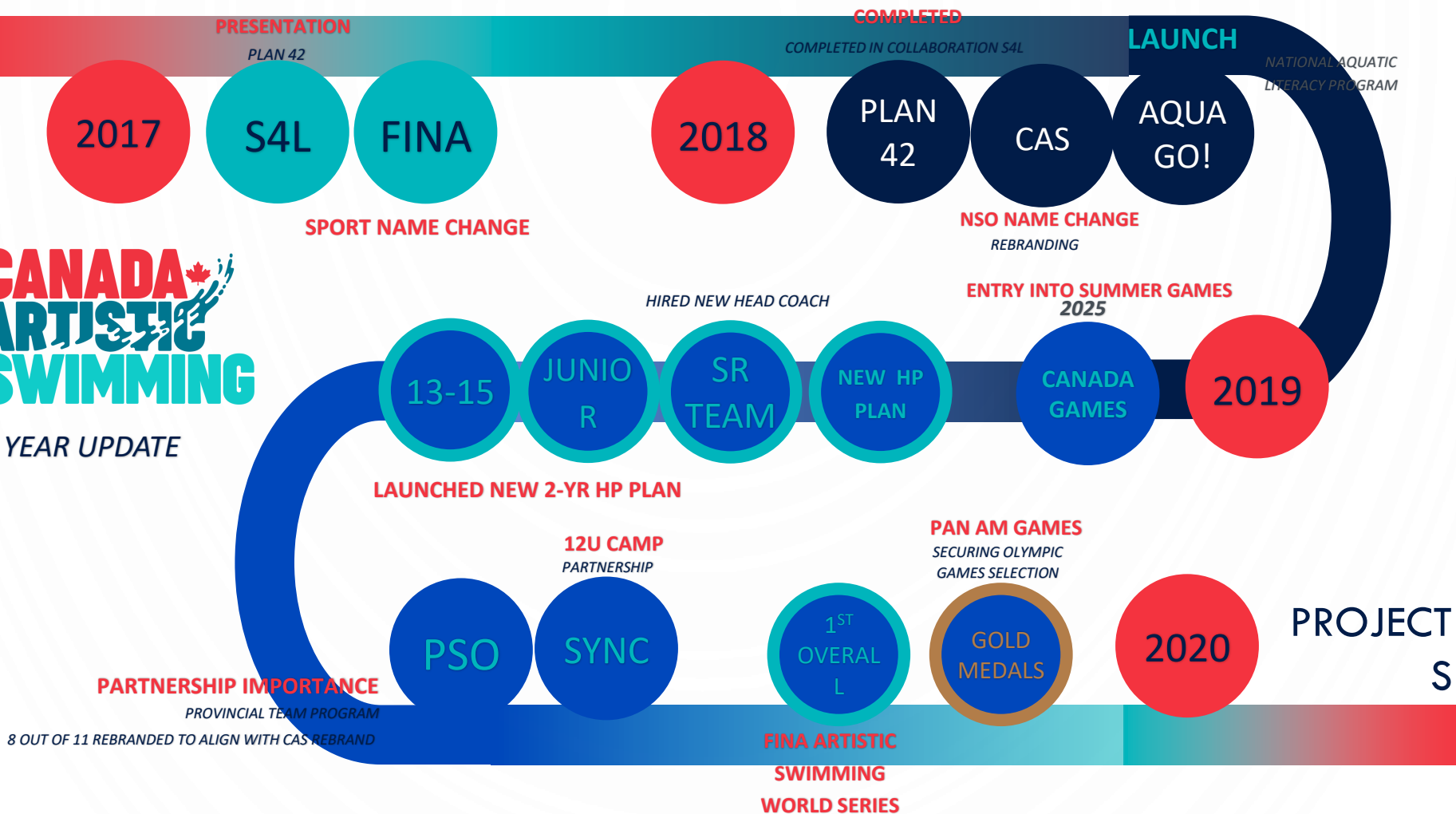
PROMISE

to move and inspire through our
performances and always strive to be
champions.



CANADA ARTISTIC SWIMMING

3 YEAR UPDATE



ONGOING 2020

- IMPLEMENTATION OF AN ALIGNED PERIODIZED NATIONAL/PROVINCIAL COMPETITION STRUCTURE
- REVISION AND IMPLEMENTATION OF MEANINGFUL COMPETITIONS FOR 12U CATEGORY
- REVISION OF NCCP COMPETITION INTRODUCTION MATERIALS
- DEVELOPMENT AND IMPLEMENTATION OF CAS PODIUM PATHWAY, GOLD MEDAL PROFILE, AND AN ALIGNED ATHLETE DEVELOPMENT PROGRAMS IN COLLABORATION WITH OTP

