Today

True Sport Symposium- Mount Pearl
October 2, 2010

Bill Taggart- Project Leader, CS4L

What is going on here in NL?

- Awareness Sessions held January 2009, June 2009 and May 2010
- Grants awarded to select Provincial Sport Organizations to begin implementation
- Project Leader hired, November 2009
- Advisory Board
  - *Reps from Sport, Recreation, School Sport, TCR, MUN, Education*
- Work on multi year action plan has begun

CS4L: How we got here

The need for CS4L came from 2 troubling trends:

1. Declining physical activity rates, increasing obesity rates
2. Poor results in international competition such as Olympic games

As a result…

An ethical and inclusive sport system was developed that will

1. Encourage people to participate in sport and recreation in hopes of improving the health and wellness of Canadian people
2. Give elite athletes the proper tools to perform and excel in international competition

This system is called Canadian Sport 4 Life!

What is CS4L?- Basic Overview

Canadian Sport for Life is a movement to increase sport's contribution in Canadian society recognizing sport as an important part of everyone's life by promoting each child's healthy and logical development in a sport or physical activity.

Going a little further…

- Physical Literacy (The key to CS4L!)
- Focuses on proper training, competition and recovery
- Based on developmental age (maturation) as opposed to chronological age
- 7 stage progression from toddler to adult
- Collaboration!

Physical Literacy

Refers to the acquisition of fundamental movement and sport skills through participation in sport and recreation activities before their adolescent growth spurt

Fundamental movement skills + Fundamental sport skills = PHYSICAL LITERACY!

Agility

Balance

Co-ordination

Speed

Jumping

Climbing

Walking

Skating

Hopping

Swimming

Skipping

Balance

Throwing

Dribbling

Kicking

Throwing

Hitting

Catching

Examples of Fundamental Sport Skills

- Shooting a puck
- Bump a volleyball
- Bunt a baseball

Proper Training, Competition and Recovery

Hockey Canada- Seasonal Chart Example
Peewee Age Group- U12

Pre-Season

- Start date: September 15
  - 4 weeks, 12 practices, 4 exhibition games

Regular Season

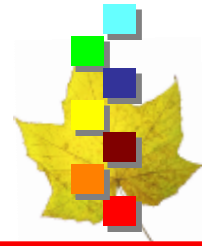
- Start Date: October 15
  - 18 weeks, 36 practices, 24 games
  - *4 tournaments (16 games) throughout regular season

Playoffs

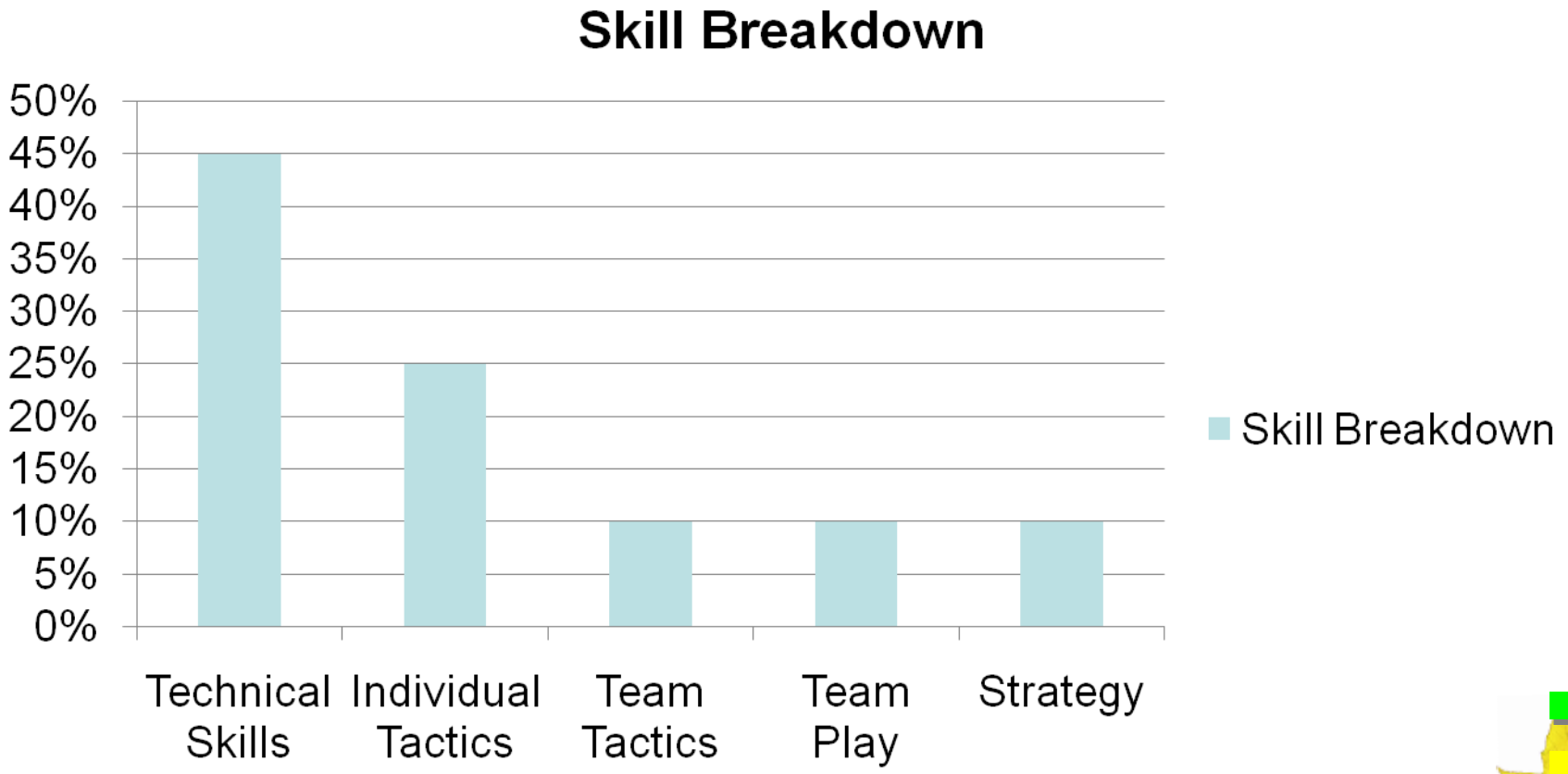
- Start date: March 15
  - 2 weeks, 6 practices, 8 games

Total # Practices: 50-55 Total # Games: 45-50

***Recommended to play 3 different sports!**



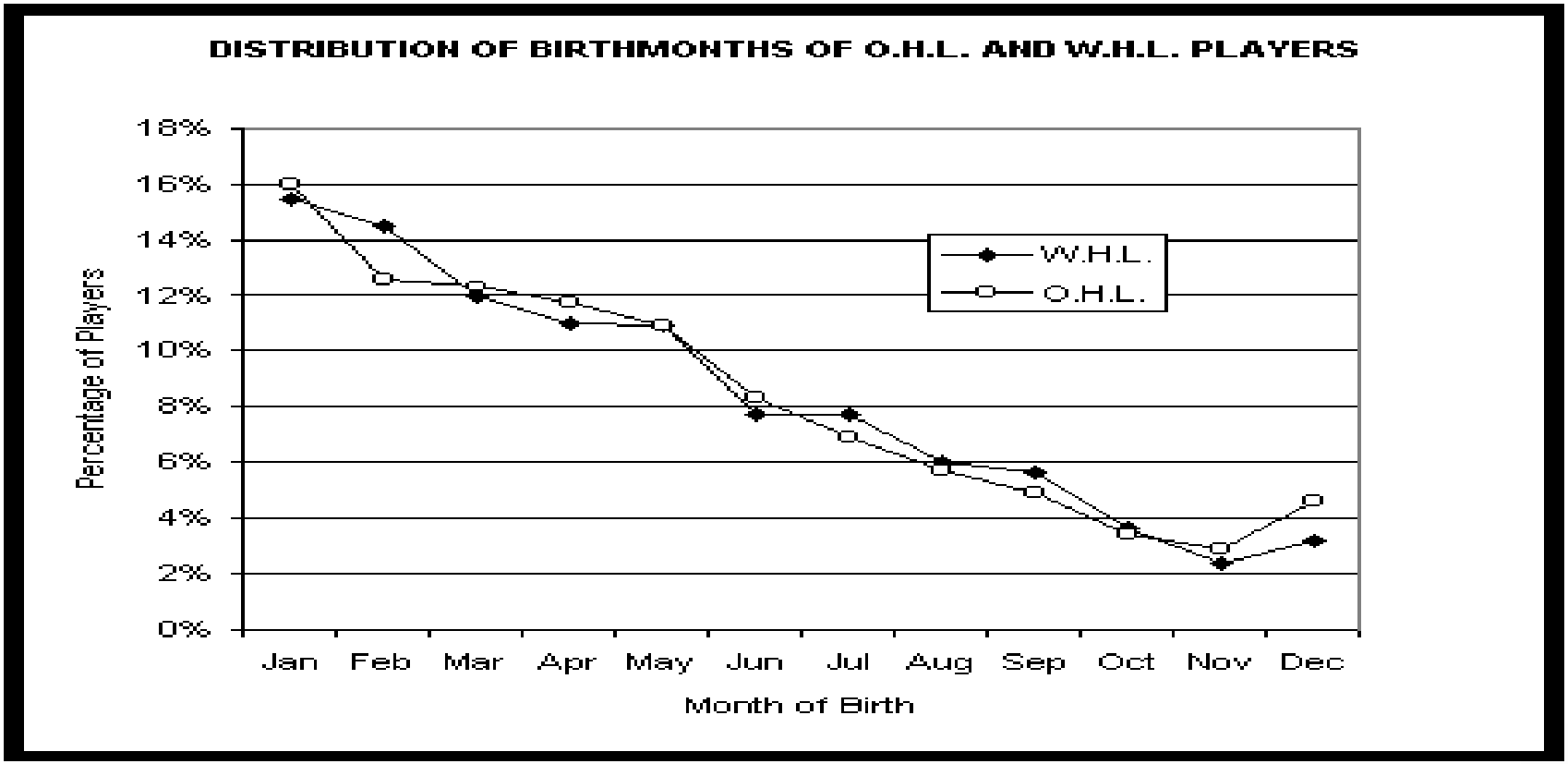
Peewee Skill Development Breakdown



Chronological age vs. biological age / developmental age

- Training and competition is often based on chronological age
- Athletes can be 4 - 5 years apart by maturation levels

Example – Birth date effect



The 7 Stages

Physical Literacy

Active Start

FUNdamental

Learning to Train

Excellence

Training to Train

Training to Compete

Training to Win

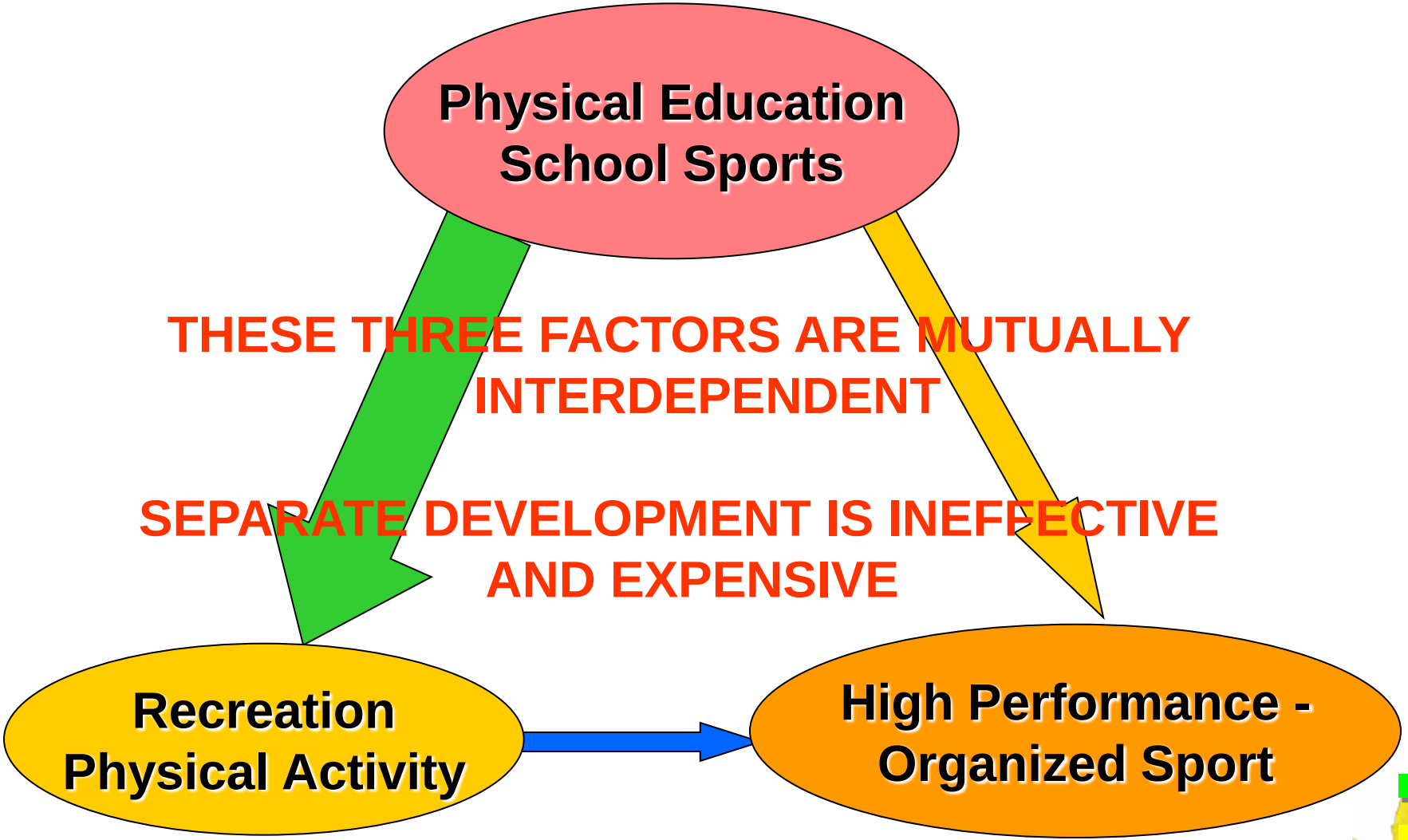
Life-long Physical Activity

Active for Life

CS4L- The 7 Stages
Who is responsible?

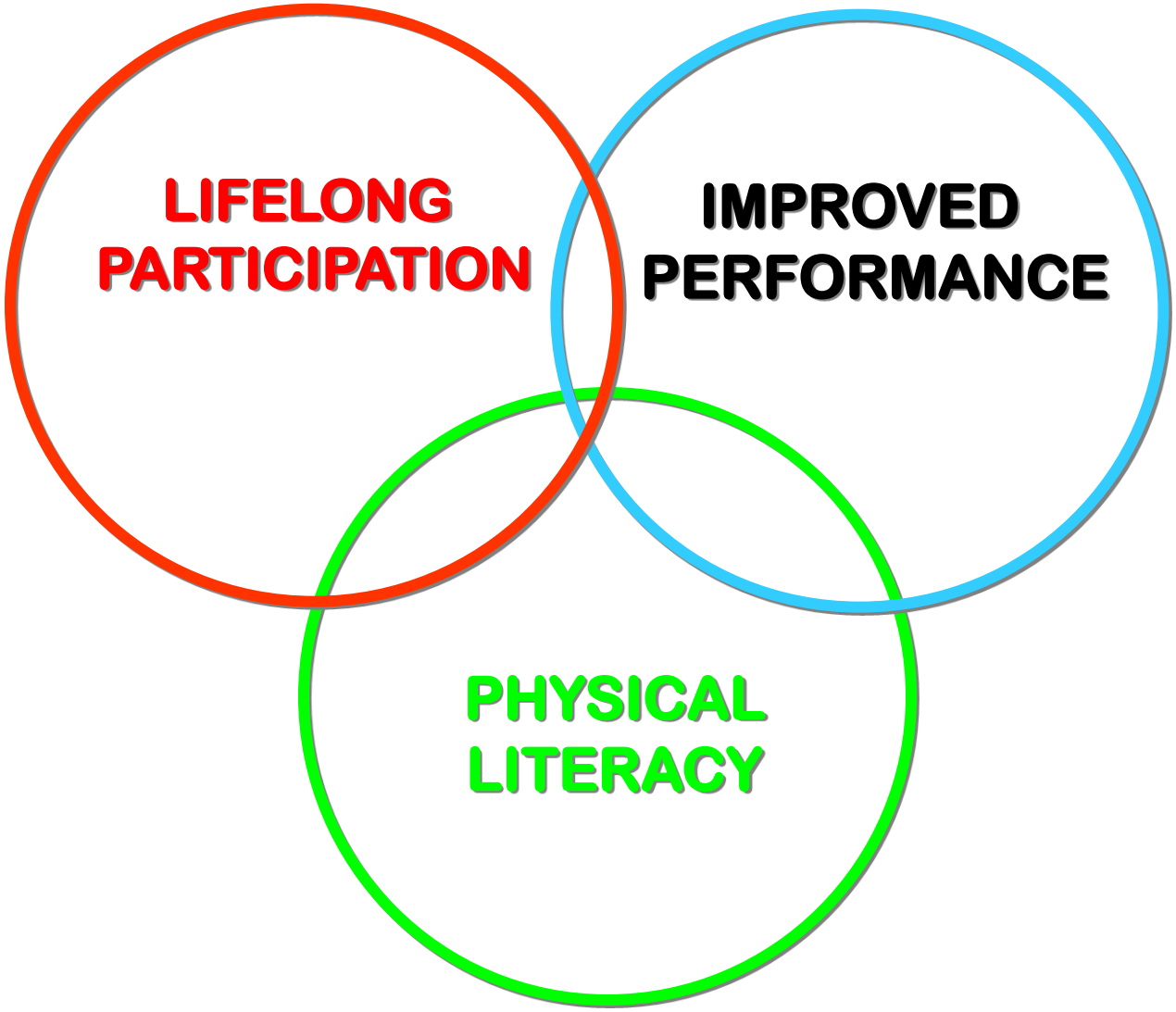
- **Active Start Stage** — **Home – Community Recreation - Daycare**
  0-6 females and males
- **FUNdamental Stage** — **Home – Community Recreation – Schools - Clubs**
  6-8 females / 6-9 males
- **Learning to Train** — **Community Recreation – Schools - Clubs**
  8-11 females / 9-12 males
- **Training to Train** — **Schools – Clubs - PSOs**
  11-15 females / 12-16 males
- **Training to Compete** — **Schools – Clubs – PSOs - NSOs**
  15-21 + - females / 16-23 + - males
- **Training to Win*** — **Clubs – NSOs – Pro Teams**
  18 + - females / 19 + - males
- **Active for Life** — **Community Recreation – Schools - Clubs**

Collaboration!



Knowledge Base = Physical Literacy

The Three Key Outcomes



True Sport and CS4L- The Link

See the connect?

True Sport

- True Sport believes ***sport*** can ***transform communities*** if done correctly by offering sport that is ***healthy, fair, inclusive and fun***

CS4L

- Canadian Sport for Life wants to increase sport's ***contribution*** in Canadian ***society*** by recognizing **sport** as an important part of everyone's life by promoting each child's ***healthy and logical development in a sport or physical activity.***

True Sport and CS4L- The Link
Who is involved?

- Clubs
- Municipal Recreation
- Government Departments
- Schools
- Parents
- PSO's
- NSO's

** Both cover from Playground to Podium and everything in between!*

Additional Resources Available

- www.canadiansportforlife.ca
- National Sport Organization (NSO) CS4L Program List
- NSO websites (i.e. hockey.ca, baseball.ca)
- CS4L Project Leader

And what will happen if we do not champion CS4L and True Sport?

FEYENOORD
ROTTERDAM

Thanks for your time!

Questions?