



LTAD Update - October 2006

Integrating LTAD Nationally, Provincially and Territorially

Federal Provincial Territorial Sport Council (FPTSC) established a temporary work group to address the implementation of the LTAD as a follow-up to the approval of LTAD by the Ministers of Sport from the 13 senior governments in Canada at the 2005 Canada Games. The FPTSC LTAD Work Group has met three times and continues to work on development strategy including Implementation plan and communication plan. Included in the work to date are 13 goals ranging from completion of the sport specific LTAD plans by all Sport Canada funded sports to addressing the monitoring and evaluation of the impact of LTAD.

The members of the FPTSC LTAD Work Group are:

Co-Chairs: Albert Marier QC and Dan Smith Sport Canada

Sub-Group 1 (Sport Specific Implementation)

- Steve Harris, NB
- Carol Malcolm-O'Grady, Sport Canada
- Carolyn Trono, Rowing
- Sue Hyland, Canada Games Council
- Richard Way, LTAD Experts Group

Sub-Group 2 (Cross Sectoral Implementation)

- Greg Guenther, MB
- Carol Malcolm-O'Grady, Sport Canada
- Fran Harris, CAHPERD
- Mark Jones, Joint Consortium on School Health
- Colin Higgs, LTAD Experts Group

In a virtually unprecedented move Sport Canada doubled its investment in LTAD to enable all sports to engage in the process of completing their sport specific LTAD plan. Sports continue to progress rapidly. All sports are involved the process. They are divided in to four waves...

First wave: 15 sports...

These sports either have completed a printed LTAD overview (Rowing & Athletics) or have a final draft close to printing. Therefore the content is complete. This wave is now moving towards developing LTAD information for Athletes with a Disability and Special Olympians.

The NSOs with their LTAD Work Group are further engaging the P/TSOs to discuss provincial or territorial implementation plans as they are completing an LTAD implementation and communication plan. In many cases the LTAD plans are becoming the work plan for Sport Development Managers at the national and provincial levels.

Of this wave Rowing and Athletics have printed and distributed their LTAD Overview document, with most of the others either in translation, with the designers or at the printers.

Seven of these sports are undertaking 'phase two pilots' to further address challenges or opportunities identified in the LTAD stages. Pilots include: creating a Learn to Train program for the sport; creating a club quality standards program; engaging in a competition review and further developing LTAD information on a discipline specific basis.

Second wave: 15 sports...

These sports have done a considerable amount of work and can best be described as 'in the middle of the process'. The anticipated completion date of their LTAD Overview is in the fall or end of fiscal year.

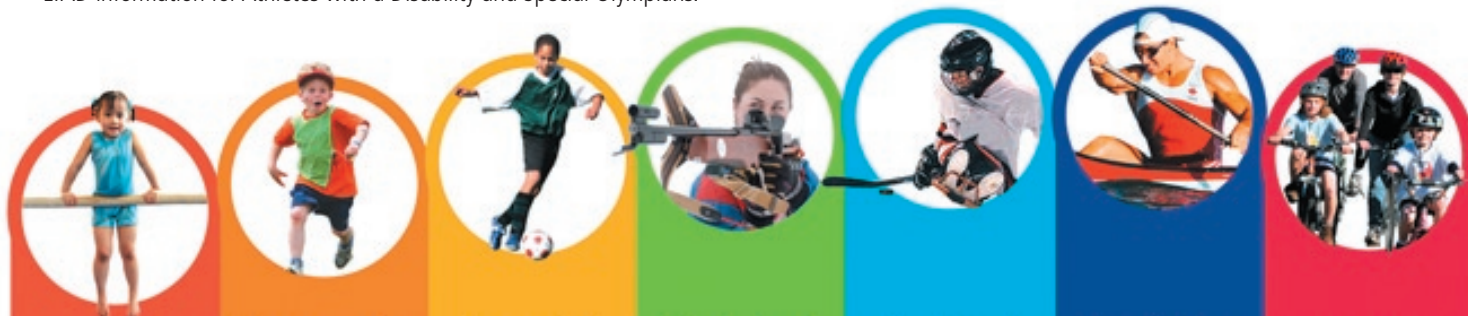
Interested P/TSOs should be engaged with their NSO for updates on the LTAD process (PTSOs' expertise is included in all Work Groups) with anticipated completion dates and guidance on when implementation discussions can start to occur.

Check out: www.baseball.ca as they are posting information on LTAD on their website. They also took the initiative to distribute 50,000 brochures at their provincial and national championships.

Third wave: 16 sports...

These sports are starting the LTAD process and range from having completed extensive 'buy-in' meetings to just getting underway. Work groups are forming and project coordinators have been contracted.

NSOs are having 'What is LTAD' presentations. 'P/TSOs should be aware of these 'buy-in' meeting or the LTAD development process. These sports all have a considerable amount of funding this year to get going. The anticipated completion dates for these sports is next fiscal year.



Long-Term Athlete Development



Fourth wave: 9 sports...

These sports have a small amount of funding to start the LTAD process. The goal is to have a 'buy-in' meeting and identify the work group members by the end of this fiscal year. The anticipated completion dates for these sports is 2008.

Interested technical experts in P/TSOs should be volunteering to contribute as a work group member.

Overall the LTAD process is triggering some exciting changes, to name a few: all the disciplines of a sport meeting together for the first time; identification of linkages between early and late specialization sports; recognition of the critical role clubs play in making or breaking athletes; a harmonization of the diverse sets of rules a sport plays across the nation; an emerging dialogue to link clubs, community and schools in the sport specific context.

LTAD Expert Group

The publishing of "No Accidental Champions" has brought national attention to LTAD Canada. A supplement to Canadian Sport for Life, this booklet outlines LTAD for athletes with a disability thereby building on this body of knowledge. No Accidental Champions will guide sport in the development of their athletes with a disability LTAD component.

Mary Bluehardt of Director of Human Kinetics at Memorial University has been added to the LTAD expert team to address Special Olympics. With Special Olympic Canada she is further addressing LTAD for athletes with a mental disability. Mary, with her extensive background, brings an exciting set of competencies to the team.

Istvan Balyi is welcomed back after three month suspension. Istvan voluntarily stepped back from LTAD Canada implementation upon informing the expert group his doctorate was incomplete. His offer of a resignation was not accepted by the expert group, nor any of the NSOs he is working with as the LTAD expert lead. He is now working overtime to make up for lost time!

Canadian expertise in LTAD is growing as project leads, writers and designers work their way through the sport-specific development of LTAD. Those involved, especially project leaders, are developing incredible expertise. Different sectors too, such as health, education & recreation are looking to LTAD to identify where its principles can be adopted in their sector. A number of presentations have been made to leaders in the education system.

To further develop the "ABCs of Physical Literacy" the LTAD group will be facilitating a Physical Literacy Round Table, October 25th in Ottawa/Gatineau for all the contributors to work together. For more information contact Carol Malcolm-O'Grady carol_malcolm-ogrady@pch.gc.ca

Remember "Every Child is an Athlete"!

LTAD Internationally

sportscoach UK (National Coaching Foundation) is fully integrating Long-term Coach Development (LTCD) with Long-term Athlete Development (LTAD). LTCD and LTAD are key factors in the Long-term Sport Development Model.

A "Technical Document" is in development to promote a comprehensive model of athlete/participant pathways (similar to the Canadian Sport for Life document) that will provide clear direction in the form of a strategic framework and a core technical reference document for coaching policy and practice which is utilized by all relevant agencies across the UK.

sportscoach UK is publishing sport-specific LTAD posters. British Canoe Union, British Judo, British Gymnastics, England Netball, England-Wales Cricket Board, England Rugby Football Union and The Lawn Tennis Association's posters were published just recently. British Synchronized Swimming, British Water Polo, British Equestrian, Women's Football (Soccer) and England Hockey (Field Hockey) will be published in the near future.

LTAD Pan-Sport Performance Areas

As the sport-specific plans are developed, various performance areas common to all sports need to be addressed from an LTAD perspective. These performance areas can be developed generally, and then each sport can fine tune them for their specific needs. Sixteen pan-sport areas have been identified. This year the following four will be addressed...

1. AWD Physical Training
2. Females
3. Recovery Regeneration
4. Periodization

Multi-sport Service Organizations and Multi-sport Games

Twenty six national multi-sport service organizations (MSOs) have been assigned LTAD experts to facilitate the awareness, education and integration of LTAD with their existing work.

That includes a number of multi-sport games organizations which will hold a Games Round Table on such as competition structure alignment (provincial to regional to national Games) on Thursday, January 18th, 2006 after the LTAD Workshop in Ottawa.

Over the course of the year other MSOs such as Canadian Parks and Recreation Association, Canadian School Sports Federation will be connect to LTAD through presentation and dialogue.

Federal Provincial Territorial Government

The Canadian Sport Policy laid out overarching principles for Canada's sport system to follow. Those principles are now being rolled out through CSRP and other mechanisms including LTAD. This has created a

Long-Term Athlete Development



tremendous opportunity to have: One country, one vision, one system. Simple as that statement is, in a decentralized Canada with provinces and territories of varied size, a huge range of investment and existing programs, it represents an incredible challenge.

However advancement occurred with the Ministers' sign off of LTAD in Regina 2005 and the leadership of NSOs in the design of sport specific plans. Now the exciting phase begins and we all cross the ocean from thought to action.

The next steps will include government sports departments taking stock of what programs are being delivered at each stage of LTAD to allow for a gap analysis to occur. Funding and accountability criteria can be hung off the LTAD framework to allow a clarification of the relationship between P/Ts and Sport Canada along with PSOs and NSOs. To support this initiative the LTAD expert group will be presenting in several provinces again this fall as well as identifying ways to operationalize LTAD provincially.

As all sports (NSO's) are engaged and complete their sport-specific LTAD, provinces and territories can assess how they can use them to improve sport in the province. The sport-specific LTAD will give P/T governments, for the first time, the ability to systematically link an accountability framework to the NSO vision and direction.

One country, one vision, one system!

Engaging Other Sectors

One of the key factors of LTAD is to connect with other sectors to allow sport to be recognized for the value it has to the health and wellness of Canadian society. While this paradigm shift will take many years, the change has started... An LTAD presentation was well received at the Joint Consortium on Healthy Schools National Conference while other discussion is ongoing...

NSO P/T LTAD Workshop

Taking the next step from last year's LTAD Workshop we will gathering again in Gatineau - January 16 – 17th 2007 - to collectively address LTAD challenges and opportunities. A variety of focused areas will be discussed including; operationalizing LTAD at the provincial and local levels.

LTAD Upcoming Workshops and Sessions

- CPRA Presentation, Oct. 18th, Saskatoon
- LTAD Tour de Prairie, Oct. 18th, Saskatoon
- ABCs of Physical Literacy Round Table, Ottawa, Oct. 25th
- LTAD Tour de Atlantic Canada, Oct. 27th to 31st
- Vancouver Sport Leadership, Vancouver, Nov 3rd – 5th (Operationalizing LTAD)
- NSO P/T LTAD Workshop January 16 – 17th Gatineau (Operationalizing LTAD, AWD, Phase 2/3 initiatives)
- LTAD Games Round Table, January 18th Ottawa