



LONG –TERM ATHLETE DEVELOPMENT

FALL SEMINAR SERIES



Canadian Sport
for Life



PacificSport Victoria is dedicated to making Victoria an internationally known centre for excellence in sport performance, exercise and physical well being. Through a series of *free* seminars scheduled for the Fall of 2007, PacificSport Victoria will introduce the teachings of the *Canadian Sport For Life* document to the Greater Victoria Community. This consultation paper describes a 7-stage model of Long Term Athlete Development ultimately looking to promote a healthy, physically literate nation whose citizens participate in lifelong physical activity.

For more information and resource documents on Long Term Athlete Development visit www.ltad.ca

“An Evening of Discussion on Long Term Athlete Development”

Thursday, October 18, 2007

6:15 pm – 8:30 pm

Fisher 100 Building, Camosun College – Lansdowne Campus

PacificSport Victoria launches the seminar series with “*An Evening of Discussion on Long Term Athlete Development*”. Andy Van Neutegem, Sport Performance Director, Canadian Sport Centre Pacific, will lead participants through the 7-stage Canadian model of Long Term Athlete Development (LTAD) and the 10 key factors influencing it.

Scheduled to coincide with the Canadian School Sport Federation’s (CSSF) National School Sport Week (Oct 15-19), this seminar is geared towards parents, coaches, recreation centres, schools and sport clubs involved with children between the ages of 8 and 16 years old.

“The ABC’s of Athleticism – Physical Literacy”

Monday, October 29, 2007

6:15 pm – 8:30 pm

Young Auditorium, Camosun College – Lansdowne Campus

This seminar will examine the FUNdamentals of sport and building physical literacy in children. World renowned expert and Canadian Sport For Life contributor, Istvan Bayli will lead discussions on the importance of basic overall sport skills and the interdependency of physical education, school sports, competitive sports, and recreational activities.

This seminar is geared towards parents, coaches, recreation centres, schools and sport clubs involved with children under the age of 8.

“Managing Expectations for Young Elite Athletes”

Saturday, November 10, 2007

12:00 pm – 2:00 pm

Wilna Thomas Cultural Center, Camosun College – Lansdowne Campus

Facilitated by Diving Canada’s Provincial Head Coach Tommy McLeod, this seminar will encourage discussion on social, athletic and psychological issues surrounding early specialization and young athletes.

This seminar is geared towards parents, coaches, recreation centres, schools and sport clubs involved with children participating or thinking about participating in an early specialization sport.

LTAD - Sport System Alignment and Integration

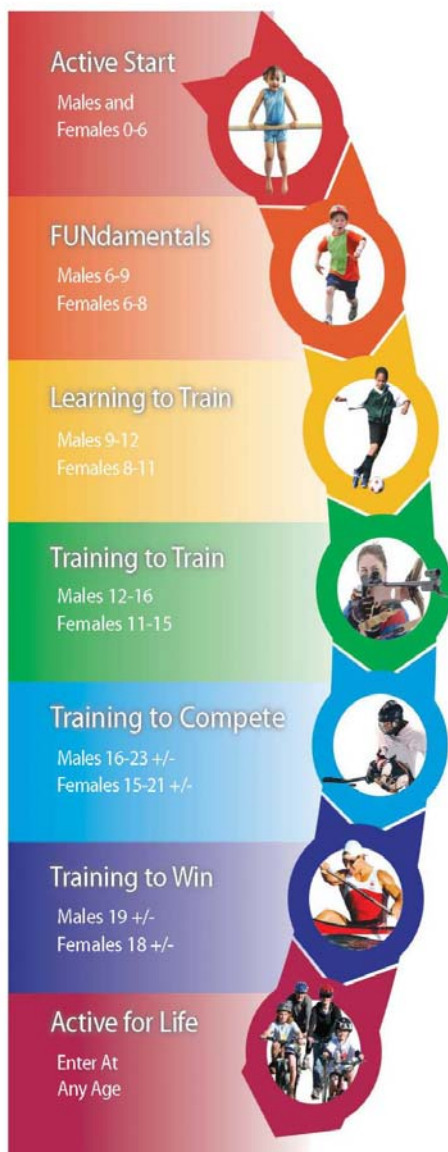


Figure 3 Participation in Lifelong Physical Activity
(Way et al, 2005)



Figure 3 illustrates an individual's participation in lifelong physical activity, emphasizing the transition from the first 3 LTAD stages to either excellence, life-long participation in the same sport, or remaining active for life in another activity.