

# LONG-TERM ATHLETE DEVELOPMENT





## What is currently going on?

- **Over-competition and under-training**
- **Adult programs superimposed on children**
- **Peaking by Friday**
- **Chronological age versus developmental age is used**
- **Missing the 'windows' of accelerated adaptation**
- **Physical literacy not taught**
- **Only single sporting activities are taught**



## What is currently going on?

- **Knowledgeable coaches work with elite athletes**
- **Parents are not educated about LTAD**
- **Needs of athletes with a disability not well understood**
- **No talent identification system**  
(selection by competition – is not TID)
- **No system integration**  
(schools, community and competitive)



## What is currently going on?

insanity  
doing the same  
thing over and  
over and expecting  
different results



**“The health and well being of the nation and the medals won at major Games are simple by-products of an effective sport system”**

**Istvan Balyi**

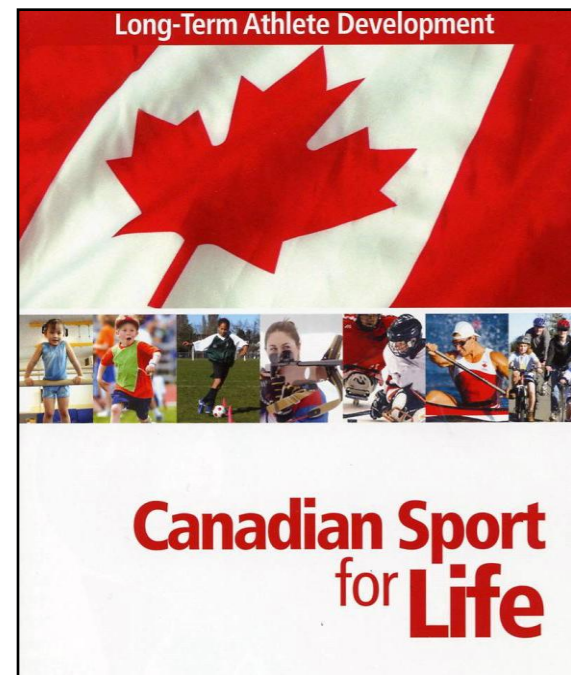


# What is LTAD?



## What is LTAD?

- **Integrate training, competition and recovery programming with relation to biological development and maturation**
- **Equal opportunity for recreation and competition**
- **Athlete centred, coach driven and parents, administration, sport science and sponsor supported**





## What is LTAD?



- **Active Start Stage - FUNdamental movement skills**
- **FUNdamental Stage - Developing ABC's**
- **Learning to Train - Learning fundamental sports skills**
- **Training to Train - Building the "engine" and consolidate sport**
- **Training to Compete - Optimizing "engine" and refine sport skills**
- **Training to Win - Maximizing "engine", skills and performance**
- **Active for Life**





## What are we trying to accomplish?

- ***New approach/philosophy***
- ***Development age vs. chronological age (cash-in on “Windows of Trainability”)***
- ***Optimal development of athletes to achieve their full potential (pathway)***
- ***Promote positive, motivating experience for all sport participants***
- ***Full sport system alignment and integration (stronger partnerships throughout sport system)***



# What does this have to do with Ringette?



## What does this have to do with Ringette?

Who else is doing it??

- **NSOs, Special Olympics, Organizations**
- **Different stages of the process (Wave 1-4)**
- **Ringette is in Wave 3**



## What does this have to do with Ringette?

How will this affect our sport?

- Possible changes
- New events
- LTOD, LTCD etc.





## What does this have to do with Ringette?

What types of changes have other sports implemented?

### Volleyball Canada

- **Canada Games Age**
- **Mini / Atomic Volleyball**
- **Rule modification / experimentation**



## What does this have to do with Ringette?

### Possible changes in Ringette / New programs

- Age categories
- New events – UCC, Festivals
- U 19 – will it stay at 19?
- CWG age
- Joint venture with other ice sports
  - Learn to Skate



# Where will this come from?



## Where will this come from?

### Sport Canada Experts

Charles Cardinal  
Mary Bluehardt

### Steering Committee

Phyllis Sadoway (Chair of LTAD)  
Frances Losier (Project lead)  
Carrie Chard  
Donnell Schoenhofen  
Laura Pitt  
Carolyn Mountjoy  
John Francis







## Where will this come from?

### Sub - Committees

<p><b>Fundamentals</b> Chair: Carrie Chard</p> <p>Committee: TBD</p>	<p><b>Learning to Train</b> Chair: Donnell Schoenhofen</p> <p>Committee: Keith Doering Tracey Tulloch Lauraine Prefontaine Shari Markle</p>	<p><b>Training to Train</b> Chair: Laura Pitt</p> <p>Committee: Carol Mydlo Dave LaRochelle Jenn Falloon</p>	<p><b>Training to Compete</b> Chair: Carolyn Mountjoy</p> <p>Committee: Bernie Cockburn Jackie Deschenes Jane Marshall Sue Reid</p>	<p><b>Training to Win</b> Chair: John Francis</p> <p>Committee: Maria Thompson Andie Johnston Karen Duguay Shannon Bettles Tracy Townsend Lyndsay Wheelans Marion Clark</p>
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## Where will this come from?

### Ringette Community Feedback

- AGMs
- Website
- Town Hall Meetings
- Focus Groups



# Where are we now?



## Where are we now?

Summit Meeting – December 7<sup>th</sup>- 9<sup>th</sup>, 2006

Steering Committee Meeting – February 9<sup>th</sup>- 10<sup>th</sup>, 2007

- Matrix Design
- General Objectives and Guiding Principles (see hand out)

### Sub - Committee Meeting

- Completing Matrix



# What's Next?



## What's Next?

**Matrix Review**

**Ringette Community Feedback**

**Target Group Feedback**

**Research**



## What's Next?

**Write Ringette specific LTAD document**

**Publish and Circulate document - 2008**

**Begin implementation - 2008 – '09 season**



# Communication?





## Communication?

### Communicating with the Ringette Community

- Website
- Presentations - Town Hall Meetings, AGM

**How could this process be communicated to the community?**



# How can I get involved?



## How can I get involved?

**Get informed**

**Convey the message**

**Provide feedback**

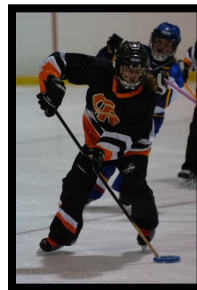
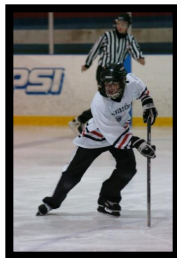
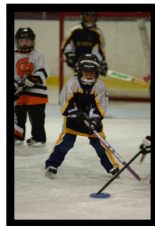
**Have an open mind**

**Enjoy the game!**





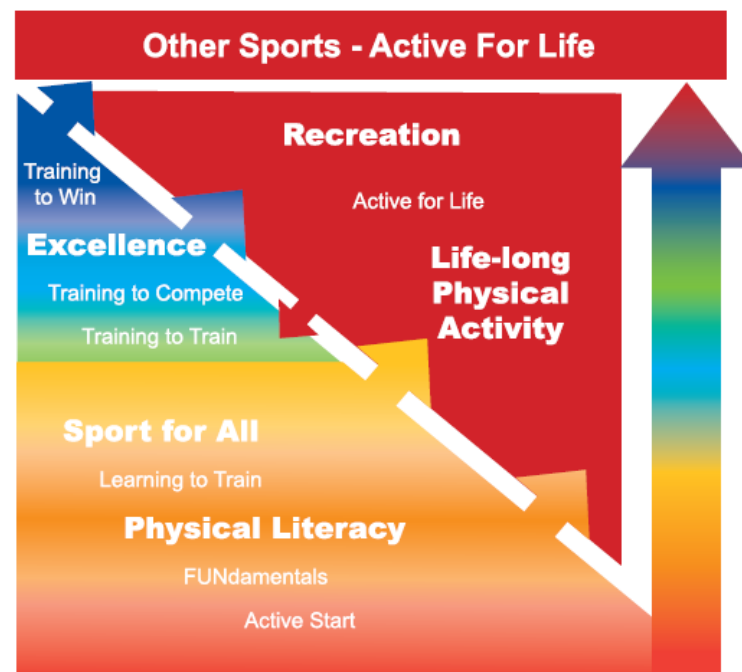
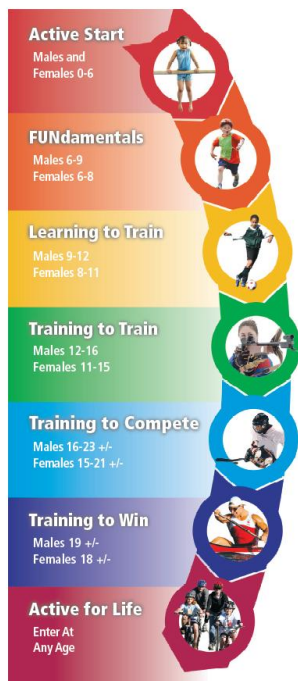
# Questions?





## Food for thought

Active for Life'  
is not  
terminal, it is  
constant





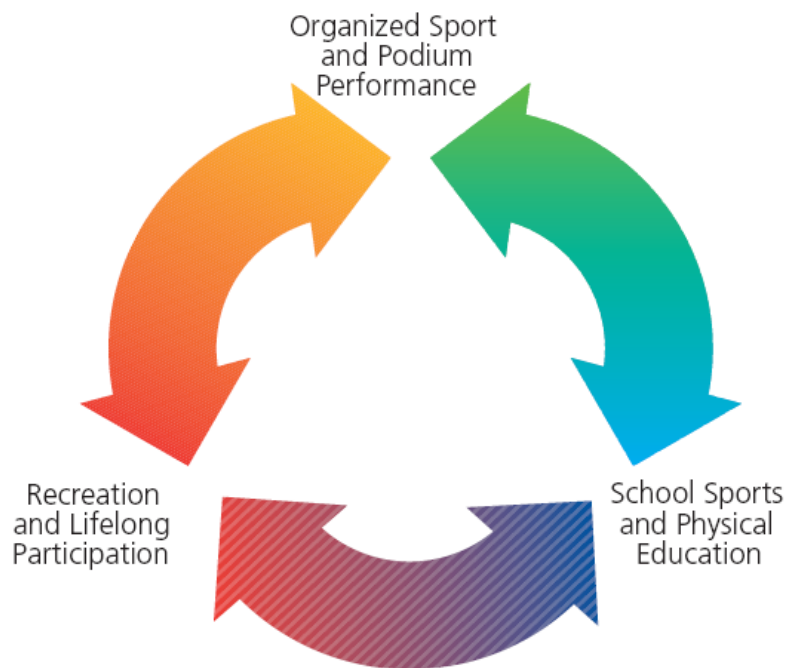
## *Food for thought*



**Competition is a good servant but poor master...**



## Food for thought



Competition is NOT higher than recreation.

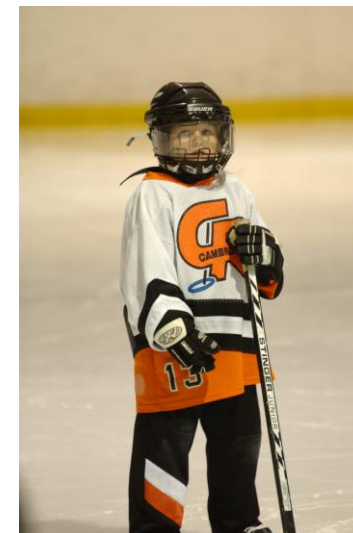
Competition is a form of recreation.



## Food for thought



<b>CWG Placing</b>	<b>Prov.</b>	<b>Total Registration</b>
1	ON	1
2	AB	2
3	QC	3
4	MB	4
5	BC	5
6	NB	6
7	SK	7
8	NS	8
9	PEI	9
-	NWT	10







## *Food for thought*

Gold medals, NRL championships etc will be a  
'happy coincidence'

Perception associated with the terms:

Training to Compete

Training to Win





## Food for thought



Parents...



## *Food for thought*



*...Kids just want to have fun!*





Thank you!! 😊