LONG TERM ATHLETE DEVELOPMENT (LTAD)

INTRODUCTION:

❖ Canadian Sport for Life (CS4L), Long-Term Athlete Development (LTAD) has been produced by sport experts with many years of experience, working with beginner to national team athletes. It is based on the components of Physical Literacy and has been adopted by Sport Canada and all provincial and territorial governments. LTAD provides a road map for a better sport experience for all, whether an aspiring Olympian, an aging weekend warrior or participating just for fun.

WHY IS CHANGE NEEDED?

❖ Sport makes a major contribution to the health and development of individuals and the communities in which we all live. It provides an opportunity for kids and adults to be active when inactivity rates threaten the health and quality of life of Canadians. Sport also provides participants with valuable lessons on teamwork, fair play and the value of working towards goals. The existing sport system is generally falling short of its potential due to some of the weaknesses in the current approach.

Parents Need to Recognize….

❖ **Over Competing and Under Training**

❖ **Too Much Emphasis on Winning at Young Ages**

❖ **Inappropriate Training Programs**

❖ **Specialization**

❖ **System Alignment**

LTAD – CONSULTATIVE PROCESS – ORA

2008-2009   Draft ORA LTAD proposal

March 2009   Provincials – Information sessions

April 2009   SCMs – Information session/Q & A

May 2009   Presented to ORA Board
                         Working Group session

June 2009   Final Report and Recommendations
                         Presentation at ORA AGM
                         Presentation at RC AGM

August 2009   Train LTAD presenters (ORA)
                         Train Skill Instructors (RC)
                         LTAD Committee to prepare

May 2010   Working Group session

LTAD – TIMELINES

RC OBJECTIVES   **ORA COMPLIANCE**

All age categories will be changed to LTAD (2009-10)

- U9, U10, U12, U14, U16, U19, 18+

Competition for FUN changed to LTAD model (2009-10)

- Festivals will be encouraged province wide
- Associations/regions/leagues - any games that the U9 play will not have scores showing on the scoreboard

Pilot NO TIERING in test regions (2009-10)

- Possible pilot in 2010-11 – encourage no tiering at U9/U10 - beginning 2009-2010 - random

RC OBJECTIVES   **ORA COMPLIANCE**

Pilot – Skills Development at tournaments (2009–10)

- Testing October, January and end of season
- Ontario (test region) to pilot at the U12 level
- RC to provide skills information U12 appropriate, "report card" and/or spreadsheet, etc. to track skill improvement over the year

Develop ALL inclusive Nationals (2009–10)

- Ranking events will be used to seed teams for provincials at the AA level (A's and U12 - current formula 2010)

CRC ALL inclusive format approved prior to AGM (for 2011)

RC CWG Training event

- *Scheduled - Carleton University May 2010*

Review EAST/WEST championship format – modifications to the Western format – test

- *Eastern provinces discussing the inclusion of U14 at the championships: must meet the objectives of LTAD*

Review University Ringette Structure

Pilot National Team "off year" competition

LTAD – COMPLIANCE – ORA

Fundamental Programs (U7 and U9) =
       Compliance 2010-2011

       2009-2010   Encourage

       2010-2011   Compliance

Learn to Train Programs (U10 and U12) =
       Compliance 2011-2012

       2009-2010   Pilots

       2010-2011   Province-wide

       2011-2012   Compliance

LTAD – COMPLIANCE – ORA

T2T / T2C Programs (U14, U16 and U19)
= Compliance 2012-2013

2009-2010	**AA Provincials – all inclusive**
	U14 AAs at Easterns; no A participation
2010-2011	**AA and A Provincials – all inclusive**
	U12 Provincialfest
	U14 and U16 at Easterns
2011-2012	**AA and A Provincials – tiering**
	U14, U16, U18 and 18+ at Easterns
2012-2013	**Compliance**

Calendar Planning for Competitions

Stages	Ages	Recommended Ratio
Active Start	U7	No specific ratios
FUNdamentals	U9 and U10	All activity FUN based
Learning to Train	U12	70% training to 30% competition
Training to Train	U14 and U16	60% training to 40% competition
Training to Compete	U19	40% training to 60% actual competition and competition specific training
Training to Win	18+ (and U19)	25% training to 75% actual competition and competition specific training
Active for Life	Any age	Based on individual's desire

Ontario Ringette Association: Long Term Athlete Development
Seasonal Planning

	April/Sep	Oct	Nov	Dec	Jan	Feb	Mar	April
U9								
U10								
U12								
U14					Qualifiers		Provincials Regionals	
U16	Try-outs Formation of teams	Skill development Ad hoc tournaments League play			Qualifiers		Provincials Regionals	AA – Nationals A - Easterns
U19	Try-outs Formation of teams	Skill development Ad hoc tournaments League play			Qualifiers		Provincials Regionals	AA – Nationals A - Easterns
18+	Try-outs Formation of teams	Skill development Ad hoc tournaments League play			Qualifiers		Provincials Regionals	AA (NRL) Nationals A - Easterns

LTAD – Competition Structure - EVENTS

Festivals:	**U9, U10**
Tournaments:	**U10, U12, U14, U16, U19, 18+**
Regionals:	**All levels: U12, U14, U16, U19, 18+**
Ranking Events:	**U14, U16, U19, 18+**
	- used for seeding purposes only
Provincials:	**U12 all inclusive - "RSVP"**
	– province-wide event for all levels
	U14 all inclusive - "RSVP"**
	– for elite teams
	A – U16, U19, 18+
	AA - U16, U19
"Eastern Event":	**U14 all inclusive "festival"****
Easterns:	**A - U16, U19, 18+**
Nationals:	**AA – U16, U19, NRL**

"AA": U16, U19 (2009-2010)

"A": U16, U19, 18+

U14

Twelve teams in two groups of six (East and West)

- **Play five teams twice within your group**
- **Two ranking events after 15th January**
- **Merge East and West by points**
- **Provincials – Odds play Evens**
- **Standings 1 > 12 (for ranking purposes)**

PROVINCIAL ELITE "AA" AND "A"
(U16, U19 and 18+)

The "AA" designation is for teams that intend to go to Nationals. Their objective is to play, train, and compete as elite athletes, at the highest level being offered.

The "A" designation is for teams that intend to go to Easterns. Their objective is to play, train, and compete as elite athletes, at the highest level being offered to teams with comparable skills.

Note: U14 doesn't have a designation but is strictly an introduction to competition.

PROVINCIAL COMPETITIVE "AA" AND "A"
(U16, U19 and 18+)

Teams that choose to participate at "AA" and "A" -

- that are skilled enough to play at that level(s)
- that need competition to reach their potential
- that currently don't intend to play "elite"

- can declare that they don't intend to go to Nationals or Easterns (by choice). They will play in the same sanctioned events as the elite teams.
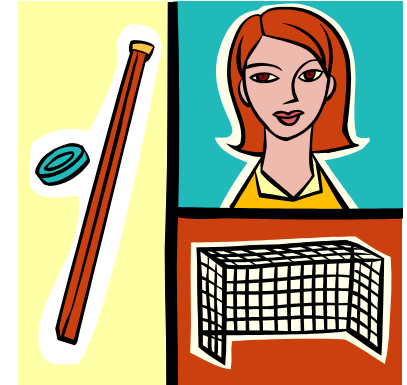
U7   Active Start

- Learn generic skills
- Learn to Skate, Can Skate, etc.
- No specific ratios of training vs. competition
- On-ice parent involvement minimal
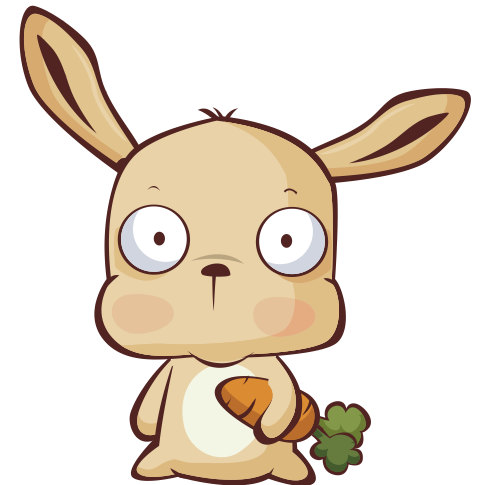
U9 (Bunny)

- "Bunny Festival" at the end of the season (regional) - use Saskatchewan model

- No structured teams and no tournaments

- No scores posted - no finals or championship games

- Same participation awards

- On-ice parent involvement minimal

- Fair play to be applied, e.g. monitor using armbands

U10 (Novice)

- Regional "Novice Festival" - end of the season   (Saskatchewan model)
- Two regional tournaments
    - one pre-December 31st and one pre-March
- Modified games
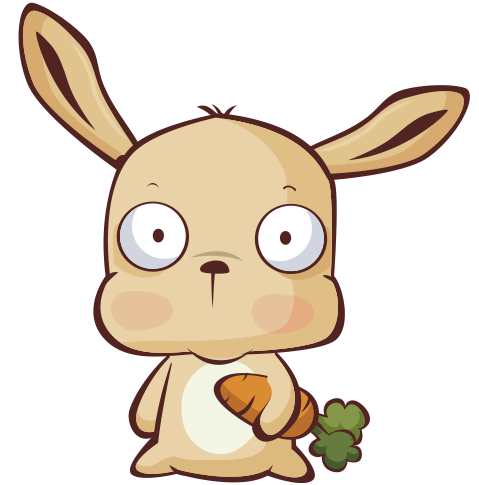- On-ice parent involvement mandatory
- Fair play to be applied

CONSTRUCTING AND RESTRUCTURING TEAMS

U10 (Novice)

- Teams selected based on skill
  - players from all levels on each team
- Players are part of "Association U10"
- Seeding teams after skill testing
  - September & January if using two "season" system
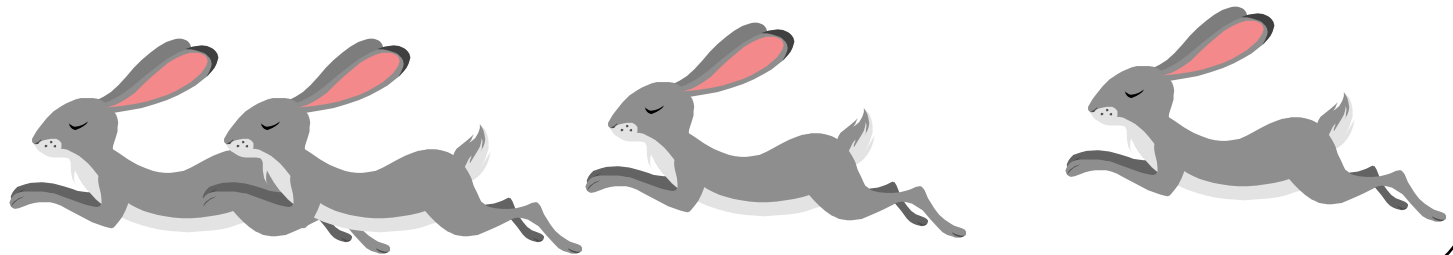- Fair play (ice) policy would be in place

LTAD – Competition Structure - AGE GROUPS

U12 (Petite)

- Use Saskatchewan model

- Possible Invitational Provincial event or Regionals

- 3 regional tournaments

- No tiers for teams

- Skills pilot – Eastern Region

- On-ice parent involvement critical

- Fair play to be applied

U12 SKILLS PILOT

- ORA and RC partnering on Skills Testing pilot

- Three "testing" events - coordinated by qualified Skill Instructors

- RC to provide testing matrix and train Skill Instructors

- January fest – vertical stratification

- "Provincial" event(s) :

> - seeding using Skill Testing - no winners or losers/no scores
>
> – participation awards all the same - no championships
>
> – off-ice (50%) – season finale

- Certificates, t-shirts, stickers for their "report card"

U14 (Tween)

- Preliminary seeding of teams after January 15th
- "Regionals" at the end of the season
- Provincial Championships offered for elite teams
- Eastern event for U14 - LTAD focus
- Fair play to be applied

U16 (Junior)

- Regionals at the end of the season

- Provincial Championships offered for all teams at the AA, A and B levels - qualifiers East-West format after Jan15th

- Eastern Canadian Championships (A's) would include the top team(s) from the A Provincials

- Nationals (AA's)

- Fair play to be applied

U19 (Belle)

- Regionals at the end of the season
- Two qualifiers East-West format after January 15th
- Provincial Championships offered for all teams at the   AA, A and B levels
- Eastern Canadian Championships would include the   top team(s) from the A Provincials
- Nationals (AA's)
- Fair play to be applied

18+ (Open)

(Life after the minors!)

- Tournaments, UCCs, Regionals, ACC, Vegas, etc.
- Provincial Championships offered for all teams at the A and B levels
- Eastern Canadian Championships would include the top team(s) from the A Provincials
- Nationals (AA) - NRL

U10

- recommendation that the development to competition ratios be set at 50-50% 2009-2010; 66-33% 2010-2011; 100% development 2011-2012 (RC compliance)
- recommendation that we schedule one or two fun days (3-4 hours) per region to "market" a) the vertically stratified teams with on and off ice activities, and b) options for better utilization of ice with on and off ice activities (sharing and playing well with others)
- recommendation that we work with the schools to identify students who need volunteer hours, to "coach/mentor" with the younger age groups

U7, U9 and U10

- <u>recommendation</u> establish who is responsible for doing the "report cards" for skill testing and standardize them

- <u>recommendation</u> that we produce a methodology for forming teams at each level from U7 through 18+ responding to LTAD objectives

- <u>recommendation</u> that ORA produce a "fact sheet" about other sports and their plans/adherence to LTAD for marketing purposes

U12

- <u>recommendation</u> that teams be formed for the entire season (rather than split the season into two segments)

- <u>recommendation</u> that we use the formula system for U12s for one more year but change it for the 2010-2011 season – change must be identified as soon as possible

U14

- <u>recommendation</u> split U14 and Easterns into two events due to competitiveness
- <u>recommendation</u> U14 teams would represent their association, not the province
- <u>recommendation</u> establish the number of teams going to the eastern event, with a reasonable ceiling
- <u>recommendation</u> incentives to participate at all events at the U14 "eastern event" or "challenge"
- <u>recommendation</u> – event name brand accordingly

U16, U19

- recommendation that events be age oriented and tiered according to skill levels/testing; and, that we meet the RC timelines for all inclusive provincials and nationals

- recommendation establish the number of teams going to the national event, with a reasonable ceiling

Further Discussion

- <u>recommendation</u> we have a working group meet annually to review the past year's progress and formalize the next year's plan based on input from as many sources as possible.
- <u>recommendation</u> that CTR be used to recruit based on the objectives of LTAD and physical literacy
- <u>recommendation</u> that we identify the skill requirements for ringette as a team game (strategy 101) in addition to skill requirements for individuals

ORA LTAD Working Group Recommendations

- recommendation that "two-team contracts" be allowed between all skill levels in each age group to encourage the development of all players; exceptionally skilled players may be considered for a higher age group

- recommendation that there be a standardization of the application of rules concerning the two team player contracts province-wide

- recommendation that a special committee be formed to deal with the seeding of teams; and, that the seeding of teams be an all year round process

ORA LTAD Working Group Recommendations

- <u>recommendation</u> that a system similar to the Western Region's player tracking system be used in each region (provincially) to track players for input to placement

- <u>recommendation</u> that regions have an all inclusive policy, either using vertically stratified teams or "C" and REC teams

- <u>recommendation</u> that players can be placed at a lower age group by a skill instructor as developmental and moved back to their age level when they pass the skill testing (playing on both teams if viable)

ORA LTAD Working Group Recommendations

- <u>recommendation</u> that the "chosen association" policy be piloted as per ORA policy
- <u>recommendation</u> that along with the LTAD program committee, an implementation monitoring group should be formed
- <u>recommendation</u> that practices at different age levels be all inclusive, for both player and coach development
- <u>recommendation</u> that all recruiting issues be directed to the ORA Board rather than the regions

WHAT HAPPENS IN VEGAS... RINGETTE TOURNAMENT