



Canadian Sport For Life

Long-Term Athlete Development Workshop

December 3-5, 2008
Winnipeg, Manitoba

Workshop Schedule

Wednesday, December 3, 2008

Workshop A:
Learning from Beijing and Games and Multi-Year Planning

7:00-9:00 pm

Sport Manitoba
200 Main Street

Aimed at the development of junior athletes, Alex and Istvan will share their experience in preparing for major Games competition. The session will focus on planning and periodization for developing athletes during the growth, development and maturation process in preparation for major competitions

Speakers: Alex Gardner & Istvan Balyi

Who should attend? *Canada Games and High Performance Coaches*

Thursday, December 4, 2008

Workshop B:
How to Develop a 'Sport for Life' Plan in my Community

7:00-9:00 pm

Sport Manitoba
200 Main Street

Get down to the nuts and bolts of developing a multi-sport approach to a community sport plan.

Speaker: Richard Way

Who should attend? *Community leaders and individuals interested or responsible for community sport*

Workshop C:
Developing Team Dynamics: A Coach's Role In Building A Strong Team

7:00-9:00 pm

University of Winnipeg
Duckworth Centre, Room
2D12

Team building involves creating a climate that encourages and values the contributions of team members. The interaction of group members is essential to team success. Participants will leave the session with practical strategies to maximize the effectiveness of their groups.

Speaker: Bert Carron

Who should attend? *Coaches, managers and athletes*

Workshop D:
**Developing Physical Literacy
In Athletes: A Practical
Resource Toolkit For
Coaches**

7:00-9:00 pm

Gym - TBD

Gain some 'hands on' experience in using effective tasks and simple equipment to develop better athletes from the ages of 5 - 11 years old. This session will provide the practical application of physical literacy skills for the FUNdamentals and Learn to Train stages.

Speaker: Colin Higgs

Who should attend? Community coaches and physical educators

Friday, December 5, 2008

Workshop E:
LTAD & Sport Psychology

8:00-10:00 am

Sport Manitoba
200 Main Street

Sport psychology practitioners and high performance coaches are invited to join Dr. Carron and Richard Way in a casual discussion and debate about sport psychology practices and key learning following the introduction of the LTAD model.

Speakers: Richard Way & Bert Carron

Who should attend? Sport Medicine practitioners and high performance coaches

Workshop F:
**PSO-CS4L/LTAD
Implementation**

11:00 –2:00 pm

Sport Manitoba
200 Main Street

Where do we go from here? This session will help to identify next steps and best practices on LTAD initiatives that are taking place in Canada. It will also include lessons to help facilitate change through CS4L/LTAD implementation in the sport system.

Speakers: Richard Way & Colin Higgs

Who should attend? Staff and volunteers of Provincial Sport Organizations and major sport delivery partners

Workshop G:
**Physical Activity And
Exercise Promotion: The
Role That Groups Play**

6:00-8:00 pm

Sport Manitoba
200 Main Street

The social environment influences participation in physical activity. Dr. Carron will give practical advice on structuring physical activity environments to maximize adherence, participation and enjoyment.

Speaker: Bert Carron

Who should attend? Fitness and health promotion practitioners



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