

Canadian Sport For Life

E-news



CS4L Workshop Edition

New Website Launched!

A new CS4L [website](#) was launched. It features easier to find content:

- Physical Literacy for parents
- LTAD for Athletes & Coaches
- A new Education/Recreation section

Workshop Presentations Posted

Please note: The website has three sections (Athletes & Coaches, Educations & Recreation and Parents); you can find the presentations, depending on the nature of the topic, in the Resources area of each section. Visit the [website](#) to view presentations.

Gary Lunn, Minister of State for Sport Spoke to over 400 at CS4L Workshop

The Honourable Gary Lunn, Minister of State (Sport) addressed delegates at the 5th annual CS4L Workshop, January 21st, 2009 at the Crowne Plaza Hotel. Over 400 delegates from the sport, recreation, education and health sectors were in attendance. [Read news release](#)

2010 CS4L Workshop

Look for the 6th annual CS4L Workshop in April of 2010!

Over 400 delegates from the sport, recreation, education and health sectors attended the 5th annual CS4L Workshop, January 21st & 22nd, 2009 at the Crowne Plaza Hotel in Ottawa, ON. Over 60 presenters presented on CS4L and LTAD topics such as developing physical literacy, LTAD implementation and sport competition review. See a few samples of the top notch presentations below.

PARENTS

From Ownership to Stewardship: Hockey Canada (Dean McIntosh)

How can an NSO or large governing body support the consistent approach to Athlete Development while empowering the local association to provide unique programming? [View](#)

Developing Physical Literacy: The Quebec en Forme Experience (Steeve Ager)

Since 2002, Quebec en Forme, in partnership with Université du Québec à Trois-Rivières, has supported communities across the province in the implementation of motor skills activities for 4-8 year old children. [View](#)

ATHLETES & COACHES

What Studies of Elite Athlete Tells us about Promoting Long-Term Development (Dr. Joe Baker)

The presentation provides an overview of York University's international research program examining the antecedents of expert performance in sport. Specific attention is given to the role of different types of training at different stages of development. [View](#)

Paradigm Shifts in Coaching (Istvan Balyi)

The rationale and the methodology of monitoring PHV will be analyzed and discussed and case studies are introduced. [View](#)

Linking LTAD to Organizational Strategic Plans (Richard Way & Dr. Colin Higgs)

This presentation addresses ways in which LTAD plans impact organizations and how LTAD can be integrated into the strategic plans of

We would like to encourage all sports to plan their technical meetings in conjunction with the Workshop. Canada's world leading skating organizations such as Hockey Canada and Ringette Canada used this year's Workshop to bring their national and provincial technical people together. Overall, over 40 delegates attended from various skating sports!

Also noteworthy, over 60 delegates were in attendance from various PSOs, an all time high!

sport organizations. [View](#)

EDUCATION & RECREATION

Advocating for PE in Schools (Grant McManes, Jacki Nylen & Greg Leland)

This presentation shows how Manitoba and New Brunswick have been successful in having PE time allotments in schools mandated. [View](#)

Toronto: Strategies for Effectively Implementing LTAD (Jeff Carmichael & Mari Caravaggio)

This presentation provides an overview of strategies used to move the theory of LTAD into practice. [View](#)

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