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## CANADIAN SPORT FOR LIFE

Canadian Sport for Life (CS4L) was developed to get everyone in the 'physical activity' system on the same page: one country, one vision, one system. Because many different institutions, agencies, and groups are involved in delivering sports and physical activity programs, CS4L recommends that parents, teachers, schools, coaches, clubs, recreation centres, and governments coordinate efforts for the greatest welfare of the children in their programs. In this regard, CS4L has implications for the entire Canadian sport system.

Traditionally, sport in schools, recreational sports, and elite sport have been developed separately. This is ineffective and expensive. It fails to ensure that all children, including those who may choose to become elite athletes, are given a solid foundation and knowledge base — physical, technical, tactical, and mental — upon which to build their athletic abilities.

As parents, we recognize that sports and physical activity play an important role in our children's healthy growth and development, but in recent times physical activity has suffered serious decline among Canadian children.

Medical and sport research shows that our children are increasingly at risk for obesity and disease due to low levels of activity and poor nutritional habits. Some experts have also suggested that Canada has suffered declining performances in international competition due to a lack of physical activity and sport development during childhood.

Your child may already be involved in physical activity and sports, or you may be wondering how to get your child started. The goal of CS4L is to help you understand the needs of young athletes and what may be done to promote

their best interests in staying active and healthy. Long Term Athlete Development (LTAD) is a model for development in physical activity and sport that not only provides a safe, enjoyable, and progressive pathway for children to pursue healthy physical activity, but also provides a pathway to excellence.

CS4L/LTAD is a 7-stage model of athlete development, a training, competition, and recovery program based on developmental age, rather than chronological age. Athletes who progress through LTAD experience training and competition in programs that consider biological and training ages in creating plans specific to their development needs.

The website, [www.ltad.ca](http://www.ltad.ca), provides information explaining the importance of sport for all ages and stages by giving children the skills that they need to develop 'physical literacy' for both healthy life long enjoyment and for sporting success. Whether you're a parent, a teacher, an athlete or coach you'll find information which will help you deliver quality programs.

"The Canadian Sport for Life is an excellent framework that, with engagement from the sport, health and education sectors, has the potential of influencing physical literacy development of all Canadian children and youth." Andrea Grantham, Physical and Health Education Canada.

"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, CS4L expert

This CS4L/LTAD introduction is excerpts of documents produced by the Canadian Sport Centre Network expert group. Additional information at [www.ltad.ca](http://www.ltad.ca)