

Diocese of Cleveland CYO



Winter Sports General Meeting

2022-2023

**CYO is dedicated to
the safety of every child,
visitor, and official.**

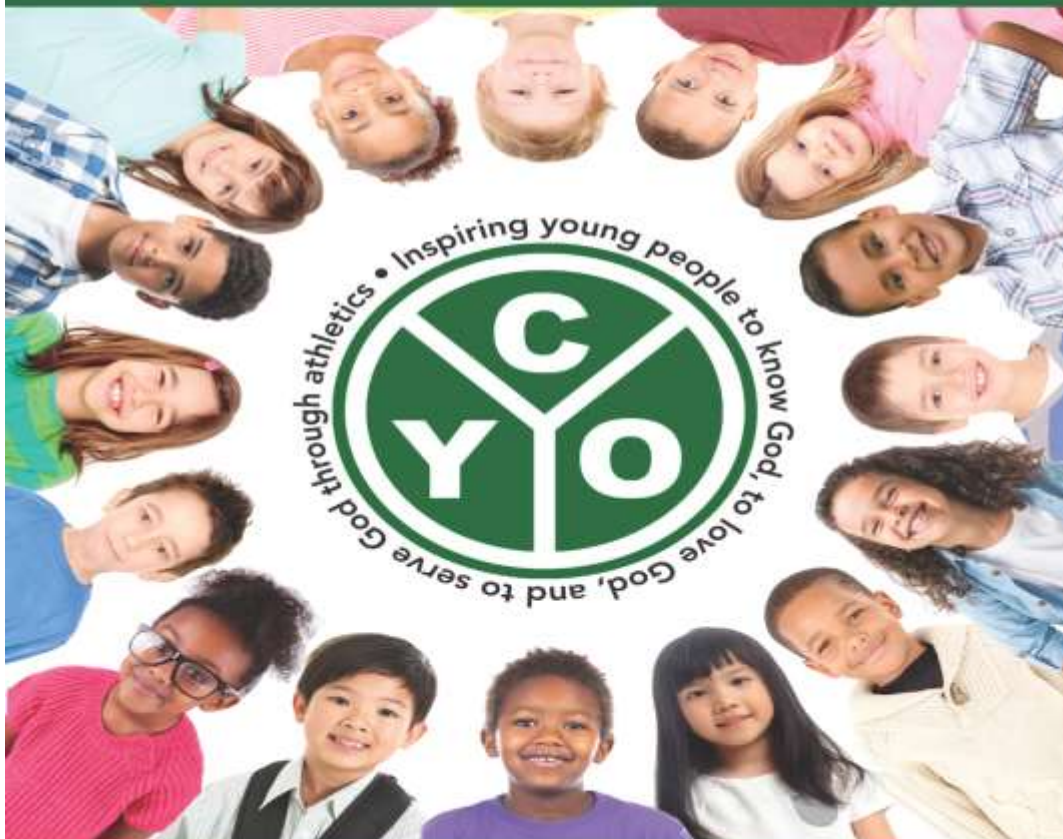


**Catholic
Charities**
DIOCESE OF CLEVELAND

**THE FOLLOWING IS
NOT TOLERATED:**

- **Abusive language**
- **Aggressive words or
actions toward Officials**
- **Intimidation**
- **Violence of any kind**

CYO • Fun • Friends • Faith



Welcoming All of God's Beloved Children



ABUSIVE BEHAVIOR OF PARENTS AND COACHES

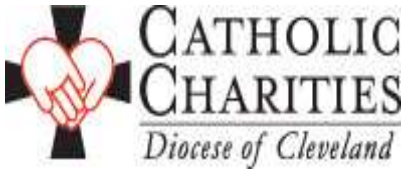
- CYO Games: 550/weekend @ 80 sites/8 weeks;
- 1,100 Officials for 8 weekends + 2 tournament weekends;
- Over 5,100 CYO Basketball Games Played
- .02% chance of a reported incident at any specific game
- Higher frequency due to unreported incidents
- Top reason certified officials quit officiating – ABUSE

RESPONSE COURAGEOUS CONVERSATION - ABUSIVE BEHAVIOR

- Conversations/surveys w/Officials, Coaches, ADs, Parents, Staff

CHANGES FOR 2022 – 23 CYO BASKETBALL

- When a coach or a fan is ejected – automatically out for 2 weeks - may not attend any practices, games, sanctioned events
- When a player is ejected – automatically out for 1 week - may not attend any practices, games, sanctioned events
- CBL - CYO Programs - Mandatory Pre-season Parent mtg.
- CBL - Season ending tournaments are by invitation only – teams may not be invited based on poor behavior during the season.
- CYO Pop Up Banner at every CYO Game Site



Diocese of Cleveland CYO

7911 Detroit Avenue Cleveland, OH 44102 P 216.334.1261

795 Russell Avenue, Akron, OH 44307 P 330.379.3636

www.ccdocle.org/cyo

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COMMISSIONERS

Dale Armbruster

Mark Chastain

Mark Cuccia

Linda DeCarlo

Joe Hooven

Chris Pratt

Stacy Shulan

Kevin Smith

GENERAL SECTION ASSIGNMENTS GRADE SCHOOL 2022-2023



Changes or new from 2021-2022 are highlighted in **yellow**.

Section - Large group of programs that can work together to form teams if no teams can be formed within their parish/school zone.

Zone - Small group of programs that can work together to form teams.

Provisional - Athletes from these parishes can play with any program within the zone.

No Zone - Cannot register athletes from any other program to participate on their teams without written permission from CYO Administration.

(Restricted Provisional) - Athletes from these programs can participate with their assigned member without written permission from the CYO Administration.

School - Cannot have athletes from any program other than their assigned Restricted Provisional parish participate on their teams.

Section 1

Zone A: St. Anthony of Padua-Lorain, St. Joseph-Avon Lake, St. Mary of the Immaculate Conception, St. Peter-Lorain, St. Thomas the Apostle-St. Teresa of Avila *Provisional: Holy Spirit-Avon Lake, Sacred Heart Chapel-Lorain, St. Francis Xavier Cabrini, St. Mary-Lorain*

Zone B: St. Joseph-Amherst, St. Jude, St. Mary-Vermilion, St. Peter-Huron, St. Peter-North Ridgeville *Provisional: St. Julie Billiart-North Ridgeville, St. Mary-Elyria, St. Vincent de Paul – Elyria*

No Zone: Holy Trinity-Avon

Section 2

Zone A: St. Angela Merici, St. Bernadette, St. Brendan *Provisional: St. Ladislav*

Zone B: Our Lady of Angels, St. Christopher, St. Mark *Provisional: Blessed Trinity, St. Mel, St. Patrick-West Park, St. Vincent de Paul-Cleveland*

Zone C: Mary Queen of Peace, Our Lady of Mt. Carmel-Cleveland, St. Ignatius of Antioch, St. Leo the Great, St. Mary Byzantine, St. Thomas More *Provisional: St. Boniface, St. Patrick-Bridge Ave, St. Rocco*

Zone D: Holy Family-Parma, St. Anthony of Padua-Parma, St. Charles Borromeo, St. Columbkille, *Provisional: St. Bridget of Kildare, St. Francis de Sales-Parma, St. Matthias-Parma, St. John Bosco, St. Sava*

No Zone: St. Raphael

Section 3

Zone A: St. Bartholomew, St. Mary of the Falls, St. Mary-Berea, *Provisional: Mary Queen of the Apostles, St. Adalbert-Berea, St. Elizabeth Ann Seton*

Zone B: Assumption/St. Albert the Great at Assumption Academy, St. Basil the Great, St. Michael

No Zone: St. Albert the Great, St. Ambrose (Restricted Provisional: St. Emilian Byzantine), Sts. Joseph & John

Section 4

Zone A: Communion of Saints, **Corpus Christi Academy (Restricted Provisional: St. Clare, Sacred Heart of Jesus-South Euclid)**, Holy Name, St. Adalbert-Cleveland, St. Agnes-Our Lady of Fatima, St. Aloysius-St. Agatha, St. Dominic, St. Stanislaus *Provisional: Holy Redeemer, Holy Rosary, Our Lady of Peace, St. Mary-Collinwood*

Zone B: St. Benedict, St. Joan of Arc, St. Rita *Provisional: Holy Angel-Chagrin Falls, Resurrection of Our LordSs. Cosmas & Damian*

No Zone: Gesu, St. Francis of Assisi, St. Paschal Baylon

Section 5

- Zone A:** Mater Dei Academy, Our Lady of the Lake, SS. Robert & William, St. Jerome *Provisional: St. Casimir, St. John the Cross, St. Mary Magdalene, St. Noel*
- Zone B:** St. John Vianney, St. Mary of the Assumption *Provisional: Divine Word, St. Anthony of Padua-Fairport Harbor, St. Bebe the Venerable, St. Justin Martyr, St. Mary Painesville*
- Zone C:** St. Anselm, St. Helen, St. Mary-Chardon
- No Zone:** St. Gabriel

Section 6

- Zone A:** Queen of Heaven, Sacred Heart of Jesus-Wadsworth, St. Augustine, St. Francis de Sales-Akron, St. Matthew, Sts. Peter & Paul *Provisional: Nativity of the Lord Jesus, Prince of Peace, St. Andrew the Apostle, St. Anne-Rittman*
- Zone B:** Holy Family-Stow, Immaculate Heart of Mary, **St. Barnabas, St. Joseph-Randolph**, St. Mary-Hudson, St. Patrick-Kent *Provisional: Mother of Sorrows, Our Lady of Victory, St. Eugene, St. Joseph-Cuyahoga Falls*
- Zone C:** St. Francis Xavier, St. Hilary *Provisional: Guardian Angels, Holy Martyr, St. Victor*
- Zone D:** St. Anthony of Padua-Akron, St. Sebastian, St. Vincent de Paul-Akron
Provisional: St. Bernard/St. Mary School-Akron

Schools

Cannot register athletes who are not students at their school **or from any program other than their assigned Restricted Provisional parish members participate on the school team.**

Archbishop Lyke, Emmanuel Christian Academy, Incarnate Word Academy, Lakewood Catholic Academy (Restricted Provisional: St. Clement, St. James, St. Luke, Transfiguration), Metro Catholic, Seton Catholic School (Restricted Provisional: St. Mary-Hudson), Spring Garden Waldorf, Notre Dame Elementary, Pinnacle Academy, St. Francis-Cleveland, St. Thomas Aquinas, Urban Community School, Welsh Academy

This list does not apply to High Schools.

CYO inspires young people to know God, to love God, and to serve God through athletics.

CYO MEMBERSHIP COMMUNICATION PLAN

CYO Member Internal Communication



CYO Administration External Communication



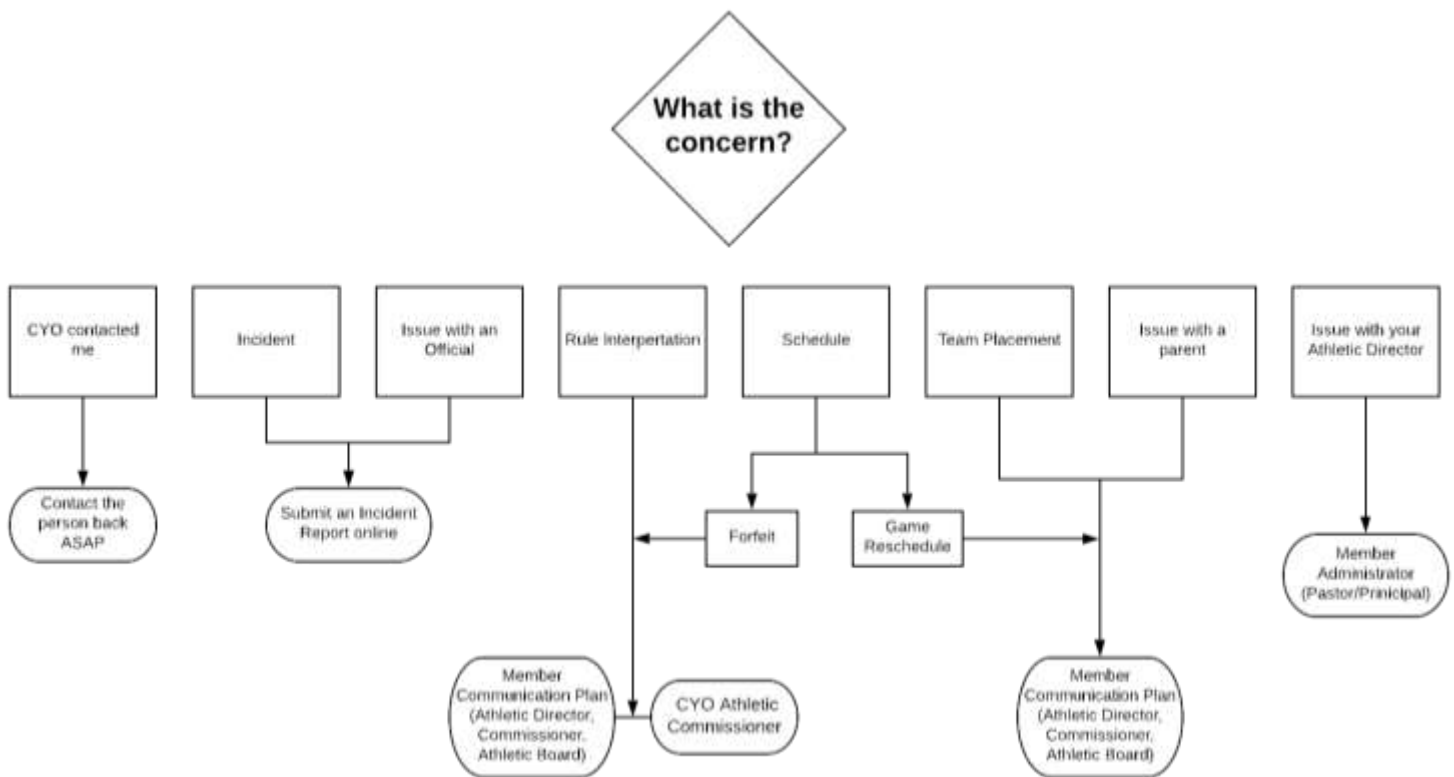
Note the internal and external lines of communication. The situation will determine which line of communication the coach uses.

Items submitted to the CYO Commissioners/Program Coordinator/Program Manager will be responded to within 48 hours on a business day (weekend contact will be returned by Tuesday evening). Responses will be directed to the correct party via this plan and in this context:

1. **Is this an emergency situation that requires immediate action? What and by whom?**
2. **What is the context and where and with whom does it belong – Parish? Athletic Director? CYO? Has the issue been communicated directly to correct parties?**
3. **Have you checked the CYO Charter & Bylaws, Parish CBL, and sports rules re: the issue?**
4. **What is the right thing to do morally, ethically, and legally?**
5. **What Catholic teaching and values apply to this situation?**

CYO inspires young people to know God, to love God, and to serve God through athletics.

HOW TO COMMUNICATE TO CYO AS A COACH



CYO inspires young people to know God, to love God, and to serve God through athletics.

CYO PRAYERS

A good coach prays

A great coach begins and closes every practice with a prayer

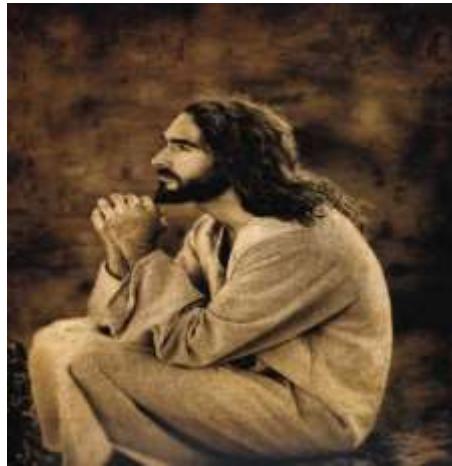
PRE-GAME PRAYER

LORD GOD, THANK YOU FOR BRINGING US
TOGETHER IN YOUR NAME.

WE KNOW YOU ARE WITH US NOW,
AS YOU PROMISED.

PLEASE HELP THE PLAYERS, COACHES AND OFFICIALS
TO PLAY AND BE FAIR.

KEEP US ALL SAFE FROM INJURY. THANK YOU FOR
GIVING US THE CHANCE TO TEACH OUR FAITH TO OTHERS
BY OUR ACTIONS. AMEN.



POST-GAME PRAYER

LORD, WE THANK YOU FOR THE OPPORTUNITY AND
CHALLENGE OF THIS GAME.

YOU CALL US TO COMPETE WELL, FINISH THE RACE
AND GROW IN OUR FAITH!

HELP US TO REMEMBER WE CAN DO ALL THINGS
THROUGH YOU, WHO GIVES US STRENGTH.

AMEN

CYO INCIDENT MANAGEMENT PROCESS



1. All Incidents must be reported in writing using the online form at <https://www.ccdcle.org/service-areas/cyo-athletics/contact/report-an-incident>
2. CYO Membership & Communication Coordinator (MCC) reviews submitted Incidents.
3. MCC emails person submitted report & copies Member AD. The MCC sends separate email to Member AD requesting a response within 24 hours.
4. Important: Member AD must respond by email to MCC within 24 hours.
5. If more than one party is involved, MCC emails all Member ADs involved and asks for a response within 24 hours.
6. After receiving Member AD responses, incident assigned to CYO Staff to investigate.
7. CYO Athletic Staff investigates and determines proper course of action.
8. CYO Staff informs involved parties of final decisions re: the incident.
9. CYO Staff logs incident results into the Master incident Log to track for patterns.

INCIDENT TYPES

- Behavior/Misconduct
- Player, Coach, Fan Ejection
- Incident with Officials
- Injury or Concussion Protocol
- EMS Called to Site
- Police Called to Site
- Media Involvement
- Facility related

ASK THESE QUESTIONS

1. Is this an emergency requiring immediate action? What? By whom?
2. What happened? (write it down without judging)
3. What is the context and where and with whom does this issue belong; Parish? Athletic Director? CYO Administration?
4. Has the issue been communicated directly to the correct parties?
5. What does CYO Charter and Bylaws and sport specific rules say?
6. What is the right thing to do morally, ethically, and legally?
7. How does our Catholic teaching, mission and values apply?

WHAT IF...

- **What if...You don't have enough players to start a game?**
✚ *If you don't have 4 players to start a game, did you contact your AD to use a Guest Player? If so, then follow the Guest Play protocols. If you need to forfeit, contact your AD. Your AD will contact CYO. CYO will cancel the officials, inform the site staff that your team is not coming and notify your opponent. Do not contact the other team. CYO will officially cancel the game. You can start a game with 4 players.*
- **What if ...I forgot my credentials?**
✚ *If you do not have your credentials, you will not be able to coach. Credentials validate that a coach has completed all of the Diocesan requirements to volunteer.*
- **What if...One of your players hits their head hard head during a play and asks you to go back in?**
✚ *When in doubt, sit them out.*
- **What if...The scorer puts the score on the wrong side of the scoreboard**
✚ *Stay calm. Give the scorer a moment to correct it. If it is not corrected, approach the table and asks for the correction. The site director and the official may intervene.*
- **What if ...A coach calls me to reschedule my game?**
✚ *CYO officially cancels all games. Contact your AD if this happens.*
- **What if... A Sanction Event asks to play at 8:30pm?**
✚ *Contact your AD. Your AD will contact CYO. If you play in a game that violates the time limitations, your privileges into the CYO tournament may be revoked. See the CYO rules for more information on the time limitations.*
- **What if... My opponent is running the score up on me and leaving in their best player?**
✚ *Respectfully approach the Site Director and inform them to verify the participation rule. After the game, report the issue to your AD.*
- **What if... I see something inappropriate?**
✚ *Always do the right thing! Contact the site director at a game and your AD if it occurs at a practice Sanctioned Event or game and report what you observed.*



REQUIREMENTS FOR A NEW COACH

IF YOU ARE A NEW COACH, YOU MUST...

Attend a Coaches Development Program (CDP)

UPCOMING SESSIONS

DATE	TIME	LOCATION	CAPACITY
Thurs., Oct. 27	6:00-9:00 p.m.	Urban Community School, 4909 Lorain Ave., Cleveland, OH 44102	100
Wed., Nov. 2	6:00-9:00 p.m.	St. Paschal Baylon (Eymard Room), 5384 Wilson Mills Road, Highland Hts., OH 44143	100
Wed., Nov. 9	6:00-9:00 p.m.	St. Jude, 590 Poplar Street, Elyria, OH 44035	150
Sat., Nov. 19	9:00-12 noon	Boys Hope Girls Hope Gym, 9438 Dorothy Avenue, Garfield Hts., OH 44125	150
Mon., Nov. 28	6:00-9:00 p.m.	St. Ambrose (Hilkert Hall/Gym), 929 Pearl Road, Brunswick, OH 44212	180
Mon., Dec. 5	6:00-9:00 p.m.	Boys Hope Girls Hope Gym, 9438 Dorothy Avenue, Garfield Hts., OH 44125	150

- **Attend VIRTUS or an approved abuse prevention program**
- **Read and acknowledge the following policies**
 - Diocese of Cleveland [Policy for the Safety of Children in Matters of Sexual Abuse](#)
 - Diocese of Cleveland [Standards of Conduct for Ministry](#)
- **Obtain a background check.**
- **Complete the Concussion Awareness Course**

This must be renewed every three years. View our [Concussion Awareness Course page](#) for more information on the program.
- **Complete Sudden Cardiac Arrest (SCA) training**

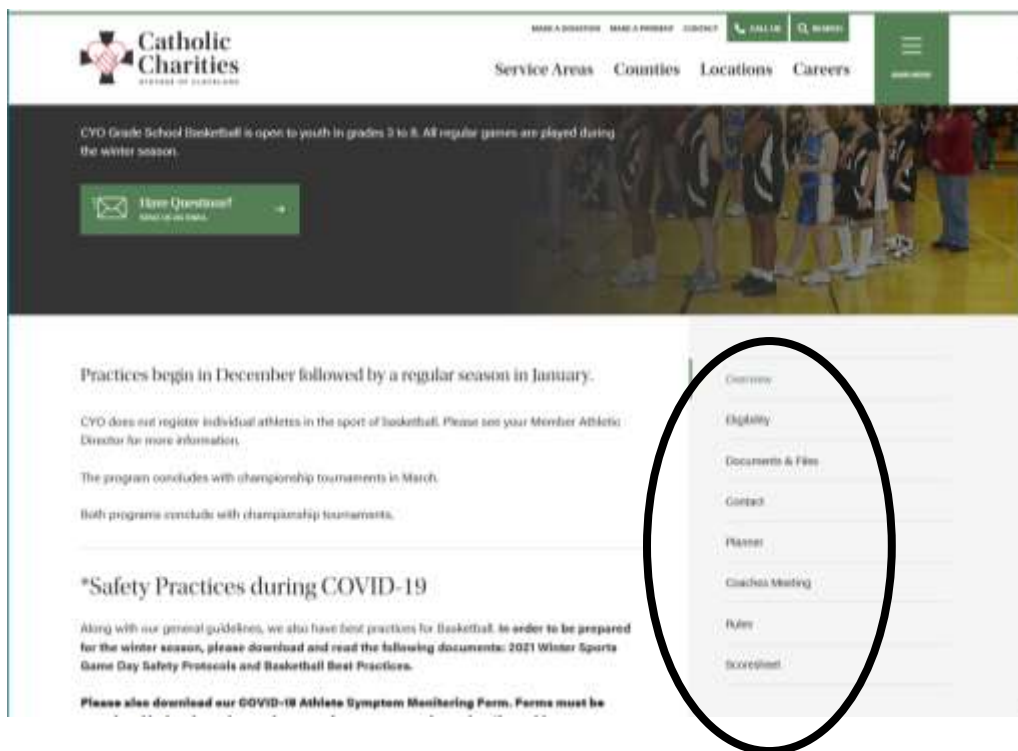
View the [SCAT video](#) now and [download the information sheet](#)

CYO WEBSITE NAVIGATION (DESKTOP)



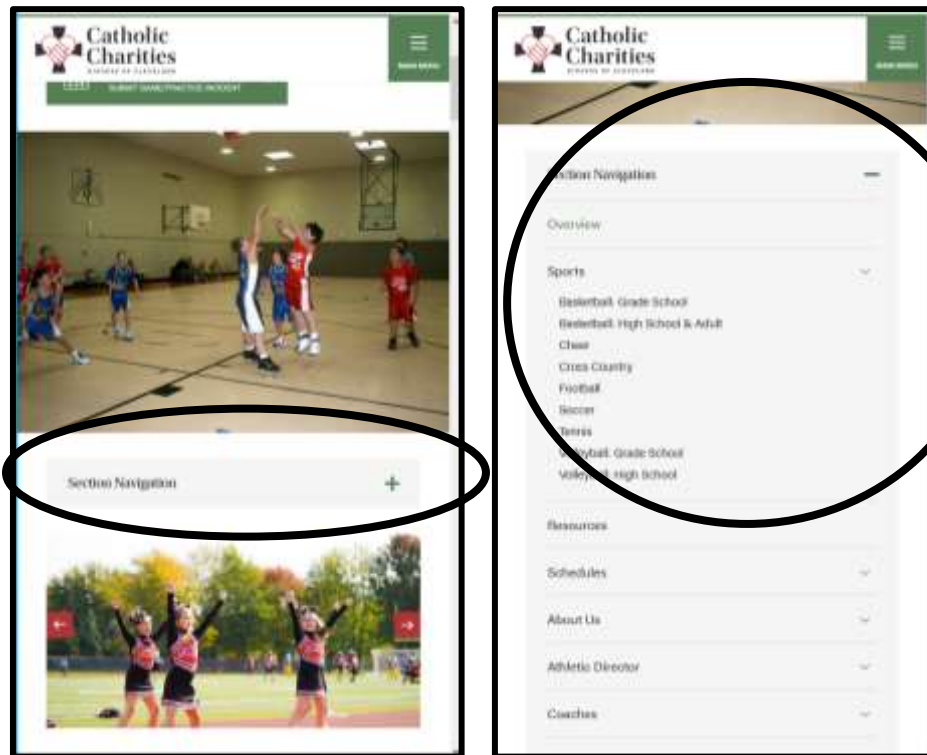
Find information for your sport on the Sports Specific page under Sports or at the bottom of the page.

The sidebar will take you to more specifics, such as the Planner or Rules

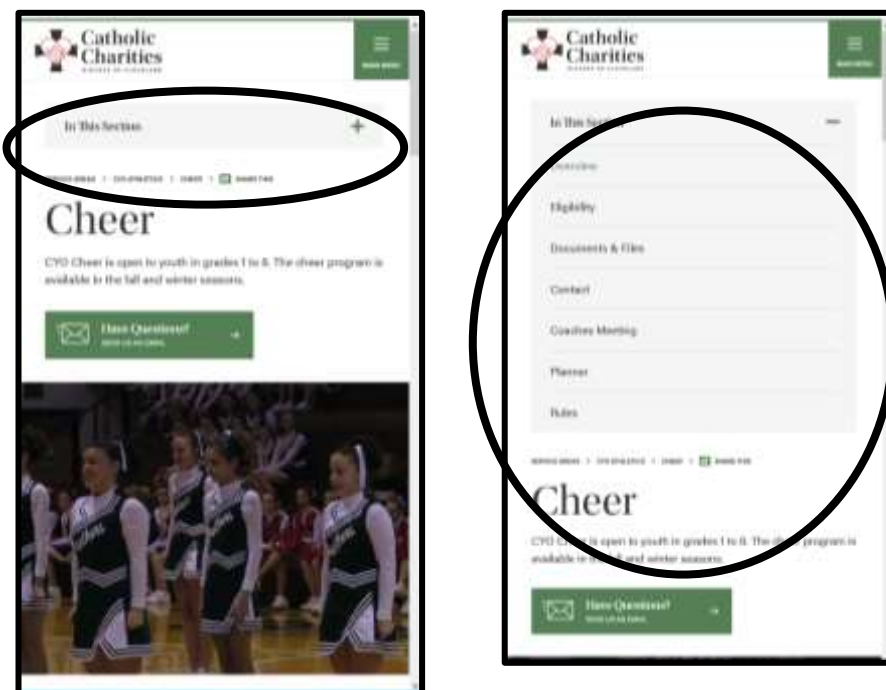


CYO WEBSITE NAVIGATION (MOBILE)

Use Section Navigation to find your Sport



“In This Section” will display the items listed in the sidebar on the Desktop



ACTS OF KINDNESS IN THE GAME

COACHES

- ✚ TREATS EVERYONE WITH DIGNITY**
- ✚ RESPECTS THE GAME**
- ✚ PLAYS ALL PLAYERS EQUALLY**
- ✚ TEACHES ALL PLAYERS WITHOUT FAVORITISM**
- ✚ DISCIPLINES THOSE WHO ARE DISRESPECTFUL**
- ✚ TEACHES POSITIVELY WITHOUT CRITICIZING**
- ✚ NEVER LEAVES ANY PLAYER OUTSIDE A HUDDLE**
- ✚ TURNS EVERY MOMENT INTO A TEACHING MOMENT**
- ✚ TELLS EVERY PLAYER AFTER THE GAME “GOOD EFFORT.”**

PLAYERS

- ✚ TREATS EVERYONE WITH DIGNITY**
- ✚ HANDS THE BALL TO THE OFFICIALS**
- ✚ LENDS A HAND TO A FALLEN PLAYER**
- ✚ RESPECTS THE GAME**
- ✚ APPLAUD PLAYERS AND OPPONENTS AFTER A GOOD PLAY**
- ✚ LISTENS ATTENTIVELY TO THEIR COACHES**
- ✚ SPEAKS UP FOR THOSE LESS FORTUNATE**
- ✚ ENCOURAGES OTHERS TO KEEP TRYING AFTER A BAD PLAY**
- ✚ DEFENDS THOSE WHO ARE BULLIED**
- ✚ TAKES PRIDE IN THEIR ACTIONS, THEIR WORDS, THEIR PERFORMANCE**
- ✚ TELLS THEIR COACHES “THANKS COACH” AFTER EVERY PRACTICE AND GAMES**
- ✚ TELLS THEIR COACH THAT THEIR PLAYING TIME COULD BE USED FOR SOMEONE WITH LESS TIME**
- ✚ HELPS TEAMMATES BECOME BETTER PLAYERS, BETTER CATHOLICS**



Building a Champion Future

Character Development & Faith Formation through Sport as Ministry

**PLAY LIKE
A CHAMPION
TODAY**

A Team for Every Child

What is Play Like a Champion?

The *Play Like a Champion Today Educational Series* is a non-profit, research-driven program for promoting the social, emotional and moral development of young athletes through nationally accredited coach and sport parent education. Rooted in the Catholic tradition, Play Like a Champion understands coaching as a critical ministry to youth and high school student-athletes. To that end, we provide resources and training for a national network of communities who are working together to change the culture of youth sports in America.



Our Community

230+ Partners and 250 Trainers
130,000 Coaches & Parents Trained
42 States in United States & Canada

Learn more about Play Like a Champion's exclusive Coaching as Ministry Resources
www.playlikeachampion.org/sport-as-ministry

Resources include Daily Prayers for Athletes, Coaches and Sports Parents; the *5 Minute Game Plan*, which empowers coaches to connect a concept of our Catholic faith in their practices; Athletic Reflections on the Mysteries of the Rosary; Sports Stations of the Cross; *Giving the Best of Yourself* Vatican document on Sports; Pope Francis Quotes and Letters on the Value of Sport; and invite your sports parents to join our Virtual Parent Like a Champion Workshop at www.playlikeachampion.org/parents.

Play Like a Champion was founded on the **research** of Dr. Clark Power, which remains the core of everything that we do. The National Committee for the Accreditation of Coaching Excellence calls our clinics the "Gold Standard" in coach education!



The Play Like a Champion Today Sports Leadership Conference is the *premiere* gathering of Catholic administrators and coaches in North America. Held annually at the University of Notre Dame in late June since 2006, each year's conference brings together the nation's brightest leaders to INSPIRE, EDUCATE and CONNECT. Participants enjoy expert speakers and excellent networking opportunities with industry peers.

A Team for Every Child

Through our *A Team for Every Child* initiative, Play Like a Champion works with community leaders in areas of financial need to develop sustainable programming that allows all of our children to experience the joy and benefits of youth sports. Learn more at www.ateamforeverychild.org.



Aggressive vs. Nurturing Coaches



Readers of the *Friday Morning Rally* know that coaches have a tremendous impact on the experience of athletes. The attitude and philosophy of a coach can shape the athlete's development and their enjoyment of a sport from the youth to the professional level. Yet there has always been some debate about which style of coaching produces better results, with advocates of a more aggressive approach often arguing that intensity is required to push athletes to their limits and get the most out of individuals and teams.

Over the past two decades, research into coaching has consistently found the opposite, that a "nurturing" style of coaching is more effective. A recent article by graduate students at the California State University Chico provides a good overview of why this is the case, while also noting that aggressive coaching can have a *negative* impact on wins and losses. Research in this area, including work by *Play Like a Champion Today*, often points to the importance of building relationships in order to maximize an athlete's motivation and performance. As the adage goes, "They don't care how much you know until they know how much *you care*."

This serves as a good reminder that taking a positive approach not only makes youth sports more enjoyable, it's also more effective. Take a moment to read the articles above and consider your own coaching or the coaches under your supervision. Does your style bring out the best in athletes, or could certain areas be improved?

[Read: How to Improve Performance through Coaching](#)

Help others get the latest news from the world of youth and high school sports by forwarding this email to your friends & telling them to subscribe free by [clicking here!](#)



The Ohio High School Athletic Association

Serving member schools, coaches, student-athletes and contest officials since 1907

OHSAA Mission

To serve our member schools and enrich interscholastic opportunities for students.



**Act with Dignity
Speak with Courtesy
Play with Pride**

Preparing students not for the next level of sports, but for the next level of life.

Respect THE GAME



The OHSAA Believes That:

- Participation in interscholastic athletics programs is a privilege, not a right.
- Participation in interscholastic athletics programs complements a student's school experience and teaches lifelong lessons of hard work, teamwork and self-discipline.
- Participation in interscholastic athletics programs promotes citizenship and sporting behavior, instills a sense of community and promotes a lifetime appreciation for sports and healthy lifestyles.
- All students, regardless of ethnicity, race or gender, should have an equal opportunity to participate in interscholastic athletics programs.
- Sporting and ethical behavior are expectations in interscholastic athletics by all participants, coaches, administrators, officials and spectators.
- Coaches, administrators and contest officials should serve as positive role models who are critical to a student's development and success.
- In order to minimize health and safety risks and maintain ethical standards, it is mandatory that interscholastic athletics participants are free from use of anabolic steroids or other performance-enhancing drugs.
- All rules, regulations and facilities for and supervision of interscholastic athletics programs should ensure maximum protection of the health, safety and well-being of each participant.
- Limitations should be placed upon the length of sport seasons and the number of interscholastic contests played by participants.
- Students should engage in a well-rounded experience that encourages participation in a multitude of extracurricular activities.

- All attempts should be made to accommodate students with disabilities in interscholastic athletics programs.
- Compliance with all school, OHSAA and state regulations along with contest playing rules is essential for everyone involved in interscholastic athletics programs.
- Student academic achievement and success take priority over athletics achievement and success.
- The success of a team is more important than individual awards.
- Interscholastic athletics programs exist to prepare students for the next level of life, not the next level of sports.
- Participation in interscholastic athletics programs can be a once-in-a-lifetime opportunity and create memories that will last forever.

Fan Fair Play Code

- I will remember that young people play sports for THEIR enjoyment.
- I will have realistic expectations and will understand that doing one's best is just as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
- I will respect the official's decisions and will encourage others do the same.
- I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
- I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will show respect for my team's opponents because I realize there would be no game without them.
- I will not use bad language and will not harass athletes, coaches, officials or other spectators.
- I will always show good sportsmanship. Young people learn by example.



www.OHSAA.org



@OHSAASports



Facebook.com/OHSAASports



Top 10 Benefits of Multi-sport Participation

1. Greater overall athleticism
2. Improved foundational motor skills and transferable skills
3. Lower chance of drop-out
4. Increased fun and enjoyment
5. Wider circle of social relationships
6. Reduced chance of overuse injuries
7. Longer sport career and involvement
8. Promotion of life-long physical activity skills
9. Greater intrinsic motivation
10. Opportunity to learn new sports



CYO inspires young people to know God, to love God, and to serve God through athletics.





Active Start

Males and Females 0-6



FUNDamentals

Males 6-9
Females 6-8



Learning to Train

Males 9-12
Females 8-11



Training to Train

Males 12-16
Females 11-15



Training to Compete

Males 16-23 +/-
Females 15-21 +/-



Training to Win

Males 19 +/-
Females 18 +/-



Active for Life

Enter At Any Age



An Outline of LTAD

A physiological framework that proposes what youth athletes need to be doing at specific ages and stages in their development.

The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement

FUNDamentals Stage

Males 6-9 (3rd & 4th Grade)
Females 6-8 (3rd grade)

Overall movement skills:
FUN and participation
General, overall development
Integrated mental, cognitive, and emotional development
ABC's of Athleticism: agility, balance, coordination and speed
Introduce simple rules of ethics in sport
Daily Physical Activity

Learn to Train Stage

Males 9-12 (4th -7th Grade)
Females 8-11 (3rd - 6th Grade)

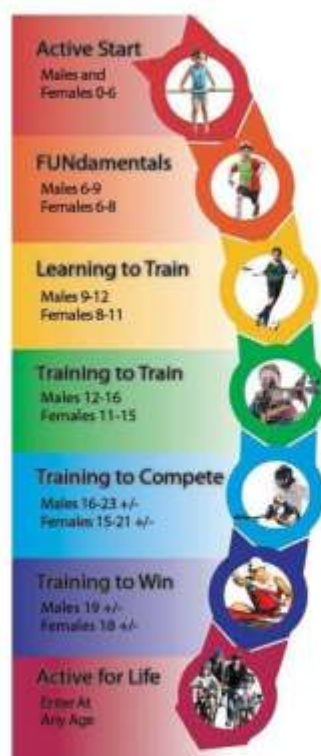
Overall sports skills development
Major skill learning stage: all basic sports skills should be learned before entering next stage
Integrated mental, cognitive, and emotional development
Introduction to mental preparation
Talent identification
Sport specific training 3 time a week; participation in other sports 3 times a week

Train to Train Stage

Males 12-16 (7th & 8th Grade)
Females 11-15 (6th - 8th Grade)

"Building the engine"
Establish an aerobic base
Establish pre-competition, competition, and post-competition routines
Develop speed and strength toward the end of the stage
Further consolidate their basic sport-specific skills and tactics
Learn to cope with the physical and mental challenges of competition

The Long Term Athlete Development Model – Late Specialization Sports



	WHERE	LEADERS	TRAINING	COMPETITION
Active Start Males and Females 0-6	Home; Day care; Sport programs; Pre-schools; Community recreation;	Parents; Pre-school & Kindergarten teachers; Day care providers;	None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching;	None
FUNDamentals Males 6-9 Females 6-8	Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Unstructured & structured play; short seasons; multiple activities; overall movement skills & development of athleticism;	Minimal; local area; modified formats; informal; all activity is FUN based;
Learning to Train Males 9-12 Females 8-11	Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Regular practice; seasonal activities; multiple sports; overall sport skills development;	Occasional; local area; modified format; informal and formal; 70% training to 30% competition;
Training to Train Males 12-16 Females 11-15	Schools; Community recreation; Sport programs; Sport clubs;	Teachers; Recreation leaders; Volunteer & professional coaches;	Regular structured practice; seasonal activities; more than one sport; sport-specific skill development;	Regular; local to provincial/regional; 60% training to 40% competition;
Training to Compete Males 16-23 +/- Females 15-21 +/-	Schools; Post-secondary institutions; Sport programs; Sport clubs;	Teachers; Volunteer & professional coaches; sport science, medicine, & nutrition consultants;	Regular structured practice; planned & periodized schedule; focused on one sport; sport & position specific physical, technical & tactical training;	Regular; provincial to national/international; 40% training to 60% actual competition and competition specific training;
Training to Win Males 19 +/- Females 18 +/-	Post-secondary institutions; Sport clubs; Training centres; Professional sport;	Professional coaches; Integrated support teams;	Regular structured practice; planned and periodized schedule; focused on one sport;	Selective; planned; national/international; 25% training to 75% actual competition and competition specific training;
Active for Life Enter At Any Age	Community recreation; Sport programs; Sport clubs;	N/A	N/A	N/A

Each sport must develop its unique training/competition structure.
Each individual will have their own unique progression (needs) within the broad structure above.

Early specialization sports include artistic and acrobatic sports such as gymnastics, diving, and figure skating. These differ from late specialization sports in that very complex skills are learned before physical maturation since they cannot be fully mastered if taught after maturation. Most other sports are late specialization sports.



Save the Date

January 29, 2023

TITLE IX



50 YEARS