

## Q&A Report - Session 3 - September 16

#	Question	Answer
1	Why is it easier to coach females than men? Is it because of development stages?	As children grow and develop, there are times when different types of practice and training will have a greater effect. These "sensitive periods" provide a special opportunity to train and develop important skills and physical capabilities that have a greater return on time invested and that can impact athletic performance throughout the life course.
2	How to deal with growth spurts that come along joint pains?	Stop the activity as they may be over training. Seek medical intervention and monitor progress or digress.
3	Who should be in charge of raising awareness? in schools? In physical education class? When and where should awareness be included? In order to show the diversity of sports and where to practice them.	All major stakeholders of the Developmental pathway is charged with awareness but ensure that Sport organizations and local clubs have a clear plan for how they will greet and involve potential athletes on their first visit.
4	but we try to bubble wrap the kids these days. how do we get parents to allow free play especially in schools	Parents may not have oversight of what happens in schools but parents are able to influence what happens before and after school and on weekends. So it is about educating parents
5	In active start is not 180 minutes daily too much? How many days?	Each day. It is not consecutive 180 minutes. Break it up into 20 to 25 min sessions numerous times per day
6	What do you do in case where certain sports have intense competition (Table Tennis) for children at the FUNdamental age range?	Athletes need to train and compete according to training-to-competition ratios that develop skills and fitness while preventing injury and burnout. The quality of competition and the timing of competitive events need to serve the needs of the participant, allowing them to test the stage-appropriate skills they are developing.
7	At this stage of learning to train ... is it convenient to combine individual and group sports? or one or the other?	Yes, please do encourage that diversity of individual sport & Team sport particularly in learn to Train and Train to Train Stages
8	If you have athletes entering at about 13 years of age in the learn to train stage, should you still use the same schedule or do you have to adjust and go back a little to segments of previous stages (for instance from the FUNdamental stage)? Of course I meant the Train to Train stage and not the Learn to Train stage.	Good question. Adjust to suit and ensure different sports
9	Would the "INFORMAL" talent identification have an impact on the proliferation of false talent? Should it be done or not?	Approach Talent I.D differently. Focus on Quality Sport Programs and an outcome would be athletes with advanced levels of competency which would channel along with pathway.
10	I have a soccer player that is 9 years but has skills of a 13yr old player should I put him to train with the older players or remain in his age group	Good question. He may be Chronologically 9 years old but his Developmental age is higher so please do try him with a higher grouping but do monitor his interactions
11	What could we do after the child manages the diversity of sports practiced in his first stage?	Support that kid but take into account that individuals' variations in physical, psychological, cognitive, emotional, and moral development.
12	There are some sports that are year round where they have an indoor season and outdoor season. How should this be approached?	Through Periodization
13	Can ethical approach not be implemented in the train to train period?	Mental and Life skills training would begin in the Learn To train stage and expand on this as the participant transitions up the pathway.
14	THE STAGES ARE CLEAR, BUT ALMOST ALL SPORTS HAVE IN EARLY AGES, (12 YEARS OLD) REGIONAL CHAMPIONSHIPS SUCH AS SOUTH AMERICAN, CENTRAL AMERICAN, WORLD CHAMPIONSHIPS, ETC. HOW CAN WE MANAGE TO NOT SPECIALIZE SO EARLY IF COUNTRIES, PARENTS AND CHILDREN ARE INTERESTED IN THE RESULTS SINCE IF YOU WIN IN YOUR REGION, YOU GO TO THE WORLD CHAMPIONSHIPS?	Early Specialization would apply to some sports. Do know that you as the Coach/ Parent and or Athlete are in full control as to when you can compete so do ensure it is Developmentally Appropriate
15	What about in sports like gymnastics, or even skateboard where we find kids under 15 competing to be the best in the world? still train to train	Early Specialization Sports would require high level competitions at earlier Chronological ages but do note your athletes would have a mature Training Age at this point.
16	Would this be double periodization	That is correct. Indoor being first Main Comp. and then Outdoor being 2nd Main Comp.
17	I have my own soccer academy with local national players in u15 and u17 boys soccer should their training session intensity be different	Yes, it should be different and please do ensure the load is in proportion to the Intensity
18	Hi Kabir, but what about the physicality of this 9 year old, what if he is much smaller in size? Is this a factor to consider?	The physical factors should surely be considered at this stage of development
19	This program is dependent on the capability and ability of the Coaching team to identify and develop the athletes within each area required would it not?	Coaching education and education of all stakeholders involved is key
20	Are there any available resources on periodization of athletes at the train to train stage?	See Sport for Life website.
21	Can you please repeat the ages of the following stages: train to train, train to compete and train to win?	Long-Term Development in Sport and Physical Activity 3.0 <a href="https://sportforlife.ca/portfolio-view/long-term-development-in-sport-and-physical-activity-3-0/">https://sportforlife.ca/portfolio-view/long-term-development-in-sport-and-physical-activity-3-0/</a>
22	How does a talent identification program fit in this long term development model?	Organizational Factors inform the ways sport, recreation, education and other organizations create and deliver programs for their participants and athletes. Approach talent from a retention point of view and provide Quality Sport experiences for all. Take into consideration the sensitive periods where athletes develop differently.
23	THE ACTIVE FOR LIFE STAGE IS THE NECESSARY STAGE FOR THOSE INFORMAL TALENTS TO CONTINUE IN THE SPORTS FROM THE RECREATIONAL-COMPETITIVE POINT OF VIEW. WHAT IS THE CRITICAL POINT IN THIS STAGE? IS IT COMPETITIVE WITHOUT HAVING THE NECESSARY LEVEL?	the transition into a sport, the transition between Long-Term Development stages, transition between sports, and the transition to be active for life. Transitions that are well planned and well executed maximize sport talent enabling individual potential to be reached whether it is Competitive for Life or Fit for Life.
24	Is it important to generate criteria for the transition from one stage to another, especially in learn to train, train to train and train to compete? What criteria or variables are established in Canada?	Each Sport will have their own criteria. Athlete monitoring is a key component.
25	Who are the ones who should show the different sports options and inform where they can be practiced? How is that structured in Canada?	The Multi-Sport environment is recommended and these should be sports that compliment each other so that the athlete becomes competent in all environments
26	Does single, double or triple periodization only apply to athletes who are in the training stage to compete?	Periodization applies to all stages which includes competition so that the athlete can peak in the Main Competition phase
27	Can an active person reach the age of 70 without doing sports, but still active for life?	Yes
28	In which stage can we start specializing by position within team sports?	Depends on the sport
29	What does it depend on if a periodization is single, double or multiple?	Nature of the competitive season and year.
30	What happens to GYMNASTS whose early specialization program requires a faster rate of technical developmental and cannot effectively go through the LTAD stages	Gymnastics is an Acrobatic Sport which is early specialization. So the athlete's developmental age should be monitored and the training plan designed in alignment.
31	If your child is actively involved in school sports, do they still need to be in other organized sports? Some require weekly training separate to what the school is offering.	Depends on the type and quality of training, the nature of the sport, and the level/stage of the athlete.
32	What do you think of the development or not, of athletes between 14 and 21 years old who fully focus on competing in a national championship, to which all the training efforts of the country, coaches, parents, etc are focused on.	There should be a ratio of training, pre-competition and main competition so that the athlete reaches their peak at the appropriate time.

33	BMX: It is a sport that encourages specialization and competition at an early age. (WORLD CHAMPIONSHIP 5 YEARS AND UNDER is the Initial category) but it is also a sport that is very ludic and sensitive phases are stimulated very deeply in BMX workouts that are very varied. How many times per week should it be practiced / trained?	See LTAD BMX: <a href="http://www.cyclingcanada.ca/wp-content/uploads/2012/05/BMX-LTAD-EN-2014.pdf">http://www.cyclingcanada.ca/wp-content/uploads/2012/05/BMX-LTAD-EN-2014.pdf</a>
34	What's your opinion on skateboarders under 16, under 14 and even under 12 competing with adults? in the olympics	People grow and develop at different rates. Sport and physical activity need to take each individual's stage of growth and development into account when designing training, competition, and recovery programs. Long Term Development addresses the complete physical, mental, cognitive and emotional development of participants—not just physical characteristics and performance qualities. Training, competition, and recovery programs also need to consider the mental, cognitive, and emotional development of each participant.
35	Can you talk about boxing?, can each stage you just mentioned vary in each sport? How to bring these athletes to an optimal level in the TRAINING TO WIN stage in individual combat sports?	
36	Is cricket an early or late specialization and peekin sport?	Cricket is not an early specialization sport
37	What do you suggest for a country who have a late development where children starting to play is concern	Cross sectoral collaboration on increasing Physical Activity and Quality Sport experiences.
38	What are the main sports of early specialization and what is the main difference with the sports of early initiation?	i.High acrobatic: Such as gymnastics, diving, and figure skating are early specialization sports that favour small bodies capable of fast rotation. ii. High kinesthetic: Activities where developing an early "feel" for the environment or equipment is important. Examples would be swimming, soccer and racquet sports. iii. Late specialization: Sports in which peak performance can occur in the mid-30s or later, such as golf, rowing or triathlon.
39	Could it be the neural pathway also provide the same for swimming in the younger children as it does for racquet sports. the feel of the water to fire at a young age	That is correct
40	Why is it that some of our coaches don't observe these stages of training especially individual variations	Depends on level of coach education, training or their own background. LTD can help.
41	Would combat sports e.g boxer an early development sport ?	Combat Sport is not considered an Early development Sport
42	What if I have a child 6-8 years old who is showing little interest in the sport and not as focused as other kids. Do I give up and let him try another sport or wait it out?	Try another sport and monitor that child. Ensure the environment is fun, safe and listen to the feedback from the child.
43	What is your take on specialization for karate athletes?	Specialization will be needed for Karate at the Train to Compete stage
44	How likely is it for athletes who enter early specialisation sports like gymnastics to compete in other sports for example track and field in the later stages of their life.	This is highly encouraged

### Q&A Report - Session 4 - September 23

#	Question	Answer
1	What does the preparation of a coach consist of?	Coaches in Canada (volunteer and professional) are guided and supported by information from the Coaches Association of Canada, and the NCCP program. Coaches begin often as local volunteer coaches and progress from there.
2	What is the difference between quality sport and the high performance part in them?	Quality sport is a part of high performance as well. We want to ensure that athletes within the Podium Pathway are also experiencing, Good People, Good Programs and Good Places. Quality sport has a space in all stages of LTD. Quality Sport will look different at each stage of development.
3	How do you achieve getting clubs from across different sports to realign their programmes to this LTAD model? What activities have allowed this to happen?	Education and one on one communication has worked well for us in this area. Webinars, in person meetings, town halls are all things we have used to create "buy-in". Examples of successful activation and resources that can help the clubs educate their members are also helpful.
4	I would like and it would be useful to adapt some of the images and slogans to the activities that I develop and direct, of course with the corresponding credits; Will it be possible to have the permission of Spors For Life for this?	You may use material from these webinars provided Sport for Life is referenced as the source of this material and imagery.
5	Is karate considered an early or late specialized sport?	This question was answered live
6	How should a coach deal with the players that didn't make the team? It happens from a national youth programs and so you find kids losing interest in the game.	As much as possible keep the players involved in sport activity by providing training and competition for their development. Set up additional teams and training opportunities, arrange for more coaches.
7	So where should we introduce competitions? between the fundamentals and learn to strain stages?	From active start through the early stages of development it is important to offer a continuum of individual, cooperative and competitive experiences based on the age and stage of the participants. More will be covered in this week's webinar.
8	Is there an entity in Canada that undertakes the quality control of the process? Or are sports federations in charge of that?	Coaching in Canada is overseen by the Coaches Association of Canada. Quality Sport is delivered at all levels by a range of organizations, led by the NSFs and monitored by the Sport Ministry of Gov and other funding agencies.
9	What sports would you recommend to do, or which ones would you think are the most complete for the kids in the early stages to reach a complete development of a physical literacy?	This question was answered live
10	Which range of age do you recommend for the meaningful competition, and when you switch to real competition?	This question was answered live
11	Could you provide detail of your recruiting system?	Most sports try to identify athletes showing promise and engage them in programs suited to their development needs. May be done by coaches, teachers and parents, to more sophisticated forms of talent ID.
12	What strategies have worked best for you in order to overcome resistance to change from organizations and clubs to implement the long-term development program in sport and make it successful at the community level?	We have found that supporting and highlighting the "champions" or the ones that have bought in is very helpful. It's easy to get stuck on trying to convert the ones that aren't buying in right away, but you'll have more success with promoting those who do buy in.
13	How important are public-private partnerships for the sustainability of development programs?	All partnerships are important and having buy in and support from private sector can be useful but not if you have to give up too many of your values to do this... it depends on the state of readiness, shared vision and values. There is a great article on partnerships in sport: Making partnerships work better in the Culture and Sport Sector - 4 Key Factors for Successful Partnerships: Clarity of PURPOSE and roles, Capacity to INFLUENCE and be INFLUENCED, SYSTEMS and STRUCTURES that are fit for purpose, Capacity to take ACTION. <a href="https://www.sportengland.org/media/3377/making-partnerships-work-better.pdf">https://www.sportengland.org/media/3377/making-partnerships-work-better.pdf</a>
14	The long-term development program in CANADA connects the school's physical education class in the Fundamental and Learn to Train Stages?. Is education connected with Sport?	Not formally in most cases but athlete development should take place with both school and sport training/activities in mind. Collaboration is key.

15	In sports for life Canada, what is the role of the physical education teachers?	Sport for Life believes that a multisectoral approach will ultimately have the greatest long term impact on sport participation and performance. We offer training and mentorship for physical education teachers and also partner where physical education specialists to provide guidance and expertise in our community sport collaborations.
16	At what age is it recommended for someone to start doing weights training?	Onset of puberty is a good guide
17	In these times where technology is accessible to most people and that you can have all the information and results quickly / in real time, how do you convince parents and children that sports results are not so important at an early age?	This is a difficult paradigm shift. Parents will continually look to results as a measure of success. If the organizers of the program emphasize fun and skill development at the earlier stages of development, the continued message will hopefully get through. With these similar and consistent messages coming from all different facets of sport and physical activity, it helps in reiterating these ideas.
18	In which stage should we start with specialization in 1 sports, in train to train stage or in train to compete?	As a general rule specialization is not recommended until after puberty, however there are some exceptions depending on the sport. The individual sport LTD models can be found at: <a href="https://sportforlife.ca/sport-frameworks/">https://sportforlife.ca/sport-frameworks/</a>
19	A league system can enhance the athletic development of athletes. If this type of competition is pertinent, at what stage would it be appropriate to implement a league system?	This will be addressed in the next session on Training and Competition.
20	Would it be better to sell the LTAD model to your Sports ministry first before implementing?	LTAD model is developed by and within the sport itself. The importance of LTAD in ensuring Quality Sport and healthy athlete development should be clear to all partners, including Government and all partners.
21	Is there any order of quality sports in both individual and/or team sports?	The Quality sport is a set of guiding principles that should be used in conjunction with the best practices and recommendations of each sport. In the early stages ( up to Learn to Train), it is recommended that a child participates in a variety of sports that complement each other and offer different skills (stability, locomotor, object manipulation), environments (ground, air, water, ice/snow, outdoors) and experiences (individual, cooperative, competitive) so as to support a well rounded athlete who is adaptable, confident and resilient - and can then choose which sports or activities they may wish to specialize in. This should start to become clear during the physical literacy webinar. There is no 'one perfect' mix. It is an individual journey guided by the best information available combined with the athlete's interests , abilities and needs