

Train to Compete/Train to Win

High-Performance Sport

Full-time training — progressing from national-level competition to world-class competition at the highest level.



GO FOR IT

Rise to the challenge—always strive for excellence. Be persistent and discover how good you can be.

PLAY FAIR

Understand, respect, and follow the rules. Play with integrity—competition is only meaningful when it is fair.

RESPECT OTHERS

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

KEEP IT FUN

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

STAY HEALTHY

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

INCLUDE EVERYONE

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

GIVE BACK

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

- Provide year-round, individualized event- and position-specific training.
- Train participants to peak for major competitions.
- Increase the emphasis on personal commitment to help achieve individual and collective outcomes.
- Provide training opportunities that maximize participants' mental readiness (e.g., preparation, positive attitude, perception, concentration, control).
- Include participants in planning and decision-making.
- Encourage participants who are interested in pursuing training that is suitable for winning performances.
- Encourage participants to engage in a variety of goal-setting exercises to stay focused and help develop resiliency.
- Help participants recognize the relationship between their intrinsic motivation and their success at higher levels of competition.
- Model and foster a growth mindset.

- Outline expectations in advance and apply the rules consistently.
- Model fair play and expect the same from participants, parents/caregivers, officials and others.
- Encourage your organization to use the [True Sport Coach Selection Process](#) to emphasize the importance of transparency and fairness.
- Help participants channel emotional energy in a positive way.
- Advocate for clean sport, equity, integrity, fairness and safety.
- Encourage discussion and greater understanding around racism, gender discrimination, and other forms of marginalization in sport.
- Use the [True Sport Player Selection Process](#) to help navigate team selection processes and highlight the importance of transparency and fairness.

- Provide feedback and corrections using polite, respectful language.
- Encourage participants to become self-aware and to use that awareness to support their development inside and outside of sport.
- Speak out respectfully and knowledgeably about social issues that matter to you and encourage participants to do the same.
- Promote engagement in the [No Ref No Game](#) resource to promote respect for officials.

- Monitor participant behaviour and energy to ensure they're having fun. Ask for suggestions to make activities more fun.
- Emphasize the joy of effort and encourage a commitment to excel.
- Celebrate all forms of achievement.
- Educate participants about the value of positive social networks (inside and outside sport) and how they contribute to a positive sport experience.
- Highlight the connection between enjoyment of sport and high performance (i.e., the more you love the sport, the more likely you are to invest time in your development).
- Help participants appreciate the learning and perspectives that can come from losing.

- Challenge participants to learn more about sport nutrition, clean sport, sport psychology, [BodySense](#), and proper equipment usage. Encourage them to share learnings with teammates and with younger participants who see them as role models.
- Encourage participants to learn about clean and ethical sport by completing appropriate clean sport education, like [True Sport Clean](#).
- Offer a transition pathway for participants to set the stage for them to remain active for life.
- Discuss the importance of caring for your mental health.
- Talk about the benefits of self-care and brainstorm ways to engage in it.
- Ask questions and encourage dialogue so participants feel empowered to speak up when something doesn't feel safe.
- Complete [Safe Sport Training](#).
- Complete the [NCCP Sport Nutrition](#) module.
- Complete the [NCCP Making Headway](#) module.

- Encourage open, safe, and constructive conversations about topical issues affecting sport (e.g., diversity and inclusion, clean sport, safe sport).
- Provide opportunities for participants who want to share their sport experiences through public speaking and role modeling.
- Become a champion for [True Sport](#) and [Sport for Life](#) and encourage participants to do the same.
- Host a free drills and skills program for younger participants from your school, club, or community.