

# TRUE SPORT LONG-TERM DEVELOPMENT FRAMEWORK



STAGES 5 AND 6:

## 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.

- › 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.

### PLAY FAIR

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

- › 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.

### 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.

- › 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 knowledgably 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.

### KEEP IT FUN

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

- › 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.

### STAY HEALTHY

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

- › 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.

### INCLUDE EVERYONE

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

- › Discourage cliques by intentionally bringing participants together in different groups in training, and engaging in conversations about actively practicing acceptance and inclusion.
- › Include participants in decision-making to foster a greater sense of autonomy and engagement.
- › Provide regular opportunities for participants to share thoughts and opinions verbally and in writing. Accept anonymous submissions.
- › Invite former participants, coaches, and volunteers to share their unique perspectives on sport and the impact it can have.
- › Provide a list of grants and financial resources that can support participants and coaches who are on a high-performance pathway.
- › Proactively share your pronouns to normalize the behavior of not making assumptions about gender identity.

### GIVE BACK

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

- › 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.