

TRUE SPORT LONG-TERM DEVELOPMENT FRAMEWORK

STAGE 4:

Train to Train

Building Physical and Mental Capabilities (for the duration of the adolescent growth spurt)

Increased sport specialization with higher training demands, training loads and greater emphasis on tactics and strategy.



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.

- › Develop sport-specific and potentially event- or position-specific skills.
- › Talk to participants about helpful vs. harmful coping mechanisms for the physical and mental challenges of higher-level competition.
- › Give participants an opportunity to take on responsibilities that include them in decision-making, like designing drills, or leading warm-up.
- › Encourage participants to recognize the value of learning from mistakes and trying different approaches.
- › Promote and educate participants about the ways that sport can teach valuable life skills.
- › Provide individualized support for any participant facing adversity as part of their sport experience.
- › Encourage participants to document personal and/or team goals.
- › Help participants take ownership of their sport experience by creating a True Sport Agreement.
- › Without bias or judgement, support participants in recognizing their own aspirations in sport – to pursue high performance sport or choose to be active for life.
- › Complete the NCCP Fundamental Movement Skills workshop.

- › Take the time to learn and understand how participants prefer to communicate and learn.
- › Encourage reflection on personal actions as well as those of parents/caregivers, coaches and teammates.
- › Promote ethical choices (e.g., no bending the rules, no performance-enhancing substances or methods, no cheap shots).
- › Explore the reasons behind the rules.
- › Discuss why cheating violates the integrity of the game. Use real-life situations to help participants deepen understanding and inform decision-making.
- › Encourage greater understanding by discussing relevant social justice issues and events in sport.
- › Use the True Sport Player Selection Process to help navigate team selection processes and highlight the importance of transparency and fairness.

- › Work with participants to identify team values and encourage shared accountability to model them by creating a True Sport Agreement.
- › Develop skills to communicate effectively with officials about the rules during competition.
- › Encourage parents/caregivers to complete Respect in Sport for Parents.
- › Cheer for your opponents and encourage participants to do the same. Discuss the importance of honouring competitors.

- › Emphasize the many possible benefits of sport and physical activity (e.g., physical and mental health, social connections, learning from others).
- › Emphasize and actively prioritize fun to counter increasing pressures to drop out (e.g., financial, cultural, social, competitive).
- › Make time for team building and social interaction during every training session and competition.
- › Introduce fun, friendly games and activities to counterbalance the potential stressors of traditional competition.
- › Respect participants' independence. Let them be adventurous and creative.
- › Encourage parents/caregivers to watch The Ride Home and explore its related resources.

- › Learn about BodySense and the importance of body neutrality.
- › Introduce specific physical activity concepts (e.g., sport nutrition, hydration, sleep hygiene).
- › Provide current clean and ethical sport information and encourage participants to complete appropriate clean sport education offered by the CCES.
- › Model positive self-image and self-acceptance.
- › Encourage discussion and reflection about how to achieve a healthy balance between the demands of sport, family, friends, school, spirituality, work, etc.
- › Ask questions and encourage dialogue so participants feel empowered to speak up when something doesn't feel safe.
- › Make participants aware and normalize embracing support channels such as Kids Help Phone.
- › Include exercises and games that develop both sides of the body equally, especially in asymmetric sports that may develop one side of the body more than the other (e.g., fencing, racket sports).
- › Complete Safe Sport Training.
- › Complete the NCCP Sport Nutrition module.
- › Complete the NCCP Making Headway module.

- › Intentionally set up training groups to mix and match various skill sets and positions throughout the season.
- › Introduce healthy team-building activities to help participants and their families get to know one another.
- › Model inclusive behaviour (e.g., address each participant using their correct pronouns).
- › Promote understanding for variations of your sport (e.g., different specializations, modified/para sport, different levels/age groups, non-competitive approaches to training).

- › Encourage participants, parents/caregivers to donate time to support community causes.
- › Create a youth activator position on your club's Board of Directors to actively solicit their input.
- › Encourage participants, parents/caregivers to volunteer (e.g., become officials, help run events, start coaching).
- › Use the True Sport Principles to encourage dialogue about how participants can give back to their community.
- › Support participants in becoming a camp instructor or junior coach for younger participants.
- › Set up a Junior True Sport Champions program to engage youth as future leaders.