

CANADIAN SPORT FOR LIFE (CS4L)

CS4L includes seven Stages of Development beginning with providing an **Active Start** (Stage 1) in physical activity for pre-school children. Young children learn **FUNDamentals** (Stage 2) basic movement skills in physical education classes and general multi-sport skills through participation in local “learn to” recreational programming. Local and provincial sport organizations roles begin with their development of sport specific skills within **Learning to Train** (Stage 3) and **Training to Train** (Stage 4) ...and for some athletes who move into **Training to Compete** (Stage 5) and possibly into **Training to Win** (Stage 6)... as well as for many people who remain **Active for Life** (Stage 7).

□ Stages 1 and 2 combine to develop “physical literacy” in children before they reach puberty so they have the basic movement and multi-sport skills to support their being Active for Life. Physical literacy also provides the foundation for those youth who choose to pursue more intense training in one or more sports or activities after age 12.

□ Stages 3 and 4 provide opportunities for older children to play multi-sports while reinforcing general sport skills as well as learning sport specific skills and tactics within more formalized methods of training and competition.

□ Stages 5 and 6 provide more intense training for those youth and adults who want to begin to specialize in one sport and compete at the highest level possible, by maximizing their physical, mental and emotional development.

□ Stage 7 is about staying Active for Life through lifelong participation in competitive and/or recreational sport(s) or physical activity(s).

A number of people are asking which organization is responsible for Canadian Sport for Life. The reality is that there isn't a single organization that “owns” Canadian Sport for Life. CS4L originally began as a Long Term Athlete Development (LTAD) framework which involved sport experts from the Canadian Sport Centres supporting 50+ National Sport Organizations (NSOs) with the development of their sport’s unique LTAD plans. When it became apparent that individual sports could not, and should not, assume the overall responsibility for developing both broad-based participation as well as our best athletes from “cradle to grave”...over time...LTAD has morphed into a more holistic Canadian Sport for Life model.

CS4L has the endorsement of Sport Canada as well as the thirteen Provincial /Territorial (P/T) Ministers responsible for Sport and is being guided and implemented across Canada by P/T sport federations such as Sport Manitoba.

Over the last five or so years, CS4L has become a virtual 'movement' that is being embraced by governments, national-provincial organizations and, more and more, by community-based partners in sport.

Sport Manitoba is in the process of aligning all of our programs...such as the Power Smart Manitoba Games and Coaching Manitoba...and grants around the impacts that they will have on the overall growth and development of athletes, coaches and officials within each of the seven 'stages' of CS4L.

Beginning in 2011-2012 Sport Manitoba began to focus our Regional - Community Sport Development Grants mainly around the impact that our grants have at the “Fundamentals”, “Learning to Train”, “Training to Train” and “Training to Compete” stages of CS4L development.