Hockey Canada

“If you get bitten by a vampire, you are a vampire”

Paul Carson
October 23, 2015

1. Overview
2. Tradition
3. Action

“the difference between where you are today and where you will be five years from now will be the books you read and the people you meet”
And the learning never ends . . .

“by design, not by chance”

Hockey Skills

Athleticism

Physical Literacy

Fundamental Movement Skills
Late Specialization Sports

Men’s Olympic Team
Goal  32 years
Defense  29 years
Forwards  27 years

Women’s Olympic Team
Goal  28 years
Defense  28 years
Forwards  27 years

Kids don’t learn to move anymore...
**TOP 5 REASONS WHY KIDS PLAY SPORT**

1. To have fun
2. To do something I’m good at
3. To improve my skills
4. To stay in shape
5. To get exercise

*Quote for the Study of Youth Sports, Michigan State University (2009)*

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**Winning**

*wasn’t in the top 10*

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**Building an**

*athlete-centered model*
3 Questions about sport participation

1. How did my parents make decisions?
2. How do I make decisions?
3. How will my children make decisions?
The Generational Difference

1. Quantity vs. Quality – I feel that balance is important when it comes to playing and choosing sports, but I don’t know if I have a really good grasp on what a good balance is.

The Generational Difference

2. Scholarships - Is it unrealistic to target and develop skills for a sport based on it’s scholarship potential (assuming of course they love the sport)?

The Generational Difference

3. A final curve ball - what are your thoughts on my son taking a year off from hockey for a year to dedicate to skiing
Physical Literacy = MVP performance


Nike

Why the Initiation Program?
Serves as the gateway to all hockey skills!
“Kids who play multiple sports have fewer injuries, and continue to play longer and at a higher level than children who specialize in a sport before puberty.”

Dr. Dwight Chapman
“How much hockey is too much hockey?”
The Globe and Mail, Sept 16 2014

An innovative program approach . . .

- FUNdamental skills:
  - Introduced through fun through games
  - Skills assessment & programming

- FUNdamental hockey skills:
  - Basic overall game skills
  - Skills in combination over time

The Current Minor Hockey Landscape . . .

- Costs associated with hockey
- Self-regulated, self-governed and non-sanctioned spring hockey
- 12 months a year
- Matching helmets, gloves, pants, track suits, jackets, equipment bags, etc.
A GRASSROOTS-UP APPROACH

There is resistance to change within the hockey culture. Who should we target?

- Parents
- Coaches (parents)
- Minor Hockey Associations (parents)
- Leagues (parents)

“Creating better sport requires teamwork, partnerships, and collaboration”

Partnerships are essential – we all benefit from one another’s success.
activeforlife.com/hockey

Kids who specialize too early often get the short end of the hockey stick.

Studies show that the best way to ensure happy and successful sports-playing kids is to make sure they get to try multiple sports.

Hockey Canada’s top 5 “off-ice” sports and activities to help players get better

To enable peak performance, hockey players are advised to develop a range of athlete abilities in other sports and activities, including yoga, gymnastics, and柔道。

“perfect is the enemy of good”

Parental Guidance

2015.10.23 – St. Albert MHA (P. Carson)
5 Action Steps

1. Identify program champions

2. Build a resource plan
3. Become a ‘messenger’

4. Embrace your role

5. Broadcast your stories
In closing – transform the ordinary... 

- Make it your own 
- Everything matters 
- Surprise and delight 
- Embrace resistance 
- Leave your mark

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