




2015 SAMHA Presentation

Physical Literacy and the Initiation Program





Hockey Canada

"If you get bitten by a vampire, you are a vampire"




Paul Carson
October 23, 2015




1. Overview

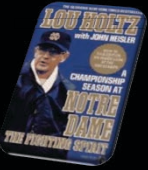
2. Tradition

3. Action




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"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"



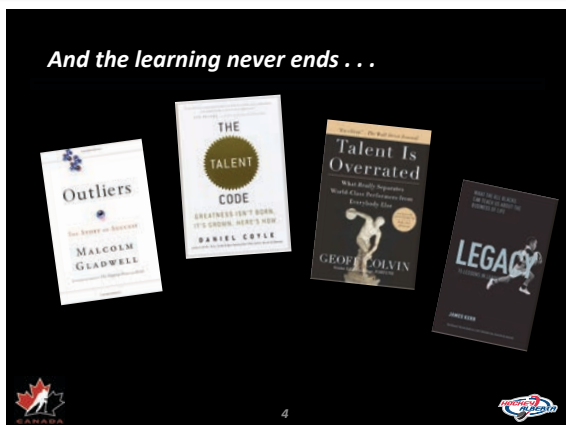
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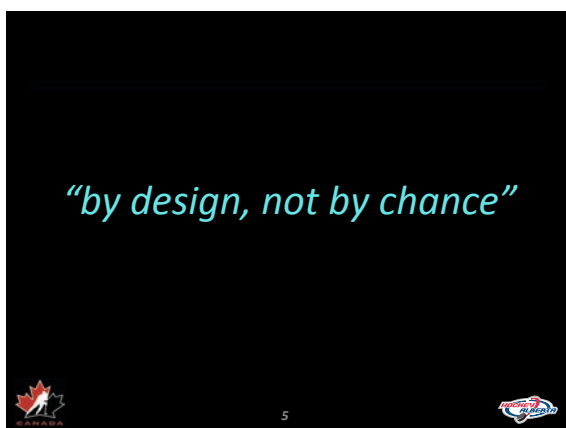


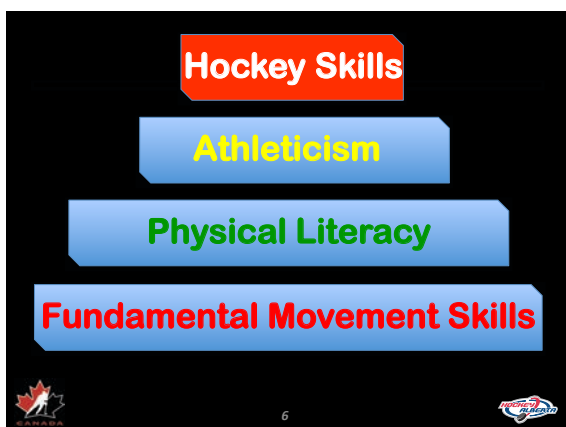


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Late Specialization Sports

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



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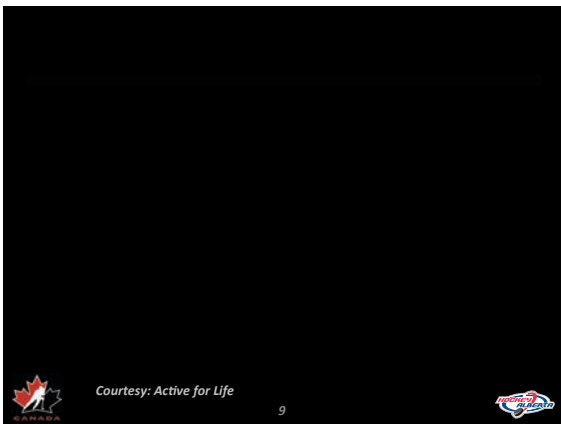


Kids don't learn to move anymore...



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Courtesy: Active for Life

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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



Institute for the Study of Youth Sports, Michigan State University (1989)



Winning

wasn't in the top 10



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Building an

athlete-centered

model



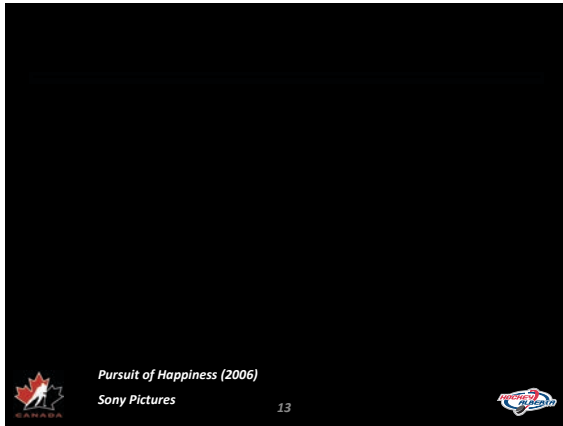
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The Generational Difference

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.



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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)?



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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



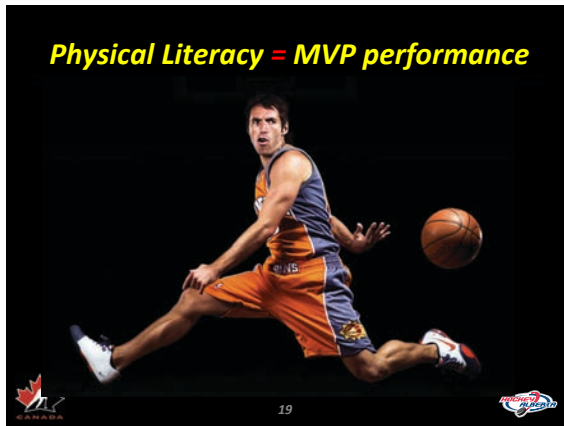
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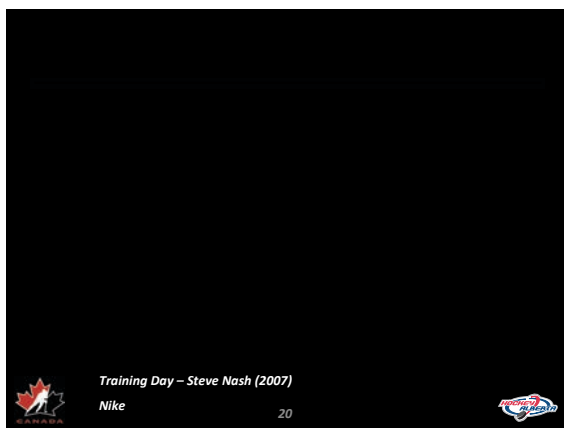




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"Kids who play multiple sports have fewer injuries, and continue to play longer and at a higher level than children who specialize in a sport before puberty."

Dr. Dwight Chapin
"How much hockey is too much hockey"
The Globe and Mail, Sept 16 2014



Summary prepared by Vicki Harber, PhD, U of A and CS4L and Dean Kriellars, UofM

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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



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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, tracksuits, jackets, equipment bags, etc.



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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"



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Partnerships are essential – we all benefit from one another's success.



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activeforlife.com/hockey



Early specialization leads to injury and burnout.

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 goalies get better

To enable peak performance, hockey goalies are advised to develop a range of athletic abilities in other sports and activities, including yoga, gymnastics, and racquet sports.



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"perfect is the enemy of good"



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Parental Guidance
2012: Twentieth Century Fox Films



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3. Become a 'messenger'




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4. Embrace your role



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5. Broadcast your stories



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