



Alberta Games Framework



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Vision:

“Establish the Alberta Games as a premiere multisport competition attracting the best young developing athletes, and coaches and officials from across Alberta”

Objectives:

The Alberta Games offers high profile competitive opportunities for Provincial Sport Organizations (PSOs) to incorporate their Canadian Sport for Life strategies and to showcase the development of their athletes, coaches, officials, and sport leaders.

Competition offered at the Alberta Games in conjunction with the Alberta Sport Connection (ASC) and other partners in the sport system should target the Training to Train stage (refer to Appendix 1) of the Long-Term Athlete Development (LTAD) model for each sport in the Games (generally 11 to 17 years of age).

The Provincial Sport Organization focus and commitment to the Alberta Games will be on processes that support a full complement of their best athletes to the Games within a specified stage of the LTAD model, and using the Games as a key development component within their LTAD model.

Guiding Principles

- To support a provincial sport development pathway for athletes, coaches, and officials, as described in the Canadian Sport for Life (CSL) and Provincial Sport Organization LTAD documents.
- To operate Alberta Winter and Summer Games as a premiere multi-sport experience for all participants.
- To provide optimal opportunities to athletes, coaches, and officials for growth and development within the capacity of the Alberta Games program and its Host Communities.
- To provide the opportunity for inclusion in the Alberta Winter and Summer Games to sports that **best meet** the criteria for Core Sport status, while acknowledging the uniqueness of each sport.
- To encourage and promote on-going, province-wide participation by all sports included in the Alberta Games (however, respecting individual PSO development needs).
- To encourage and promote gender equity among participants (athletes, coaches, officials) by sports included in the Alberta Games.

Planning Policy Context

- The Alberta Games are close to maximum capacity for sports and participants, considering the ability of Alberta communities to host, and the resources needed to support the Alberta Games.
- The number of sports and the number of athletes allocated to each sport in the Alberta Winter and Summer Games will be at the discretion of the Alberta Sport Connection.
- Alberta Games are held biennially; with Winter and Summer Games occurring in even-numbered years
- Associations applying to be included in the Alberta Games for the first time will have their application evaluated in comparison to the Core Sport criteria, and be compared to PSOs currently meeting the criteria of Alberta Games.
- Sports participating in the Alberta Winter and Summer Games will be evaluated after each event. Sports will be compared to other sports having participated in the Games, as well as to new sports applying for participation in the next Alberta Games, and their status will be determined.

A sport may only be represented in one Alberta Games (either Winter or Summer). PSOs that govern more than one sport discipline will be evaluated on separate applications to participate in the Games, and the sports may be included in the same or different Games.

SPORT ELIGIBILITY CRITERIA

To be eligible for selection to participate in the Alberta Games a sport must:

- a. Be governed by a Provincial Sport Organization (or Multi-Sport Association) that is formally recognized and funded by the Alberta Sport Connection;
- b. Be represented in a minimum of four (4) Alberta Games zones in the proposed Alberta Games age group(s) and event(s);

Priority will be given to a sport and sport discipline that has full medal status in one or all of:

- Canada Summer Games or Canada Winter Games;
- Western Canada Summer Games;
- All other major international Games, World Championships or World Cups

Compliance with the “Sport Eligibility Criteria” does not automatically guarantee a sport’s approval to participate in the Alberta Games. Sports will be evaluated and ranked based on how closely they meet the sport delivery criteria, including athlete, coach and technical officials’ development criteria as part of the Games.

Note: Final participant numbers are dependent on the capacity of the Alberta Sport Connection and the Host Community.

Once a sport is approved for participation in the Alberta Games, it will be classified as follows:

Core Sport

- Best meet the Athlete, Coaching, and Officials development criteria and work well within the Alberta Games structure to improve excellence for their sport’s athletes and organization, and to enhance the profile of the Alberta Games.
- A core sport demonstrates that the Alberta Games program is an integral part of its athlete, coach and official development model. A core sport in the Alberta Games program will maintain their status if all terms and conditions are met through its preparation and participation in the Alberta Games. If a core sport should not meet all terms and conditions they could be dropped to Developing Sport status, and will be required to follow the application process outlined for Developing Sports.

Developing Sport

- Developing sports have been identified as having met the Athlete Development criteria, but are not fully meeting either the identified standard for Coaches or Officials' Development, or PSOs that have not demonstrated the organizational effectiveness necessary for, or commitment to the philosophy and policies of, the Alberta Games.

OR

- Developing sports can be sports that have met the Athlete, Coaching, and Officials Development criteria, have demonstrated evidence of working within the Alberta Games program, and are participating in the Alberta Games for the first time.

Each application will be evaluated to ensure each sport will meet the selection criterion. All sports will be evaluated after each Alberta Games. Developing sports are provided with an opportunity to upgrade their status from Developing to Core through their evaluation and application for the upcoming Games.

Developing sports will be provided clear direction by the ASC regarding their status for the next Alberta Games. Developing status provides the opportunity for the sport to meet the selection criteria at the next Alberta Games. Sports choosing not to address specific Games issues or expectations may be dropped from subsequent Alberta Games.

NOTE: In cases where two or more “Developing” sports are relatively equal in ranking but there is not enough room to allow all of them to participate in a particular Alberta Games, the following factors will be considered to determine which sport(s) have greater priority over the others:

- Number of athletes, coaches and technical officials participating and Host community’s capacity to accommodate the delegation
- Scope of venue requirements and the Host community’s capacity to meet these requirements
- Canada Games, Western Canada Games, or all other major international Games, World Championship or World Cup involvement
- Demonstrated significance of Games within the sport’s LTAD model
- Gender Considerations – assess the ratio of male to female athletes participating in the Alberta Games

1. Application to Participate

The following is a detailed summary of requirements to assist PSOs to prepare an Application to Participate for the Alberta Games. The application enclosed in this outline is applicable for sports that fall within one of the following categories:

- **Developing Sports** = New sport participating, or under review, in the Alberta Games
- **Core Sports** = Core as a result of the previous Alberta Games - Sport Selection & Evaluation Process

All new PSOs will submit an Alberta Games application (see link to Appendix 2) which will be reviewed by the Alberta Sport Connection. Any new sport accepted into the Alberta Games will automatically be designated as a Developing Sport, with the opportunity to be upgraded to a Core Sport after the completion of one Games cycle and a satisfactory sport evaluation (see Appendix 3).

It is important to note a Core Sport could be designated a Developing Sport through the evaluation process for the upcoming Games, and will be notified of this decision immediately following the Games evaluation.

SPORT DELIVERY CRITERIA

The following components of the PSO’s sport development will be assessed in the application process:

A. ATHLETE DEVELOPMENT & SPORT PROGRAMMING CRITERIA

Athletes attending the Alberta Games should range in age between 11 and 17 years for youth Alberta Games (exemptions may be considered where it is demonstrated by PSO that a different age group is consistent with the sport’s LTAD or existing athlete development model and fits within the athlete development continuum considered for the Alberta Games).

Athletes attending the Alberta Games will be the top developing athletes in the specified age group(s) and event(s).

The Alberta Games occur biennially. As a result, the PSO should select an age range so that athletes ideally have the opportunity to attend one provincial multi-sport Alberta Games experience as they progress to the next level of competition identified (e.g. 2-3 year span).

The PSO must demonstrate that there is a significant base of association members in the specific age range(s) or event(s). For this criterion, “members” are defined as affiliated individuals participating in sanctioned competition beyond the level of a local club or local league. Three (3) year membership data applicable to the age group(s) being proposed for the Games will be requested from the PSO’s as part of the Alberta Games - Application to Participate.

*** Athlete Development**

Sports must indicate and demonstrate how the Alberta Games are an integral component of their Long-Term Athlete Development (LTAD) model within the CS4L framework (or their existing Athlete Development Model). Each PSO must identify where the Alberta Games fits within their sport system.

Sports should be proposing an age/eligibility category for next generation Provincial Team members in the “Training to Train” or early “Train to Compete” phase of the LTAD, as justified by the PSO and approved by the Alberta Sport Connection. The Alberta Sport Connection and the Alberta Games program reserve the right to consult a member of LTAD Expert Group for verification or confirmation. Sports should identify a list of competitions across the range of their CS4L/LTAD for aspiring athletes, coaches, and officials.

Sports applying to the Alberta Games should provide membership lists, and must demonstrate in the three (3) years leading to the Games that they have sufficient membership (and representation in minimum four (4) Alberta Games zones), to provide for meaningful competition in the age group(s) or categories designated for the Games.

Consideration will be given to sports and sport categories for athletes with a disability where no other Games opportunity in Alberta exists for the athletes of the level of competition proposed for inclusion in the Alberta Games.

*** Numbers of Zone Team Participants**

Sports applying to the Alberta Games must identify in its technical package, the number of proposed athletes (and where required, a number per Zone), the number of coaches and chaperones/managers required to lead the Zone athlete roster, and the number of major technical officials required for a meaningful competition.

Final participant numbers are dependent on the capacity of the Alberta Games and the respective Host Community. When the maximum participation numbers of the Games have nearly been reached (where the size limit refers to the absolute maximum number of participants - athletes, coaches, chaperones/managers and major technical officials), a lower ranked sport may be selected over a higher ranked sport in order to stay within an appropriate size for the Alberta Games.

All participant numbers are subject to review by the Alberta Games program staff in consultation with the ASC and Host Community.

*** Events and Categories**

Sports applying to the Alberta Games must specify in their proposed technical package the competitive events they plan to host at the Alberta Games. The PSO must designate whether their sport will be considered “Individual” or “Team”, or both.

“Individual” sports have the option to organize for Alberta Games around PSO-affiliated clubs/leagues or following the Alberta Games - 8 Zone structure.

“Team” sports have the option to organize for Alberta Games around the Alberta Games - 8 Zone structure or around a PSO-specific Zone system (provided that a minimum of **six (6)** teams are represented at the Alberta Games).

Each event for each sport will be considered independently for participation in the Alberta Games program.

*** Venues, Equipment, and Rules**

Sports must include the following with their Application to Participate:

- Information about the availability of venues for the sport throughout the province.
- Detailed minimum facility requirements (using a template provided by Alberta Games). As facilities vary from community to community, sports must be prepared to stage the competition in less than the ideal venue. Alberta Games, with the cooperation of the Host community, commits to providing a facility that at least meets the required minimum standard of the PSO.
- Information about required equipment and availability of equipment for the sport.
- A description or copy of the rules that govern competition for the sport and any modifications for the Alberta Games competition that are being proposed.
- A proposed competition schedule for the timeframe of the Alberta Games.

B. COACHING DEVELOPMENT CRITERIA

Head coaches in Alberta Games sports must be fully certified at least to Competition – Intro (or equivalent) in their sport’s ‘new NCCP’. The NCCP level certification system has been replaced by competency-based coach training that is grouped into three main streams: Competition, Instruction, and Community Sport.

The PSO must demonstrate their commitment to coaching development throughout the province and the potential role the Alberta Games plays in coaching development for their sport. Where possible, PSOs should try to demonstrate how the Alberta Games are used to train, upgrade, and/or mentor coaches, and how coaches participating in the Alberta Games are working toward coaching athletes at higher levels of competition.

The PSO must demonstrate that it is committed to providing equal opportunities for male and female coaches based on the gender ratio within its Games event(s). PSO policies that address gender equity for coaches should be identified.

The following guidelines are in place for reference. Rationale should be provided if the sport is not able to meet the ideal standards outlined below and indicate what the PSO is doing to work towards meeting these standards.

Team Sport Staff Female Team:	Ideal Standards	Team Sport Staff Male Team:	Ideal Standards
3 Coaches/ Chaperones	1 Female Coach	3 Coaches/ Chaperones	1 Male Coach
4 Coaches/ Chaperones	2 Female Team Staff (at least one coach)	4 Coaches/ Chaperones	2 Male Team Staff (at least one coach)
5 Coaches/ Chaperones	2 Female Team Staff (at least one coach)	5 Coaches/ Chaperones	2 Male Team Staff (at least one coach)

Individual Sports	Team Staff Gender Ratio (Ideal)
Mixed Gender	Proportional representation of Coaches to ratio of male and female athletes participating in the sport.
Gender-Specific Sport	Minimum of 50% of Team Staff (includes Coaches, Chaperones and Trainers) is same gender as athletes. Minimum of 30% of Coaching Staff (only certified Coaching Staff) is same gender as athletes.

The Alberta Games will implement the “Responsible Coaching Movement” pledge and will endorse the ‘Rule of Two’ for the Games. The ‘Rule of Two’ asserts that sanctioned training camps or competitions with minor athletes will require two (2) adults in coaching/supervisory roles. Therefore, to apply this in the Alberta Games setting, a Zone team will be supervised by no less than 2 adults per room in an Athlete Village situation.

The Alberta Games will also require background screening and checks for Zone team Head coaches, and will recommend that all other Zone coaches and chaperones/managers (PSO volunteers/staff) be screened as a condition of their participation in the Games. PSOs should also demonstrate their own additional standards of ethical behaviour have been established for coaches & Zone team staff.

C. OFFICIALS DEVELOPMENT CRITERIA

The PSO must demonstrate their commitment to officials' development throughout the province and the role the Alberta Games play in officials' development for the sport. PSOs should try to demonstrate how the Alberta Games are used to train, upgrade, and/or mentor officials. And, officials participating in the Alberta Games should be working towards officiating at higher levels of competition.

The PSO should have the following priorities when selecting Technical Officials for the Alberta Games

- Adhere to the ratio of local and out-of-town major technical officials negotiated with the ASC
- Use Alberta Games Zone Development Funding to train or mentor additional local major technical officials and/or sport volunteers
- Demonstrate an attempt to select the proportionate number of male and female major technical officials to the ratio of male and female athletes participating in the Alberta Games.

D. PSO OPERATIONS AND MANAGEMENT CRITERIA

PSOs approved to participate in the Alberta Games must meet the Operations and Management Criteria detailed below.

Each PSO approved for the Alberta Games will appoint a Provincial Sport Coordinator (PSC) to serve as the PSO's primary contact, and to support the PSO's participation in the Games. The Provincial Sport Coordinator must work closely with the Alberta Sport Connection - Sport Liaison and will:

1. Recommend and negotiate the technical package for acceptance by the Alberta Sport Connection.
2. Develop a plan to coordinate Alberta Games playoff/selection activities for the sport. Appoint Zone Sport Representatives (if required) to assist in staging the Zone playoff/selection event(s).
3. Communicate with Zone Sport Representatives and/or Zone team staff to ensure consistent rules, interpretation and playoff/selection procedures. Use the PSO web site and other means to assist in promoting and communicating the PSO's Alberta Games involvement.
4. Ensure athlete/coach affiliation requirements are met for the Alberta Games.
5. Consult with the Host community - Sport Chair and assist regarding all aspects of its Alberta Games competition.
6. Ensure athletes and coaches/chaperones having qualified for the Games are properly registered, that information is entered online, and required documents are submitted by specified deadlines to the ASC Sport Liaison.
7. Select major technical officials and ensure they are properly registered for the Games. Note: The final number of officials in the technical delegation (including the Provincial Sport Coordinator) is approved by the ASC.
8. Attend the Alberta Games, or ensure a representative of the PSO is in attendance.
9. Ensure the established sport protest procedures for within the field of play are followed.
10. Assist in the enforcement of the Alberta Games - Code of Conduct for participants.

The PSC should provide overall leadership and be willing to participate with Alberta Games staff, Host community volunteers, and key Games volunteers (such as Zone Sport Representatives) in meetings and conference calls prior to the Games.

APPENDIX 1: LTAD “Training to Train”



Training to Train Age: Male 12-16; Female 11-15 (age ranges Peak Height Velocity <PHV> dependent)

During the Train to Train stage of LTAD, physical changes take place faster in the athlete than at younger ages. Training programs need to be designed to account for these rapid changes and the various advantages and disadvantages that they present in athlete development.

Athletes must be constantly monitored in order to understand how their growth and maturation is affecting their training and vice versa.

Peak Height Velocity (PHV)

During the Train to Train stage, athletes are entering their growth spurt and passing through puberty. As they do so, their growth can be measured and plotted to calculate the time when they reach peak height velocity (PHV).

PHV is an important marker for determining which physical capacities can be trained effectively and safely during this stage. For example, aerobic training should be a priority after reaching PHV.

Growth impeding performance

During the growth spurt, especially if the growth spurt happens exceptionally quickly, athlete skills and movement abilities may be significantly impeded. Coaches may need to explain to the athletes why their motor skills and movement abilities have been negatively affected, so the athletes can understand that this is a natural event that will pass with time.

General considerations during Train to Train

- Emphasize suppleness (flexibility) training to accommodate the rapid growth of bones, tendons, ligaments, and muscles.
- Address the sensitive periods of accelerated adaptation to strength training. For boys, the sensitive period for strength begins 12 to 18 months after PHV. For girls, the sensitive period begins with whichever of the following occurs first in the individual: menarche or the onset of Peak Weight Velocity (PWV). Some girls will experience PWV prior to menarche, while others will experience menarche prior to PWV.
- Both aerobic and strength trainability are dependent on the maturation of the athlete. For this reason, the timing of training emphasis may differ between athletes depending on whether they are early, average, or late maturing athletes.
- Athletes need to learn to cope with the physical and mental challenges of competition.
- For all athletes, the use of body-size and skill-level appropriate equipment remains important.
- Optimize training and competition ratios and follow a 60:40 percent training to competition ratio.
- Too much competition wastes valuable training time; too little competition reduces the practical application and development of technique, tactics, and decision-making skills under realistic competition conditions.
- Use talent identification to help athletes focus on two sports.
- Utilize single and double periodization plans to prepare athletes.
- During training, include competitive situations in the form of practice matches or competitive games and drills.
- A key reason why many athletes hit a plateau during later stages of their development has to do with too much competition and not enough training during this stage.
- Competition is most valuable when used to develop strategic and tactical understanding. Focus on the learning process and not the outcome.

APPENDIX 2: Application to Participate

APPLICATION DEADLINE:

**Alberta Winter and Summer Games – September 8th (3 years prior)
(eg. for possible 2020 Games new PSO participation)**

Specify web site link on www.albertasport.ca to 'Alberta Games – Application to Participate'

APPENDIX 3: Alberta Games Sport Evaluation

Significant Participation Criteria & Team/Individual Definitions

A Games sport evaluation and review process will help to strengthen PSOs on the existing program, and provide enhanced readiness for PSOs to continue in Alberta Games. One area of evaluation of each PSO in the Alberta Games will be on the basis of 'significant participation'.

'Significant participation'

- **Individual sports** – significant participation implies **greater than 90% participation at the Alberta Games** (i.e. more than 90% of the athlete roster numbers allowed by the technical package). Therefore, if a sport is entitled to register a maximum of 80 athletes; greater than 90% implies more than 72 athletes participate at the Games.
- **Team sports** – significant participation implies **at least six (6) zones (using the Alberta Games Zone model of eight (8), or 75% of the total number of teams allowable**, as per the sport's Technical Package are represented at the Alberta Games. A "Team" sport, where the Alberta Games 8- Zone structure is used, must be represented at the Games by at least six (6) Zone teams **with full rosters**. Sports with participation below this level may be excluded from future Games.

AND

- A sport must have had **meaningful Zone playoffs/selections** (e.g. for *individual* sports 'more athletes than roster opportunities per category per zone'; and for *team* sports 'more than two (2) teams involved in the Zone Playoff or more athletes than roster size for a Zone team all-star selection' as specified in the Technical Package) **in at least four (4) Alberta Games zones**.
- A new sport that has completed its first appearance in the Alberta Games will be exempt from the points above in order to allow the association one Alberta Games cycle for self-evaluation, program development and correction. The sport is considered 'Developing' during this time frame.
- The criteria are applied to male and female sports separately, except where men and women compete together (e.g. Squash), just as sports are selected and evaluated separately.
- A Core sport with less than 90% participation (individual) or less than 75% of Zone teams represented at the Alberta Games has the potential to be designated 'Developing' for the next Alberta Games. If a Core sport fails to meet the evaluation criteria above at a 2nd Games, the sport will be considered for exclusion in the subsequent Alberta Games.
- A sport must demonstrate that at least **80% of the maximum number of allowable qualified coaches and technical officials** participated in the Games, and at the certification level specified by the sport technical package or PSO application to participate.
- PSOs failing to meet an acceptable organizational/administrative or participant conduct standard set by the Alberta Sport Connection for the Alberta Games may be excluded from the Games. Sports that choose not to address the specified standards will be excluded from subsequent Games.

Note: The 90% standard for 'significant participation' is based on the historical average of projected maximum versus actual participants in the Alberta Games program.

Note: A final PSO Alberta Games Evaluation will be compiled using the Alberta Games Sport Evaluation form, and will be reviewed in Meeting #3 by the ASC – Sport Liaison with the respective sport's Provincial Sport Coordinator.

Post-Games Sport Evaluation Process with PSOs

A post-Games 'report card' will be sent to each Provincial Sport Coordinator (PSC) from the Director of Games & Marketing (cc to Alberta Sport Connection Chairman, Provincial Sport Coordinator, PSO President or CAO, respective Sport Development consultant, and the Alberta Games - Sport Liaisons) and will include:

- Statement re: on-going status in the Games, or recommendation regarding Games based on the sport/athlete evaluation criteria, coaching and technical officials development criteria and PSO – Games operations and responsibilities criteria
- Summary of any Alberta Games violation of the Code of Conduct and resulting disciplinary issue(s) for any athlete, coach/chaperone or technical official and required PSO follow-up regarding the incident(s).

Disciplinary actions taken by the Alberta Sport Connection could impact the individual's involvement in current or future Alberta Games, Team Alberta participation, and international sport exchanges of the Alberta Sport Connection.

Disciplinary actions may also be taken by the PSO to sanction the individual's involvement in provincial or national competitions in the sport.

The Sport Liaisons at Alberta Games would be involved in the review & decision on disciplinary sanctions during & after the event.

- Zone Development Funding final status recommendation (based on successfully completed Zone development projects or playoffs/selections, submission of registration information and on-line entries, and Games debriefing meeting held with respective PSC)
- Short-form application for the next Games (if necessary)

The Alberta Games 'report card' **should be sent to the sport PSC no later than 6 weeks after the Games.**

Specify web site link at www.albertasport.ca to sample Alberta Games Sport Evaluation form.

Note: Timing of the review of Zone Development Funding applications, and subsequent Games Committee, and Alberta Sport Connection - Board meetings within the relevant fiscal year should also be reconsidered, in order to be able to process a larger percentage of Zone Development project payments pre-Games rather than after Games.