

Community Leagues, Physical Literacy & Sport

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Community Leagues

- A non-profit volunteer based community organization.
- Provide sport and recreation programs at the local level.
- Currently offer soccer, baseball, softball, initiation hockey.
- Historically offered basketball, higher levels of hockey.

LTAD within the Community League Sport System

Currently the bulk of community sport opportunities offered by the CL is at the Physical Literacy level - with emphasis in (sport specific) fundamentals & learn to train. Some train to train.

LTAD within the Community League Sport System



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- Physical Literacy and LTAD as a foundation to physical skill development and community sport
- How PL & LTAD could frame the conversation of a life long community sport model as a way to build community and benefit the sport community.
- A community example...

Sport Explorerz

- Community based physical literacy program for 3-5 year old.
- Community driven, community led community owned
- Committee – 6 community leagues NE Edmonton – serving approx. 60,000+ people and still growing

LTAD within the Community League Sport System

A possibility for consideration:

“What if...”

Awareness, Active Start, First Involvement,
Fundamentals, and Active for Life...

...did not “belong” to each specific sport but it belonged to the collective – Community, Active Living, Recreation & Sport and as a collective we could find a different way...

Active Start

(0-6 years)

Opportunity:

- multi games and activities program with emphasis on fundamental movement skills - breadth of skills, not depth of skill
- Discovery of their body; the joy of moving
- Engages all children regardless of ability and maturation

First Involvement/Fundamentals

Opportunity:

- Creating a multi sport program with an emphasis depth of sport skills – focus is on acquisition of fundamental sport skills
- Expose kids to different sports in different environments, in different seasons
- Allows more kids to participate – more opportunity to master a skill – “with confidence, control & competence
- Tap into sport specific LTAD resources (i.e. Athletics AB; Basketball AB) – talent identification

Active for Life

Opportunity:

- “sport” programs for children & youth who do not want to compete but want to participate in a sport activity
- Adult & Young Adult Programs
- Family Activity programs
- Senior programs
- ETC

Invitation to Discover

- Currently the Sport Explorerz committee is exploring ways to:
- Sustain the Sport Explorerz program
- Expand the program to different ages –
6-9 years.