



RULE AMENDMENTS



CAS RULE CHANGES



BCAS TECH PACKAGE

Technical Package

What to expect in the 2021-2022 Technical Package:

Likely to be removed:

Age group suspensions

Likely to remain:

Virtual Training Meets or Hybrid

Technical Guides for each Provincial Event

Figures & Technical Elements – no change over yet!

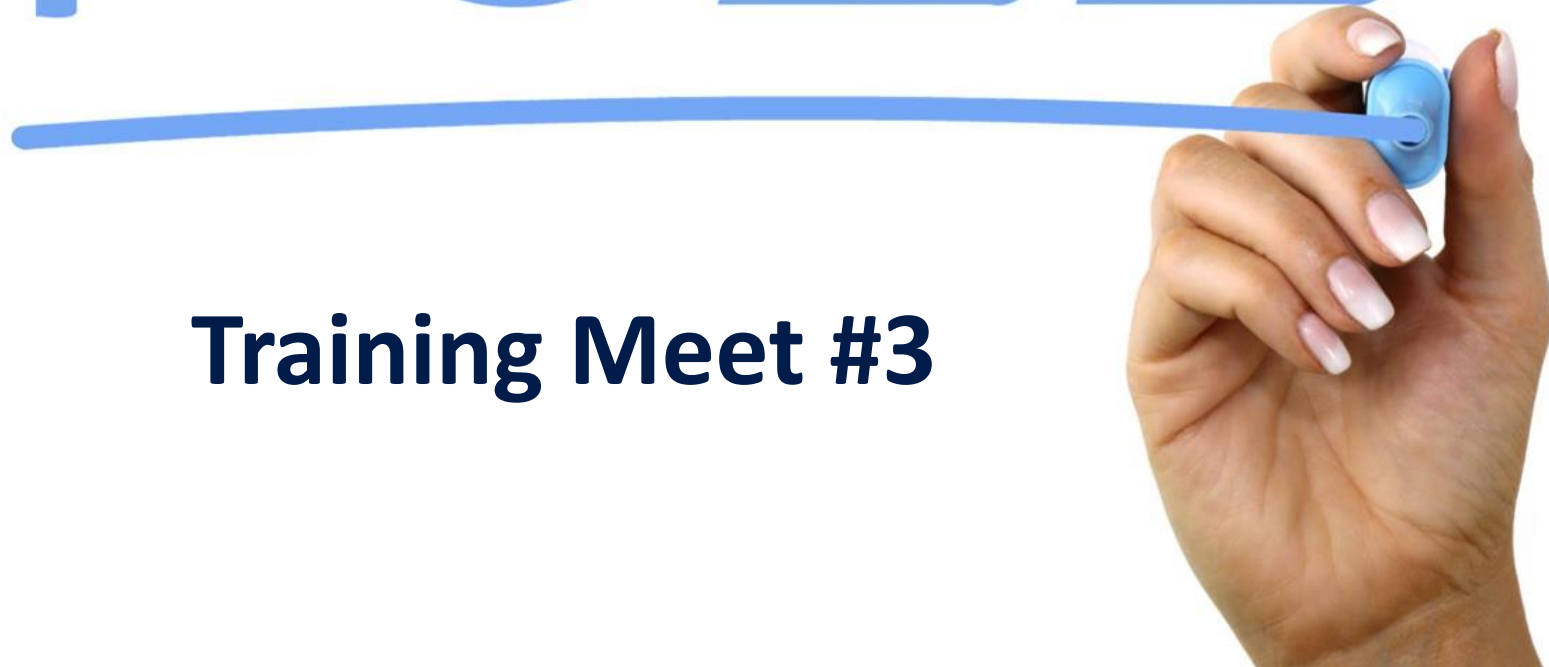
Discussions

1. Training Meet #3

- Timing – align with NSPC
- Events – Same "figures" as TM#2? Just routine feedback?
- POLL

2. PS Combo

POLL



Training Meet #3

Technical Package

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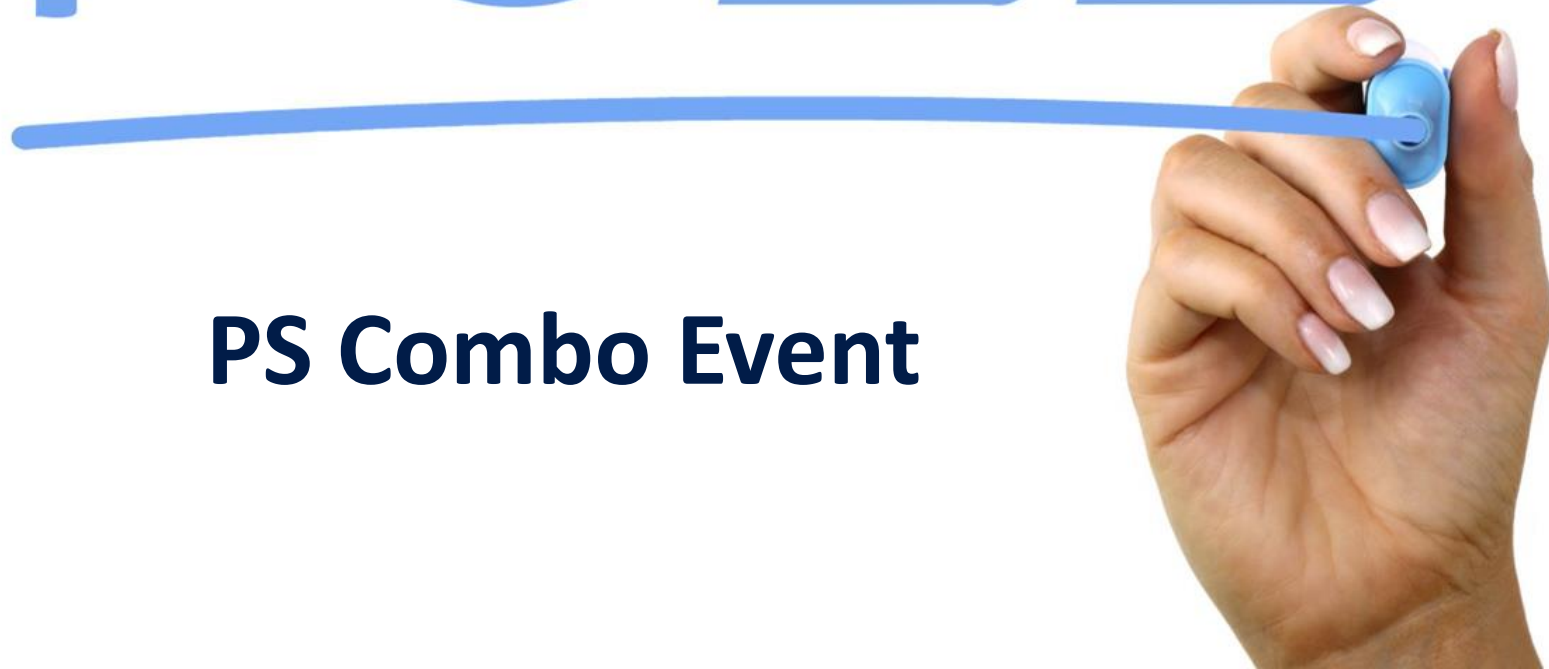
1. Training Meet #3

2. PS Combo

- Figures a requirement for PS Combo (50% figure score; 50% routine)
- POLL

3. LTAD

POLL



PS Combo Event

LTAD

- Will remain online submission
- Include all the tests from the 2019-2020 season
 - Not just the reduced tests from this past season

Controversy in LTAD!



- In 2005, Canadian Sport for Life introduced their flagship resource: Long-Term Athlete Development (LTAD)
- "Athlete" vs. "Participant"
- From LTAD to Long-Term Development in Sport & Physical Activity
 - More inclusive



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SPORT FOR LIFE**

Why the change:

- To maintain focus on the key idea that **development is a process that takes time**, and that sport and physical activity should look very different, based on the individual's **stage of development**.
- To reinforce the idea that long-term development is important both in **sport performance** and for **life-long engagement** in physical activity for health.
- To broaden the focus. Effective development requires the **alignment of ALL parts of the Canadian ecosystem**, from community programming through to targeted high performance sport excellence, and this involves far more than just sport organizations



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SPORT FOR LIFE**

BC
ARTISTIC
SWIMMING



"For Canadian athletes to achieve sustained international sporting success and for all Canadians to be active for life, we need a **made-in-Canada system based on Canadian culture, traditions, and geography**. A truly Canadian approach must also reflect our social values, multiple levels of political jurisdiction, and our economic realities. Long-Term Development in Sport and Physical Activity is a truly Canadian approach"

So what is Long-Term Development in Sport & Physical Activity?

"A framework for the development of **every child, youth, and adult** to enable **optimal participation** in sport and physical activity. It takes into account growth, maturation and development, trainability, and sport system alignment.

Changes to 3.0

- From Sport and Physical Activity to Quality Sport and Physical Activity
 - Supporting improved QUALITY in sport programming
 - Understanding that not all sport and physical activity experiences are good
 - Safe sport is an essential element for all people involved

*"Good programs delivered by good people
in good places"*



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SPORT FOR LIFE**

Quality sport

Quality sport based on Long-Term Development in Sport and Physical Activity is...



...leading to

**individual excellence
and optimum health**

Changes to 3.0

- Emphasis on stage of development over chronological age
 - Moving from stage to stage as opposed to looking at an actual age and placing a participant there
- Key Factors of athletes development
 - From 10 to 22!
 - Personal Factors: Quality environment, Developmental age, Predisposition, Sensitive periods, etc.
 - Organizational Factors: Awareness & First Involvement, Periodization, Appropriate Specialization, etc.
 - System Factors: Collaboration, Safe & Welcoming, Long-term Development, etc.
- Physical Literacy Evolution
 - Emphasis on psychological components (confidence, motivation) and social connections



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Changes to 3.0

- Emphasis on Adolescent participants
 - High dropout rate in sport and physical activity at this age
- Different Types of Sports
 - No longer just early or late specialization sports
- The "Rectangle" has evolved!



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Long-Term Development in Sport and Physical Activity:

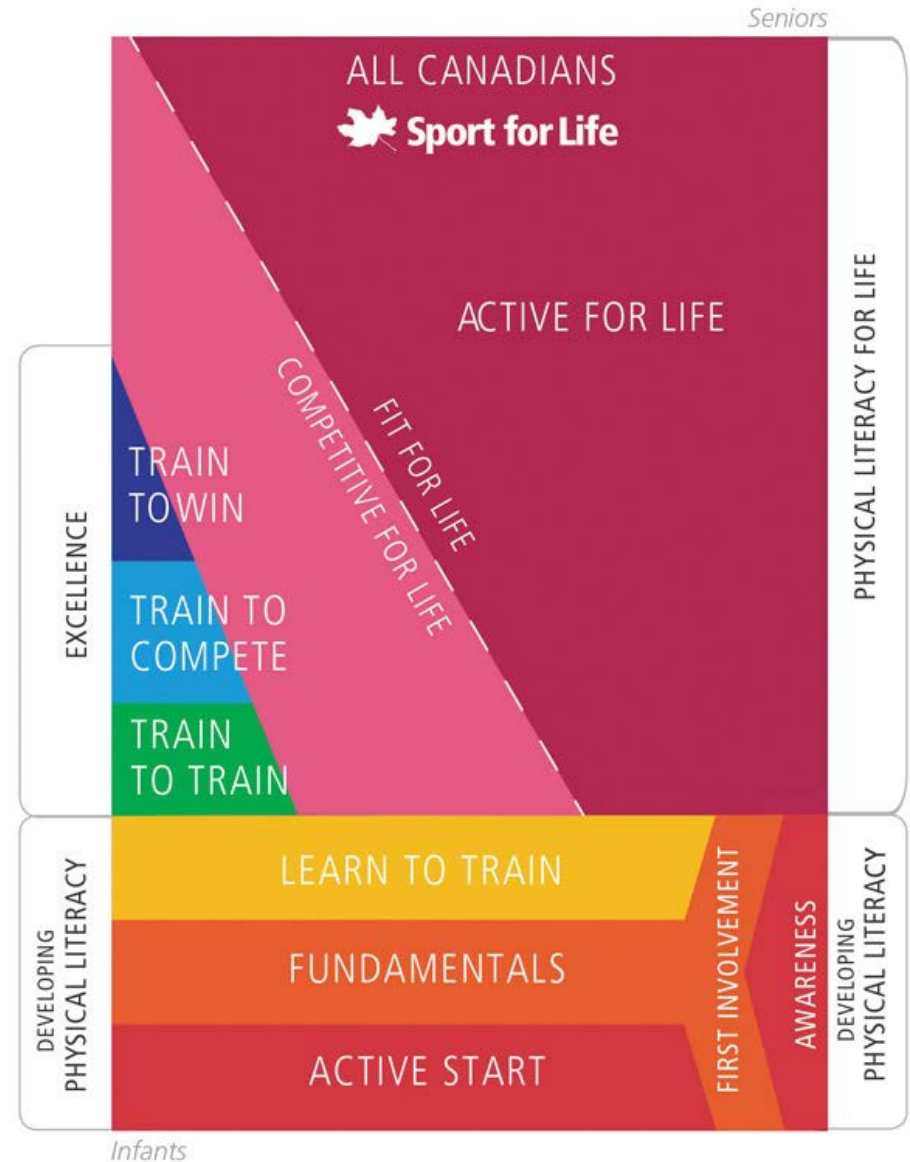
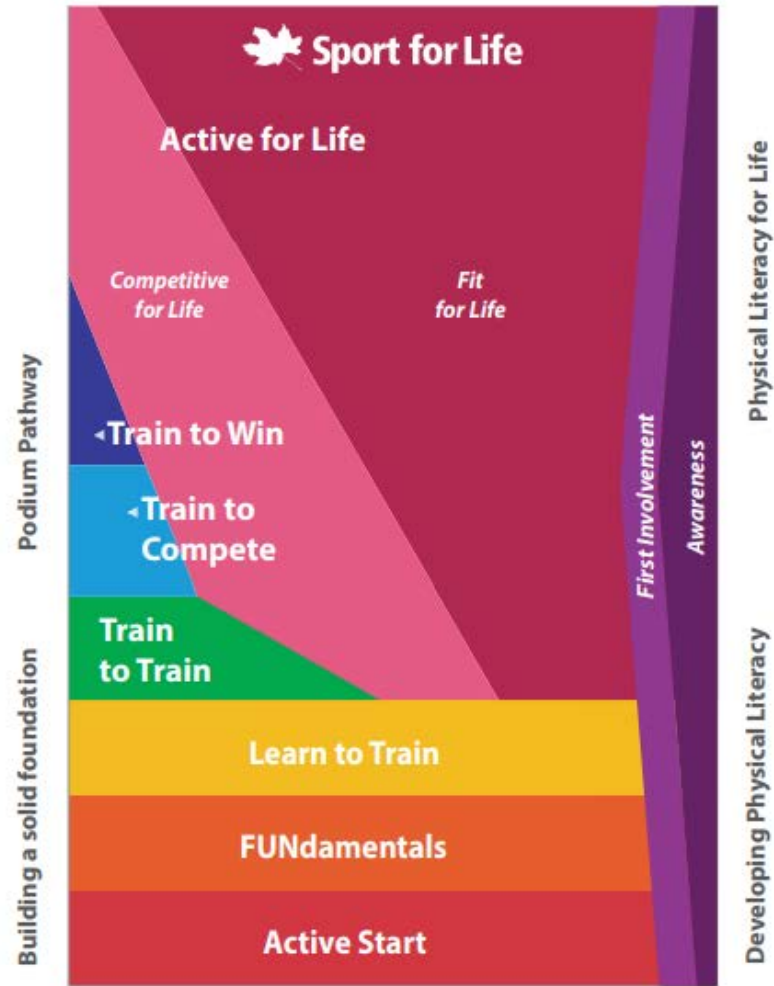


Figure 3: Sport for Life Rectangle

Long-Term Athlete Development

CAS LTAD 2.1 Framework

- From the CS4L document, CAS created the LTAD Model for Artistic Swimming
- Updated in 2019 so does not yet include the latest information from the 3.0 document we just spoke about
- It is still a relevant and GREAT resource and tool for coaches working with athletes at ANY age and stage in our sport

LTAD 2.1 Framework Stages

- **Each** stage of the CAS document outlines the following information:
 - Key objectives
 - Training aspects that should be covered
 - Technical Instructions
 - Land to water ratio
 - Snapshot of training
 - Influence of growth and maturation at the stage
 - Program specifics
 - Athlete Benchmarks

As coaches, we should be using this document to help inform our yearly plan, as an influencer for our daily training plans and as a way to measure the gaps in our programming to help our athletes meet those benchmarks

Long-Term Athlete Development

Why we test:

- Funders
- Informs gaps in our athletes from CAS standards at a young age to inform:
 - Coaches – develop club programs to address the gaps
 - Athlete – provides goals to work towards in closing the gaps
 - HP Programming
- Develop best practices for coaches – pre- and post- season testing

Questions

