

## **Core Values of Sport for Life**

*The quality that renders something desirable or valuable. An ideal accepted by some individual or group.*

Sport for life values:

1. The optimal holistic development of each individual.
2. The right people doing the right thing, at the right time, in the right way.
3. Life-long sport participation and the ethical pursuit of excellence.
4. Inclusiveness of all, regardless of age, gender, geography, race, religion, intellectual or physical disability or ability.
5. Integrated approaches over independent actions.
6. The appropriate contributions of parents, partners, coaches, officials and administrators.
7. Competition appropriate to the stage of development of the participants.
8. Integrated and equitable contributions by recreation, education, health and sport.
9. Pre-habilitation over rehabilitation.
10. Planning for success.
11. Long-term success over short-term gains.
12. Continuous improvement.
13. One vision and one system for building and linking the strengths of organizations and institutions at the national, state, provincial, county and local level.

## **Principles of Sport for Life**

*A basic generalization that is accepted as true and can be used as a basis for reasoning or conduct.*

1. Life has significant stages of development that include transitions from child to adolescent, to adult, and then to senior, resulting in changed capabilities.
2. Training, competition and recovery programs should be based on stage of participant capability rather than chronological age.
3. For optimal development, sport programs must be designed for the stage of development and gender of the participant.
4. Physical literacy is the basis of life-long participation and excellence in sport and engagement in health enhancing physical activity.
5. Every child is an athlete; therefore, is genetically predisposed to be active if the environment encourages participation.
6. Life-long participation and excellence in sport are best achieved by participating in a variety of sport at a young age, then specializing later in development.
7. There are sensitive periods during which there is accelerated adaptation to training during pre-puberty, puberty and early post-puberty.
8. A variety of developmental, physical, mental, cognitive and emotional factors affect the planning of optimal training, competition and recovery programs.
9. Providing guidance through the developmental stages of sport and physical activity will result in increased participation and performance across the lifespan.
10. Mastery in sport develops over time, through participation in quality sport and physical activity programs.
11. LTAD is participant/athlete centered, coach led and organization supported, taking into account the demands of home, organized sport, community recreation and school.
12. Quality sport and physical activity, combined with proper lifestyle, result in better health, disease prevention, enhanced learning, enjoyment and social interaction; leading to improved wellness.
13. Sport practices, scientific knowledge and societal expectations are ever changing and, therefore, LTAD needs to continually adapt and improve.