



QUALITY SPORT | EDUCATORS

The idea of Long-Term Athlete Development and Long-Term Player Development are frameworks or roadmaps for age & stage appropriate steps towards quality movement in sport and life. When implemented correctly, they can contribute to the culture of the school and academic performance of the students.

Holistic athlete development means we're focused on the athletes' entire development. To help simplify this meaning, it has been broken down into the 5C's.

- Competence – physical ability such as speed, strength, endurance, etc. +
- Competence – technical/tactical abilities such as dribbling, passing, etc. +
- Character – mental/psychological ability such as respect the game, teammates, opponents, etc. +
- Confidence – mental/psychological ability such as resilience, grit, mental toughness, etc. +
- Connection – social/emotional ability such as having fun, relationships with teammates, etc.

With societal changes around free & risky play and prevalence of technology, there has never been a more important time for elementary & secondary schools to prioritize quality movement instruction. At the primary level, the fundamental movement skills. At the secondary level, the fundamental sport skills. Educators are critical influencers on kids' entry to quality sport experiences.

TOP FIVE ATTRIBUTES EDUCATORS SHOULD BRING TO THE YOUTH SPORT EXPERIENCE:

1. Being patient, caring, and kind. Teacher dispositions greatly affect student learning and development.
2. Knowledge and understanding of how students learn; different rates & individualized instruction approach.
3. An ability to develop trusting relationships in and outside of the classroom.
4. Passionate, enthusiastic, dedicated to their subject matter & work.
5. Comprehensive subject matter knowledge. Just like the students; lifelong learners.

TOP FIVE WAYS TO BETTER CONNECT SPORT & SCHOOL:

1. Make it fun! Each interaction fosters a love of the experience that inspires kids to continue.
2. Get the principal and vice principal on board. Tangibly demonstrate the value of quality movement & sport.
3. No cut, fair play policy. This is the opportunity for discovery, learning and trying new things.
4. Engage / connect with club coaches and associations. Invite them to work together vs. against each other.
5. Create the culture; vision, mission, goals & objective, core values, terms of use. And then implement!

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