

**RESOURCE LIST FOR LONG TERM ATHLETE DEVELOPMENT
KANATA SOCCER CONFERENCE 2008**

Resources provided:

Canadian Sport for Life: Long Term Athlete Development. Canadian Sport Centres, Vancouver, 2005 (Booklet, Brochure and Parent Guide)

Developing Physical Literacy: A Guide for Parent of Children Ages 0 to 12. Canadian Sport Centres, Vancouver, 2008

Website:

www.ltad.ca

Other LTAD Resources

A Parent's Guide to Speedskating. Speedskating Canada, 2007

Balyi, Istvan and Way, Richard "Competition is a Good Servant, but a Poor Master". Supplementary article to Canadian Sport for Life, Canadian Sport Centres, Vancouver, 2007 (posted on www.ltad.ca).

Blimkie, C.J.R. and Bar-Or, O. "Trainability of Muscle Strength, Power and Endurance during Childhood". In. Bar-Or, O. ed., The Child and Adolescent Athlete. London: Blackwell Scientific Publications, 1996.

British Diving, Talent Identification for British Diving: Physiological and Anthropometrical tests (undated CD including height measurement protocol).

Calder, Angela Recovery and Regeneration for Long Term Athlete Development. Canadian Sport for Life, Canadian Sport Centres, Vancouver, 2007 (posted on www.ltadl.ca).

Fédération International de Gymnastique (FIG) (2003, August), Age Group Development Model.

Gymnastics: The Ultimate Human Movement Experience. Long Term Athlete Development Framework. Gymnastics Canada Gymnastique, Ottawa, 2008 (in press).

LTAD Competition Review. Rowing Canada Aviron, 2008

Stafford, Ian Coaching for Long Term Athlete Development: To Improve Participation and Performance in Sport. Sports Coach UK, 2005

Wellness to World Cup: Long Term Player Development. Canadian Soccer Association, First Edition, 2007 (in progress).

Other Sport Resources:

On the Move: Increasing the Participation of Girls and Young Women in Recreational Sport and Physical Activity, A Handbook. Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), Ottawa, 2000