



QUALITY SPORT | SPORT ORGANIZATIONS

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 help sport organizations attract, retain, and grow their membership.

Holistic athlete development means stakeholders are 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 for 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.

Youth sport is a dress rehearsal for life where athletes learn valuable lessons from winning, losing, roles, responsibility, communication, and feedback to name a few. Quality Sport organizations understand this and support it.

TOP FIVE THINGS SPORT ORGANIZATIONS CAN DO TO FOSTER A POSITIVE SPORT EXPERIENCE:

1. Define, share, and hold stakeholders accountable to your positive sport culture.
2. Provide & support athlete value; fun, friends, opportunity to improve.
3. Provide & support parent value; safe, inclusive, developmentally appropriate.
4. Provide & support coach value; support, continued education, opportunity to grow.
5. Ask for feedback. From athletes, parents and coaches on how the process is going and how it can be improved.

TOP FIVE THINGS SPORT ORGANIZATIONS CAN DO TO MAXIMIZE EFFICIENCIES:

1. Create, share & live the vision, mission, core values, and goals & objectives.
2. Utilize multiple points of contact to share key messages with stakeholders.
3. Define, outline & share clearly defined process for conflict resolution.
4. Host mandatory pre-season meetings with all sport stakeholders sharing Why, What, Who, When, Where & How.
5. Activate and hold people accountable to the four key tenets to quality sport management.

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