

Facilitated by

**Paul
Jurbala**

*Sport for Life
Director of
Knowledge*



*Please RSVP
by May 12*

Learn more

Please visit:

cs4l.ca/community-workshops

Register

Contact Gary Pearson:

gpearson@klsrc.ca

or phone

705-324-4493 ext. 237

Connect

#PhysicalLiteracy

#S4L_SPV

COMMUNITY WORKSHOP

Becoming a Sport for Life Community

Whether you're involved in the sport, recreation, health or education sector, you can help to integrate the Long-Term Athlete Development (LTAD) Framework across Canada. LTAD is a multi-stage training, competition and recovery pathway that guides an individual's experience in sport and physical activity from infancy through all phases of adulthood. This workshop will provide you with background on the LTAD framework and will explain the seven primary stages and 10 Key Factors behind LTAD, as well as outlining the key outcomes, values and principles of the Sport for Life (S4L) movement. Participants will gain a broader understanding of LTAD, and will learn how embracing this movement will lead to improved quality of sport and physical activity across Canada.

This session is being provided with funds thanks to the Ontario Trillium Foundation and the RBC Learn to Play Project. RBC Learn to Play Project grants are funded by RBC and the Public Health Agency of Canada and delivered by ParticipACTION.

Tuesday May 17 | 9AM – 3PM

Lindsay Recreation Complex

133 Adelaide St. S Lindsay, ON | Community Room

This event is free to attend – Lunch and snacks provided

Paul Jurbala

Paul Jurbala is the Director of Knowledge for Sport for Life, and the Project Lead for the Activating Sport for Life in Ontario project. He runs his own consulting and management business, communityactive consulting, where he develops strategic and governance plans, LTAD plans, and competition reviews for National and Provincial Sport and Multi-Sport Organizations. Paul holds a M.Sc. degree in Exercise Physiology and is currently studying in the PhD program in Sport Management at Brock University, where his focus is change and decision-making in sport organizations.

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