
CS4L 2015 **mini** **SUMMITS**

**OTTAWA
ONTARIO**



PARKS AND RECREATION ONTARIO



**CANADIAN
SPORT FOR LIFE**

mini **SUMMITS**

CS4L.ca

Incorporating Physical Literacy into your Sport/ Recreation Program

Facilitated by: **André Lachance**

Thursday January 8, 2015 from 6:00 to 8:30 pm

Jim Durrell Recreation Centre
1265 Walkley Rd., Ottawa, ON

AND

Thursday, January 22, 2015 from 9:30 am to 12:00 pm
(Bilingual session)

Minto Recreation Complex
3500 Cambrian Rd., Ottawa (Barrhaven), ON

See next page for session and registration details.



André Lachance

André Lachance has been with Baseball Canada since 2001 serving as Manager Baseball Operations and Head Coach of the Women's National Team. Part of his responsibilities are around Coach Education and Long-Term Athlete Development.

André is also a part-time professor at the University of Ottawa. Serving as a board member with the Coaching Association of Canada, André has also led several CS4L Summits on Competition Review and has helped several organizations on Long-Term Athlete Development implementation, competition reviews and other related projects. André also works internationally on Long-Term Athlete Development.

Physical Literacy Workshop:

Incorporating Physical Literacy into your Sport/Recreation Program

The goal of this workshop is to cover a broad introduction to the concept of physical literacy.

During this workshop you will take part in an interactive session that will help you to define what exactly physical literacy means, and how you can integrate its concepts to improve your programs.

We will touch on the Physical Literacy Assessment for Youth (PLAY) Tools and show you how these can be used to track development of physical literacy skills to help participants improve where needed.

You will leave with a solid understanding of what physical literacy is and how you can begin to incorporate it into your current programming to encourage continual improvement and development of physical literacy skills across the lifespan.

Registration:

To register for the **January 8th** session, visit:

<https://eventbrite.com/event/14994693532/>

To register for the **January 22nd bilingual** session, visit:

<https://eventbrite.com/event/14994954312/>

To engage in the Twitter conversation, use:

[#PhysicalLiteracy](#)



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