Physical Literacy Summit
Saturday, September 9th, 2017 from 8:30am-4:30pm

Delbrook Community Recreation Centre, North Vancouver
Information: 604-983-6339, PL4U@nvrc.ca, www.PL4U.ca
Registration: www.nvrc.ca Barcode: 389182
Fee: $10 (includes a delicious lunch)

		Active Start Stage (Early Years)	FUNdamentals Stage (Children/Youth)	Learn To Train & Train To Train Stages (Children/Youth)	Program Design (Children & Youth)	Hot Topics (Children & Youth)
8:30 AM	Reception	**Coffee, Tea & Goodies**				
8:45 AM	Opening Address	**Welcome!**		*Host, North Vancouver Recreation & Culture*		
9:00 AM	Opening Keynote	**Physical Literacy: Changing the Game**		*Elisa Maruzzo, Canadian Sport For Life*		
	STREAMS:	**Active Start Stage** (Early Years)	**FUNdamentals Stage** (Children/Youth)	**Learn To Train & Train To Train Stages** (Children/Youth)	**Program Design** (Children & Youth)	**Hot Topics** (Children & Youth)
10:00 AM	Session #1 (2 hours) *Instruction Workshops*	**An Active Start for Developing Brains & Bodies**	**Fundamental Movement Skills: Essential to physical literacy** Elisa Maruzzo & Jeff Thompson	**The Secrets To Developing Athleticism In Athletes** Bijan Jiany	**Better Instruction, Better Coaching, Better Athletes = MORE FUN!** Glenn Young	*No session*
12:00 PM	Lunch					
1:05 PM	Session #2 (1 hour) *Application Workshops*	**Active Start Stage of LTAD*: Making Movement Matter in the Early Years** Sandra-Lynn Shorthall	**FUNdamental Stage of LTAD*: The ABCs of What to do at this Stage of Development** Elisa Maruzzo	**Can We Play A Game Now?** (Target & Fielding Sports^) Glenn Young	**Tool Box: Movement Preparation** Allyson Epp	**Helping Female Athletes Excel** Jennifer Fenton
2:15 PM	Session #3 (1 hour) *Application Workshops*	**Tool Box: Activities & Games for Promoting Physical Literacy in Early Childhood** Meredith Dawson	**Tool Box: Delivering FUNdamental Movement Skills Through Games (6-10yrs)** Allyson Epp	**Can We Play A Game Now?** (Net/Wall & Territorial Sports**) Glenn Young	**Promoting Excellence Through Appropriate Competition** Matthew Young	**Reducing Risk of Early Burnout and Injury in Youth** Akriti Sharma
3:30 PM	Closing Keynote	**Keeping Kids In Sport**		*Matthew Young*		

NOTES:

* LTAD stands for Long Term Athlete Development. Also known as Long Term Player Development. The model links healthy and holistic child development to physical activity.

^ Target sports include: bowling, archery, curling, etc. Fielding sports include: baseball, fastpitch, cricket, etc

**Net & Wall sports include: tennis, squash, volleyball, etc. Territorial sports include: hockey, basketball, soccer, ultimate, etc